

Inclusive Sport Directory

Illawarra and South Coast 2015

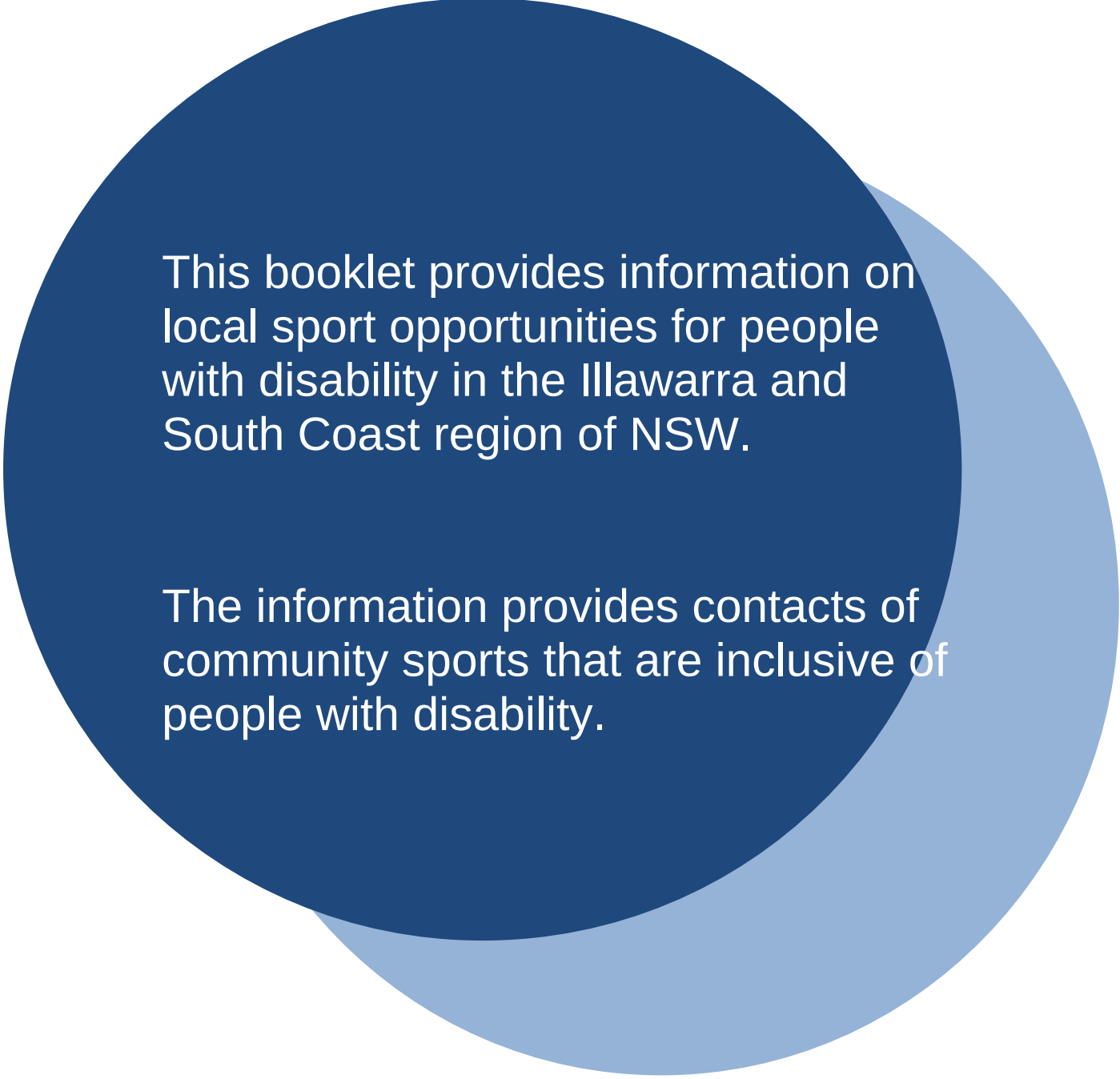


image Rev William A Stewart

for people with disability

For more information phone 13 13 22 or visit
www.dsr.nsw.gov.au/gatewaytosport





This booklet provides information on local sport opportunities for people with disability in the Illawarra and South Coast region of NSW.

The information provides contacts of community sports that are inclusive of people with disability.

