Disability Sport Opportunities
Disability Sport Opportunities
Where possible we encourage people to access the many varied and wide variety of mainstream sport and physical activity opportunities in their community. If there is an activity you are interested in which you do not see listed below, or you are looking for something in your community, please contact us and we will be happy to help.

Aberdeen City
Andrinne Craig  Inclusion Development Officer
Tel: 01224 578718
Email: ACraig@sportaberdeen.co.uk

Grant Wilson  Lead Active Schools Coordinator
ASN Provision
Tel: 01224 710720
Email: GrWilson@sportaberdeen.co.uk

Aberdeenshire
Caitlin Dudley  Disability Sports Officer
Tel: 07768 051479
Email: caitlin.dudley@aberdeenshire.gov.uk

Scottish Disability Sport
Claire McDonald  Grampian Regional Manager
Tel: 07533 056564
Email: Claire.McDonald@scottishdisabilitysport.com

Useful Weblinks
www.scottishdisabilitysport.com
www.sportaberdeen.co.uk
www.aberdeenshire.gov.uk
www.aberdeensportsvillage.com

Follow us on Twitter  
@SDS-Grampian  @SDS_sport
@asvabdn  @active_schools
@sportaberdeen

Specific activity sessions and clubs for people with Disabilities.

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Boccia

Boccia is a Paralympic target ball sport, where players aim to get their red or blue balls closest to the white jack ball. Boccia is a fun game which relies on skill, subtlety and tactics rather than just power, strength or speed. It is played from a seated position and is ideal for players of all ages and abilities.

The sessions below are open to everyone aged 8 years and over with a physical, sensory or learning disability. The groups welcome new players and are suitable for experience players of people new to the game.

Aberdeen Boccia Club
Aberdeen Grammar School
Thursday 6pm-7.45pm
Contact: Andrinne Craig Tel: 01224 578781
Email: Acraig@sportaberdeen.co.uk

Inverurie Boccia Club
Inverurie Academy, PE Block
Monday 7.15pm-8.45pm
Contact: Caitlin Dudley Tel: 07768 051479
Email: caitlin.dudley@aberdeenshire.gov.uk

Aquatics

Aberdeen Sports Village Aquatics Club
Aberdeen Sports Village Aquatics Centre
Opportunities for people of all ages and levels of ability to take part in a full range of aquatics activities including swimming, diving and water-based exercise. Check out the website for further details.
Tel: 01224 438900
Email: info@aberdeensportsvillage.com
Web: www.aberdeensportsvillage.com

Athletics

kids@asv Athletics
Aberdeen Sports Village
Primary: Tuesday 4.15-5.15pm, Friday 6-9pm
Secondary: Wednesday 4.15pm-5.15pm
Suitable for all abilities and inclusive for children with physical, sensory and learning disabilities. Only £2 per session – admission is on a drop-in basis.
Tel: 01224 438900
Email: info@aberdeensportsvillage.com

Badminton

ASV Adult Badminton Club
Aberdeen Sports Village
Saturday 6pm-7.30pm
Suitable for adults aged 16+ of any ability and inclusive for those with physical, sensory or learning disabilities. Spaces must be booked in advance. All equipment is provided.
Tel: 01224 438900
Email: info@aberdeensportsvillage.com
**Inspire Boccia Club**
Aberdeen Sports Village
Tuesday 1.15-2.15pm
This session is a mixed ability, inclusive group and is open to anyone. We are currently looking for new members so if you fancy a game don’t hesitate to get in touch.
Contact: Laura Smith  Tel: 01224 289018
Email: laura.smith@inspiremail.org.uk

**Bowling**
DISSC Sports Club
Mastrick Community Centre
Sunday 1pm-4pm
All ages welcome from 7 upwards.
All equipment supplied, we also play Darts, Dominoes, Pool.
Contact: Bryan McKenzie  Tel: 07531617929
Email: tsdc@hotmail.co.uk

**Stonehaven Blind Bowlers**
Stonehaven
Thursday 10am-12pm
Bowls and shoes can be provided for prospective members.
Contact: Christine Flett  Tel: 01569 765470
Email: stoney_bowling_club@yahoo.co.uk

**Dance**
**Creative Movement & Step Forward**
Belmont Street, Aberdeen
Creative Movement: Thursday 12.30pm-1.30pm
Step Forward: Friday 6pm-8pm
Stepping Stones: Saturday 3.30pm-4.30pm
Creative Movement: Creative dance session for adults with learning difficulties.

