

ACCESSIBLE SPORTS AND RECREATION

2022

NORTHSIDE COMMUNITY SERVICE

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Activities at Gungahlin- weekly sports and recreation program. Free for children to attend and try new activities.

For more info contact:

Zac- 0406 376 196

zac.nobel@northside.asn.au

WODEN COMMUNITY SERVICE



Mologolo Movers- weekly sports and arts program, free for children to try new activities.

Thursdays at Charles Weston School

For more info contact:

Morgan- 0466 109 399

morgan.stclair@wcs.org.au

FEROS CARE



Partner in the Community (Local Area Coordination)

Aged Care & Disability Support Services | Feros Care

For more info contact:

Jaimie- 0484 587 434

jamielayton@feroscare.com.au

MOLONGLO VALLEY MARTIAL ARTS



Molonglo Valley offers an inclusive Martial Arts program.

For more info contact:

Paul- 0402 007 285

molonglomdk@gmail.com

WODEN ARTS



Tuggeranong Arts Centre and Woden Arts offer a wide variety of art program. Check out their website for more details or contact:

Blaide- 0424 305 944

Woden.Arts@tuggeranongarts.com

KULTURE BREAK



Kulture Break offers a range of inclusive programs in dance, Music, Mentoring, Performing Arts and Creative Pathways to Employment.

For more info contact:

Paula- 0401 632 241

admin@kulturebreak.com

WATER WOMBATS



The WaterWombats program offers a number of flexible, innovative techniques and fresh methodologies to learn and practice swimming.

For more info contact:

Carol- 0413 139 018

watersafeconsultingaustralia@gmail.com

ASTRIS PME



Provide assistive technology equipment for people of all ages and level of disability.

For more info contact:

Rod- 0428 587 142

rod@astris-pme.com.au

SAILABILITIES



Sailabilities offers an additional level of support, an established network of volunteers, and equipment to assist people of all abilities to get into sailing.

For more info contact:

Dillon- 0437 333 017

sailschool@canberrayc.com

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EVERYDAY CHAMPIONS everyday champions.

Everyday champions run activities, programs and events that promote healthier lifestyles, increased social engagement and greater community inclusion.

For more info contact:

Rob- 0432 935 810

rob@everydaychampions.com.au

XTREME STARS

Xtreme Stars has created is a very happy, supportive, challenging and fun community. We are like a big family that just loves to dance!

For more info contact:

Karen- 0407 630 050

xtremestars@internode.on.net



CANBERRA REGION RUGBY LEAGUE

Canberra Region Rugby League provides opportunities to play Wheelchair Rugby and provide pathways for participants.

For more info contact:

Deb- 0419 828 217

dcharman@raiders.com.au

CANBERRA REGION RUGBY LEAGUE



DISABILITY TRUST

The Disability Trust hosts a variety of sports and recreation activities from the Score Raiders touch football to indoor sports, tennis and swimming.

For more info contact:

Eilish- 0412 834 041

eilish.winbank@disabilitytrust.org.au



NETBALL ACT

Netball ACT has the Marie Little Shield team that engages netballers (16+ year old) to train and participate in a representative team. The program is suitable for women living with intellectual disabilities.

For more info contact:

Vic- 0431 836 717

Marie Little Shield - Netball Australia



COERVER COACHING

Coerver Coaching is a global football coaching program suited for all ages but especially for players aged 5-16 years old of all abilities and their parents, coaches and teachers.

For more info contact:

Benjamin- 0422 420 383

admin@coerveract.com.au



ABILITIES UNLIMITED

Abilities Unlimited teach children with diverse abilities to build capability, capacity and confidence to safely and actively participate in sport and active recreation.

For more info contact:

James- 0417 456796

admin@cyclabilities.com.au



SENSE RUGBY

Sense Rugby provides unique rugby based Occupational Therapy programs.

For more info contact:

Craig- 0412 744 636

craigrobberds@westsrugby.com.au

SENSE RUGBY

CAPITAL FOOTBALL

Capital Football's Powerchair Football program is a team sport designed and developed specifically for electric wheelchair users.

For more info contact:

Mark- 0433 797 963

mark.barnes@capitalfootball.com.au