Basketball

Description	Weekly basketball skill development, drills and games
When	Saturday 10:30am - 12:00noon juniors - intermediate (school terms) Saturday 12:00pm - 2:00pm development - squad (school terms)
Venue	Edmund Rice College, Mt Keira Road, West Wollongong

Gym (Fitness)

Description	Weekly fitness and games
When	Tuesday 4:00pm - 5:00pm (school terms)
Venue	Lakeside Leisure Centre, Kanahooka Road, Dapto

Football (Soccer - White Knights FC)

Description	Weekly soccer skill development and games
When	Monday 4:00pm - 5:30pm (school terms)
Venue	The Fraternity Club, 11 Bourke Street, Fairy Meadow

Indoor Sports

Description	Come and try sports - cricket, soccer, tee-ball and basketball
When	Thursdays 5:00pm - 7:00pm (school terms)
Venue	Croome Road Sporting Complex, Croome Road, Albion Park

Organisation	The Disability Trust
Program type	Disability Specific
Contact	Michael Norris / Ryan Kiddle
Phone	4255 3100
Email	sportandrec@disabilitytrust.org.au
Web	www.disabilitytrust.org.au



Dance – Gateway Groove

Description	Dance and social program
When	10.30am - 12.00noon 8 July, 15 August, 9 September at Warilla 16 July, 27 August, 17 September, 15 October at Bomaderry
Venue	Warilla Bowls & Recreation Club, Jason Avenue Bomaderry Bowling Club, 154 Meroo Road

Social activity programs

Description	Creative, physical and wellbeing activities
When	Different activities each day (see website for details)
Venue	Community Gateway Hub, 26 Atchison St, Wollongong Community Gateway Hub, 69 Berry St, Nowra

Gym program for people living with memory loss

Description	Individual tailored program for people living with memory loss
When	Wednesdays 11.30am - 12.30pm and 12.30pm-1.30pm
Venue	3/73 Montague Street, Wollongong

Activities for people living with younger onset dementia

Description	6-10 week program for people with younger onset dementia and their carers - activity based on group preference
When	Tuesdays 10.00am - 2.00pm and Fridays 10.00am – 2.00 pm
Venue	Various venues based on activity

Organisation	Community Gateway
Program type	Disability Specific
Contact	Kate Troy or Rhonda Parker
Phone	1300 657 473
Email	Kate.troy@communitygateway.net.au
Web	www.communitygateway.net.au

Fitness

Program type	Individualised
Description	Come and get fit - trainers work at your pace in your time
When	Contact for class times
Venue	3/73 Montague Street, Fairy Meadow

Organisation	Fitness4all
Contact	Amy Carroll - Wollongong
Phone	4255 3100
Email	fitness4all@disabilitytrust.org.au
Web	www.fitness4all.org.au





Football (Soccer)

Program type	Mainstream
Description	All ages under 5yrs to under 18yrs, men's competition (youth grade and seniors), amateur men's and senior women's
When	Friday Nights to Sunday afternoons depending upon your team
Venue	Ray Robinson Field, Towradgi (off Moray Street)

Organisation	Fernhill Football Club
Phone	0410 076 157
Email	nkemp@gmail.com
Web	www.fernhillfc.com

Surf Life Saving

Program type	Mainstream - participants with disability can be accommodated
Description	Surf education and surf sports
When	Sunday 9.00am – 11.00am
Venue	Shellharbour North Beach

Organisation	Shellharbour Surf Life Saving Club
Contact	Tracey Freeman
Phone	0408 316 630
Email	info@shellharboursurfclub.com
Web	www.shellharboursurfclub.com

Netball

Description	Weekly netball skill development, drills and games
When	Wednesday 4:30pm - 5:30pm (school terms 2, 3 & 4)
Venue	Building 13 Northfields Avenue, University of Wollongong

Swim4Fun

Description	Weekly skill development and games
When	Wednesday 6:00pm - 7:15pm (school terms)
Venue	McKeons Swim Centre, 1 Marley Place, Unanderra

Tennis

Description	Weekly tennis skill development, drills and games
When	Wednesday 3:45pm - 5:00pm (School Terms 1&4)
Venue	Wollongong Tennis Club, Foleys Road, Gwynneville

Touch Football (Score Dragons)

Description	Weekly touch football skill development, drills and games
When	Thursday 3:45pm - 5:15pm (school terms)
Venue	Nth Wollongong PCYC, Achillies Avenue and Exeter Avenue

Organisation	The Disability Trust
Program type	Disability Specific
Contact	Michael Norris / Ryan Kiddle
Phone	4255 3100
Email	sportandrec@disabilitytrust.org.au
Web	www.disabilitytrust.org.au



Table Tennis

Program type	Mainstream
Description	Competition and coaching
When	Monday 7.30pm – 10.30pm Thursday 7.30pm – 9.30pm
Venue	Beaton Park Leisure Centre, Gwynneville (off Foley Street)

Organisation	Illawarra District Table Tennis Association
Contact	Alan Russell
Phone	4226 9065
Email	illawarratt@gmail.com
Web	www.illawarratabletennis.org.au

Tennis

Program type	Mainstream including juniors
Description	Coaching, social and competition
When	Most days see website
Venue	Kiama Tennis Club, Noorinan Street, Kiama

Organisation	Kiama Tennis Club
Contact	Bob Morgan
Phone	0409 346 851
Email	secretary@kiamatennis.org.au
Web	www.kiamatennis.org.au

Tennis

Program type	Hotshots – modified, mainstream and disability
Description	Coaching, competition and court hire
When	Monday to Saturday
Venue	37 Foley Street, Gwynneville