**Step Forward**: One of Citymoves’ longest running groups and regularly performs onstage.
**Stepping Stones**: Class for children with special educational needs, aged 8-12 years.
Contact: Ruth Kent  Tel: 01224 611486
Email: Rukent@aberdeencity.gov.uk

**Everybody Active**
Everybody Active is Sport Aberdeen’s programme of sport and exercise for adults with a learning disability. Sessions have been designed following discussions with participants and there’s a wide variety of activities to try! Carers and support staff are welcome and encouraged to join in with activities.

For more information on each activity in the Everybody Active Programme please contact: Andrinne Craig  Tel: 01225 578718 or
Email: ACraig@sportaberdeen.co.uk

**Sh’Bam**
Beach Leisure Centre
Monday 1.15pm-2pm
Fun, dance based exercise class to music.

**Multi Activity Class**
Torry Youth and Leisure Centre
Wednesday 11am-12pm
Sessions include badminton, table tennis, football, basketball, boccia, indoor curling and more!

**Gym Session**
Beach Leisure Centre
Tuesday 10am-12pm
Gym instructors will be there to help participants use the equipment.

**Everybody Active** continued over ▶
Public Sessions for Disabled Swimmers

Bridge of Don Swimming Pool
Wednesday 1pm-2pm

Bucksburn Swimming Pool
Thursday 1.30pm-2.30pm

Tullos Swimming Pool
Friday 2pm-3.30pm

Beach Leisure Centre
Saturday 5pm-6pm – Includes flumes.

Open Ice Skating Session

Linx Ice Arena
Friday 10.30am-12pm

Football

Aberdeen Football Session

Aberdeen Sports Village
Saturday 11am-12pm
Open age group sessions.
Contact: Claire Garret Tel: 01224 650432
Email: Claire.garrett@afc.co.uk

Grampian Football Squad

Meldrum Academy, Astro Pitch
Wednesday 7pm-8.30pm
Contact: Caitlin Dudley Tel: 07768 051479
Email: Caitlin.dudley@aberdeenshire.gov.uk

Inverurie Football Session

Inverurie Academy
Tuesday 6.30pm-7.30pm
Open age group sessions.
Contact: Claire Garret Tel: 01224 650432
Email: Claire.garrett@afc.co.uk

Powerchair Football and Boccia

Sheddocksley Sports Centre
Saturday (fortnightly) 2.30pm-4.30pm
This session allows children and young people who use power wheelchairs the opportunity to play two exciting sports: powerchair football and boccia.
Contact: Andrinne Craig Tel: 01224 578781
Email: Acraig@sportaberdeen.co.uk

Fundamentals

kids@asv Fitness Fundamentals

Aberdeen Sports Village
Thursday 4-4:45pm
Story-based activities to help children develop movement skills for sport such as running, jumping, throwing & catching. Suitable for children from P1-P3 of all abilities, and children with physical, sensory or learning disabilities. Entry is just £2. No need to book, just drop in.
Tel: 01224 438900
Email: info@aberdeensportsvillage.com
Gymnastics

**kids@asv Gymnastics**

**Aberdeen Sports Village**

Age 3-5: Monday 9.45-10.30am & 10.30-11.15am  
P1-P3: Saturday 2.45pm-3.45pm

Fun classes for boys and girls aged 3 to Primary 3 to develop gymnastics skills on the floor, tumble track, balance beams and many other pieces of exciting equipment. Suitable for all abilities and inclusive for children with physical, sensory and learning disabilities.

Tel: 01224 438900  
Email: info@aberdeensportsvillage.com

Health & Fitness

**ASV Energy Zone (Fitness Suite)**

**Aberdeen Sports Village**

Mon-Fri 6.30am-10.30pm, Sat 7.30am-7.30pm, Sun 7.30am-9.30pm

Members and non-members are welcome in our state-of-the-art Energy Zone, which hosts the latest cardio-vascular and strength and conditioning equipment, and has a full range of inclusive gym equipment.

Tel: 01224 438900  
Email: info@aberdeensportsvillage.com

Horse Riding for the Disabled

**Strathbogie RDA Group**

**Bogend Farm, Insch**

**Thursday 10am-12pm**

Therapy through horse riding for disabled children and adults. Referral required from school or health professional.

Contact: Valerie Roy  
Tel: 01466 720336  
Email: rda.gandh@gmail.com

Ice Skating

**Public Skating Sessions**

**Linx Ice Arena**

All are welcome to skate during any public session. Ice chairs can be requested for disabled customers to use on the ice pad. See website for current timetable of public sessions.

Tel: 01224 655406  
Email: linxicearena@sportaberdeen.co.uk

Judo

**Aberdeen Special Needs Judo Club**

**Beach Leisure Centre**

**Monday 6.30pm-8pm**

Open to anyone with a disability aged 8 upwards.

Contact: Jean Davidson or Debbie Morrison  
Tel: 01224 681398 or 01224 691010  
Email: jsdavidson@hotmail.co.uk or debbie1969morrison@hotmail.com
Multi Sports

ASV Multi Sports Club

Aberdeen Sports Village
Sunday 10.30am-12pm

A whole range of fun and developmental sports and activities especially designed for people aged 8+ with physical, sensory or learning disabilities.

Tel: 01224 438900
Email: info@aberdeensportsvillage.com

Pre School Activity

Fitstars

Aberdeen Sports Village
Friday 2.15pm-3pm

Exciting story-based activity sessions which help develop motor skills, skills for sport and basic literacy and numeracy in children aged 3-5. Suitable for all abilities and inclusive for children with sensory, learning and physical disabilities.

Tel: 01224 438900
Email: info@aberdeensportsvillage.com

Swimming

Aberdeen Physically Disabled Swimming Club

Aberdeen Aquatics Centre
Tuesday 7-8pm

APDSC welcomes junior and senior swimmers with any physical disability. Sessions are led by coaches with assistants in the water to support swimmers. Swimming aids and equipment are available at the sessions, and accessible changing and access to the pool are available.

Contact: Morag Mitchell  Tel: 01224 682373
Email: morag.mitchell@hotmail.com

Skiing

Snowsports (Skiing & Snowboarding)

Aberdeen Snowsports Centre
Time/Day available on request.

We have adapted ski equipment available for individuals with physical difficulties and can arrange private lessons for skiing or snowboarding for anyone with learning difficulties or additional learning needs.

Contact: Beth Woodall  Tel: 01224 810215
Email: beth@aberdeensnowsports.com

Special Olympics Grampian Area Ski Group

Aberdeen Snow Sports Centre
Wednesday evenings

Ski equipment and expert training provided.

Contact: Jim Purdie  Tel: 01224 643591
Email: jim.purdie@btinternet.com

Doric Dolphins

Kincorth Swimming Pool
Friday 7pm-8pm (term time)

A club for people with additional support needs aged 8 or over who can swim a minimum of 50m on their front and 50m on their back. Trials for potential new members are on the first Friday of the month.

Contact: Laura Burnett  Tel: 07769277405
Family Swimming Sessions

Beach Leisure Centre
Saturday 5pm-6pm
These swimming sessions are open to swimmers with a disability and their families and carers, allowing everyone to swim in the pool and use the flumes in a fun and supportive environment.
Tel: 01224 655401

Garioch Gators Swimming Club

Inverurie Swimming Centre
Sunday 4.30pm-5.30pm
Special Needs section of Garioch ASC. For swimmers of secondary school age. Regular training and opportunities for 4-5 galas per year.
Contact: Bruce Stewart Tel: 01467 621836
Email: bruce.stewart@homecall.co.uk

Learn to Swim

Aberdeenshire Swimming Development Officer
Contact: Moira Page
Tel: 01467 628525

Aberdeen City Aquatics Programme
Tel: 08456 013611

Table Tennis

kids@asv Table Tennis

Aberdeen Sports Village
Monday & Friday 4pm-5pm
Suitable for all abilities from P4-S6 and inclusive for children with physical, sensory and learning disabilities. Only £2 per session – admission is on a drop-in basis. All equipment is provided.
Tel: 01224 438900
Email: info@aberdeensportsvillage.com

Teen Gym

ASV Energy Zone

Aberdeen Sports Village
Friday 7pm-8pm & 8.30pm-9.30pm, Saturday 9am-10am & 4pm-5pm, Sunday 10am-11am
A great opportunity for teenagers aged 13 to 15 to use ASV’s state-of-the-art Energy Zone under the supervision of qualified Fitness Consultants. Suitable for all abilities and inclusive equipment is available for teens with physical, sensory and learning disabilities. Carers are admitted free of charge.
Tel: 01224 438900
Email: info@aberdeensportsvillage.com

Trampoline

kids@asv Trampoline

Aberdeen Sports Village
Wednesday 4.45pm-5.45pm
Fun, recreational classes designed to teach children a whole range of twisting, body landing, shaping and somersault skills. Suitable for all abilities from P1 – S6 and inclusive for children with physical, sensory and learning disabilities.
Tel: 01224 438900
Email: info@aberdeensportsvillage.com
Wheelchair Basketball

Grampian Flyers
Wheelchair Basketball

Beach Leisure Centre

Monday 5.30pm-6.30pm

Open to all 15+ players that are able to use a manual wheelchair. Specifically targeted at spinal injuries, amputees, any lower limb disabilities and able bodied players. If you have any questions on whether this would be an appropriate activity please feel free to get in touch or come and try.