Organisation	City of Wollongong Tennis Club
Contact	Pro Shop - various
Phone	4229 9227
Email	admin@wollongongtennisclub.com.au
Web	www.wollongongtennisclub.com.au



Rugby League - Junior

Program type	Modified competition – league tag
Description	Two handed touch competition for children with disability played against other junior league teams
When	Saturdays 9.00am – 3.00pm (April to September)
Venue	Various playing fields

Organisation	Albion Park-Oak Flats Junior Rugby League
Contact	Annette Stoker
Phone	0448 977 995
Email	secretary@apofjunioreagles.com.au
Web	www.eaglejuniors.leaguenet.com.au

Rugby Union - Junior

Program type	Mainstream modified by age group
Description	Competition and training (under 7yrs to under 17yrs)
When	Wednesday night 4.30pm – 6.00pm (training) Sunday - during rugby season (games)
Venue	Kiama Showground, Bong Bong Street, Kiama

Organisation	Kiama Junior Rugby
Contact	Len Blackmore
Phone	0448 437 631
Email	jnrpresident@kiamarugby.com
Web	www.kiamajuniors.rugbynet.com.au

South Coast

Fitness

Program type	Individualised
Description	Come and get fit - trainers work at your pace in your time
When	Contact for class times
Venue	Various across the Shoalhaven

Organisation	Fitness4all
Contact	Susan Booth - Shoalhaven
Phone	4428 9003
Email	fitness4all@disabilitytrust.org.au
Web	www.fitness4all.org.au



Fit n Fun – Bay & Basin

Description	Weekly fitness and games
When	Wednesday 4:30pm - 6:00pm (school terms)
Venue	Bay & Basin Leisure Centre, The Wool Road, Vincentia

Fit n Fun - Ulladulla

Description	Weekly fitness and games
When	Wednesday 4:30pm - 5:30pm (School Terms)
Venue	Ulladulla Leisure Centre, Green Street, Ulladulla

Football (Soccer - White Knights FC)

Description	Weekly soccer skill development and games
When	Saturday 9:00am - 10:30am (school terms 1 and 4) Saturday 10:00am - 11:30am (school terms 2 and 3)
Venue	Nowra Football Fields, Browns Road, South Nowra

Ten Pin Bowling Ulladulla (The All Pins)

Description	Weekly ten pin bowling
When	Tuesday 6:00pm - 8:00pm (school terms)
Venue	Lewis Centre, 141 St Vincent Street, Ulladulla

Organisation	The Disability Trust
Program type	Disability Specific
Contact	Susan Booth
Phone	4428 9003
Email	sportandrec@disabilitytrust.org.au
Web	www.disabilitytrust.org.au

Football (Soccer)

Program type	Mainstream
Description	Competition and skill development
When	Saturday 8.00am – 3.00pm
Venue	Ferndale Reserve, Quarry Road, Bundanoon

Organisation	Bundanoon Rebels Football Club
Contact	Jaime Griffiths
Phone	0439 033 068
Email	bundanoonrebelssecretary@gmail.com
Facebook	Bundanoon-Rebels-FC

Rowing

Program type	Mainstream - adaptive rowing for people with disability (subject to needs)
Description	Learn to row, skill development, recreation and competition
When	Saturday 7.00am – 10.00am (other days by arrangement)
Venue	Shoalhaven Rowing Club, Paringa Park, Nowra

Organisation	Shoalhaven Rowing Club
Email	secretary@shoalhavenrowing.com captain@shoalhavenrowing.com
Web	www.shoalhavenrowing.com



Sailing

Program type	Inclusive sailing for people of all abilities
Description	Learn to sail, recreational sailing, skill development and inclusive sailing opportunities in universal designed sailing dinghies
When	Thursday 9.00am – 12.00noon Saturdays by appointment
Venue	Greys Beach Boat Ramp Shoalhaven River

Organisation	Sailability NSW – Shoalhaven
Email	sailabilityshoalhaven@gmail.com
Web	www.sailabilitynsw.org



Tennis

Program type	Mainstream all ages
Description	Individual and group coaching, competition, social court hire
When	Saturday 8.00am – 11.00am (juniors) Monday 9.00am - 3.00pm and Thursday 7.00pm – 9.00pm (ladies) Monday 7.00pm – 9.00pm (mixed)
Venue	Warden and Green Street, Ulladulla 80 Croobyer Road, Milton

Organisation	Milton-Ulladulla District Tennis Association
Contact	Bev Magee
Phone	4455 5280
Email	mudta@westnet.com.au
Web	www.mudta.com

Touch

Program type	Mainstream
Description	Touch football in summer Monday night
When	Mondays 6.00pm – 8.30pm
Venue	St Georges Basin Sporting Fields

Organisation	St Georges Basin Touch Association
Contact	Michelle Seis and Cathy Swanson
Phone	0431 533 971
Email	basintouch@gmail.com
Facebook	St-Georges-Basin-Junior-Touch-Association
Web	www.basintouch.com.au

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