Contact: Grant Wilson  Tel: 07595923936
Email: chair@flyersbasketball.co.uk

Wheelchair Curling

Aberdeen Wheelchair Curling Club

Curl Aberdeen

Wednesday 4pm-6pm, September-April

Aged 12+, all equipment is provided.
Participants will require warm clothes.

Contact: Laura Mutch  Tel: 01224 810369
Email: development@curl-aberdeen.co.uk

Wheelchair Tennis

Westburn Wheelchair Tennis

Westburn Tennis Centre

Thursday 12pm-1pm

Wheelchair tennis session for adults run by experienced tennis coach with equipment provided.

Contact: Stuart Hadden  Tel: 01224 625337
Email: shadden@sportaberdeen.co.uk

Senior Activities

Evergreen’s Table Tennis

Aberdeen Sports Village

Tuesday & Thursday 10am-11.30am

Cost £1. All equipment is provided. Ideal for those aged 60+ or adults with any physical, sensory or learning disabilities.

Tel: 01224 438900
Email: info@aberdeensportsvillage.com

Strength & Balance Class

Torry Sports Centre

Tuesday 11am-12pm

Cost: £2 (includes tea and coffee)
Perfect for those returning to exercise and looking for a gentle workout.

Contact: Stephen Gammack  Tel: 01224 577738
Email: sgammack@sportaberdeen.co.uk

Movers and Shapers

Beach Leisure Centre

Monday 10:30-11:30am

An activity class that provides an opportunity to develop a range of skills. Including fitness,
endurance, balance, flexibility, co-ordination and strength. This hour long mixed class provides options to suit a wide range of abilities. We use a variety of small pieces of equipment and it’s fun to do.

**Contact:** Stephen Gammack  **Tel:** 01224 577738  
**Email:** sgammack@sportaberdeen.co.uk

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**Well Being Circuits**

**Beach Leisure Centre**

Monday 11:30am-12:30pm

An adaptable circuits class for those who want to get activity and maintain their strength and balance.

**Contact:** Stephen Gammack  **Tel:** 01224 577738  
**Email:** sgammack@sportaberdeen.co.uk

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**Gentle Exercise Class**

**The Beacon Centre**

Tuesday 11am-12pm

Get in touch for more information.

**Contact:** Stephen Gammack  **Tel:** 01224 577738  
**Email:** sgammack@sportaberdeen.co.uk

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**Retro Rhythms**

**Kincorth Sports Centre**

Wednesday 11.15am-12pm, Cost: £2.75  
(includes tea and coffee).

**Beacon Sports Centre**

Wednesday 1.30pm-2.15pm, Cost: £2.20

A low impact aerobics class to music from the 50s, 60s and 70s.

**Contact:** Stephen Gammack  **Tel:** 01224 577738  
**Email:** sgammack@sportaberdeen.co.uk

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**Aqua Zumba**

**Beach Leisure Centre**

Friday 3pm-4pm, Cost £2.75 with Accord Card  
(term time only, for details contact centre)

**Contact:** Stephen Gammack  **Tel:** 01224 577738  
**Email:** sgammack@sportaberdeen.co.uk

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**Aqua Aerobics**

**Tullos Pool**

Wednesday 2pm-2.45pm (with swim available until 3.30pm)

**Contact:** Stephen Gammack  **Tel:** 01224 577738  
**Email:** sgammack@sportaberdeen.co.uk

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**Swimming**

**Northfield Swimming Pool**

Monday 1.45pm-2.45pm

**Bucksburn Swimming Pool**

Monday & Thursday 2.30pm-3.30pm  
Tuesday 2pm-3.30pm

**Bridge of Don Swimming Pool**

Wednesday 3pm-4pm

**Swimming** continued over ▶
Kincorth Swimming Pool  
Friday 3pm-5pm

Tullos Pool  
Tuesday 2-3pm & Thursday 2.15-4pm

Hazlehead Pool  
Thursday 3.15-4.15pm

Contact: Graham Dutton  
Tel: 01224 577707  
Email: GDutton@sportaberdeen.co.uk

Learn to Swim Lessons for Older Adults

Tullos Pool  
Tuesdays 2-3pm

Contact: Stephen Gammack  
Tel: 01224 577738  
Email: sgammack@sportaberdeen.co.uk

Walking Football

Torry Sports Centre: Thursday 10am-11am  
Peterculter Sports Centre: Friday 10am-11am

Cost: £2 (includes tea and coffee). Join AFC in the Community Coaches for this popular version of football. All the rules are the same except no running. This session is aimed at older adults.

Contact: Stephen Gammack  
Tel: 01224 577738  
Email: sgammack@sportaberdeen.co.uk

The Walk Aberdeen Programme

Monday, Tuesday, Thursday and Friday

Health Walks are short, community walks of between 1-2 miles in distance, and 30-60 minutes in length and are lead by trained volunteer leaders. They start and finish at the same point and always end with a nice cup of tea or coffee. Health walks are free. For more information, please get in contact.

Contact: Stephen Gammack  
Tel: 01224 577738  
Email: sgammack@sportaberdeen.co.uk

The Otago Strength & Balance Programme

We are working in Partnership with NHS Grampian to develop this Active Ageing programme. Sitting and standing exercises that are great for maintaining or regaining your Strength and Balance.

Alex Collie Sports Centre: Wednesday 2-3pm  
£2 (includes tea and coffee).

Peterculter Sports Centre: Friday 2-3pm  
£2.50 (includes tea and coffee).

Westburn Outdoor Centre: Saturday 10-11am  
£2.50 (includes tea & coffee)

Contact: Stephen Gammack  
Tel: 01224 577738  
Email: sgammack@sportaberdeen.co.uk

Table Tennis

Jesmond Sports Centre: Monday 2-3pm  
Cost 2.50 (includes tea & coffee)

Peterculter Sports Centre: Monday 11am – 12.30pm  
Cost £2.50 (includes tea & coffee)

Table Tennis is a great exercise to get into as you get older and perfect to improve and maintain coordination and balance. Whatever your ability join us at Jesmond Sports Centre on Mondays to play this fun activity.

Contact: Stephen Gammack  
Tel: 01224 577738  
Email: sgammack@sportaberdeen.co.uk

Indoor Bowling

Sessions available at Peterculter Sports Centre and Alex Collie Sports Centre. Please get in contact for more information.

Contact: Stephen Gammack  
Tel: 01224 577738  
Email: sgammack@sportaberdeen.co.uk
Disability Sport Providers

Active Schools
The aim of Active Schools Network is to offer school aged children the motivation and opportunities to adopt active and healthy lifestyles. Active Schools offer both disability specific activities within the schools, as well as a whole range of inclusive activities across the city and shire.

Aberdeen City Contact:
Contact: Grant Wilson  Tel: 01224 710720
Email: GrWilson@sportaberdeen.co.uk
Website: www.sportaberdeen.co.uk

Aberdeenshire Contact:
Tel: 01569 768349
Email: activeschools@aberdeenshire.gov.uk
Website: www.aberdeenshire.gov.uk/activeschools

Adventure Aberdeen
Adventure Aberdeen works closely with many disability groups across the city. They strive to make activities as accessible as possible for all ages and abilities and welcome enquiries from parents or groups to discuss the suitability of activities for their children.
Tel: 01224 270990
Website: www.aberdeencity.gov.uk/adventureaberdeen

Community Sports Hubs
Community Sports Hubs are a key part of Sportscotland’s contribution to Legacy 2014. They are designed to increase the number of people participating in sport within local communities by improving access to sport for local people and by supporting local sports clubs to work together. The aim is to establish at least 150 hubs operating across Scotland by 2015. We are keen for all hubs to be fully inclusive, and welcome enquiries from all clubs involved in disability sport who would like to become part of their local hub.

Contact: Mark Pain – Community Sports Hubs Development Manager
Tel: 01224 522027 or 07919 218632
Email: MaPain@aberdeencity.gov.uk

Grampian Disability Sport (GDS)
GDS encourages and supports athletes of all ages and abilities with a disability – sensory, physical or learning, to participate in their chosen sport. Through their parent group, Scottish Disability Sport (SDS), pathways are available to allow athletes to progress to the highest level in their sport.

Contact: Pauline Stirling  Tel: 01467 632982
Email: p7stirling@tiscali.co.uk
Website: https://facebook.com/grampiandisabilitysport

Special Olympics Grampian Area (SOGA)
SOGA supports athletes with a learning disability to train and achieve their full potential in their chosen sport. Sporting Groups and Clubs throughout the region can access competitions locally, nationally and internationally through their connection with SOGA.

A wide variety of sports are available in the area including Aquatics, Boccia, Bowling, Equestrian, Judo, Skiing, Table Tennis and Tennis.

Contact: Pauline Stirling  Tel: 01467 632982
Email: p7stirling@tiscali.co.uk
Website: www.specialolympicsgrampian.btck.co.uk