

## SPORTING ACTIVITIES FOR CHILDREN AND ADULTS WITH LEARNING DISABILITIES, IN NOTTS.

It's often hard to find activities for our children and young people to do to keep them active and happy. So Notts Down Syndrome Support Group have collated this list of sporting activities, that take place in Notts. They are all exclusively for people with learning disabilities.

**Please call or email the organisers beforehand rather than just turning up.**



### **BASKETBALL**

#### **HOODS SPORTING STARS BASKETBALL - Starting July**

South Notts Academy Sports Hall, Glebe Lane, Cromwell Road, **Radcliffe on Trent**, NG12 2FQ

Wednesday, 6.30-7.30pm

Ages 8-18

£3 per session

Contact Jo Salmon on 07966543252, or at

[jo@hoodsbasketball.com](mailto:jo@hoodsbasketball.com)

**BOOKING ESSENTIAL**

#### **HOODS SPORTING STARS BASKETBALL**

Portland College, Nottingham Road, Harlow Wood, **Mansfield**, NG18 4TJ

Saturday

9.15-10.15am = Ages 8-16

10.30-11.30am = Ages 16+

£3 per session

Contact Jo Salmon on 07966543252, or at [jo@hoodsbasketball.com](mailto:jo@hoodsbasketball.com)

### **CRICKET**

#### **SUPER 1S CRICKET**

Keyworth Leisure Centre, Church Drive, **Keyworth**, NG12 5FF

Monday, 5.30-6.30pm

Ages 10+

FREE

Contact Richard Preskey on 07980780288 or at

[Richard.preskey@nottsgcc.co.uk](mailto:Richard.preskey@nottsgcc.co.uk)



#### **SUPER 1S CRICKET**

Monty Hind Youth Centre, **Leen Gate**, **Lenton**, **Nottingham**, NG7 2LX

Tuesday, 5.30-6.30pm

Ages 12-25

FREE

Contact Richard Preskey on 07980780288 or at

[Richard.preskey@nottsgcc.co.uk](mailto:Richard.preskey@nottsgcc.co.uk)

#### **SUPER 1S CRICKET**

Portland College, Nottingham Road, Harlow Wood, **Mansfield**, NG18 4TJ

Thursday, 6.00-7.00pm

Ages 12-25

FREE

Contact Richard Preskey on 07980780288 or at

[Richard.preskey@nottsgcc.co.uk](mailto:Richard.preskey@nottsgcc.co.uk)

#### **SUPER 1S CRICKET**

Newark Academy, London Road, **New Balderton**,

**Newark**, NG24 3AL

Thursday, 6.00-7.00pm

Ages 12-25

FREE

Contact Richard Preskey on 07980780288 or at

[Richard.preskey@nottsgcc.co.uk](mailto:Richard.preskey@nottsgcc.co.uk)



## FOOTBALL

### **EFC FOOTBALL TRAINING**

Melbourne Park, Melbourne Road, Aspley,

**Nottingham**, NG8 5HJ

Thursday

6.00-7.00pm = Ages 5-11

7.00-8.00pm = Ages 12+

£3 per session

Contact Helen Coppins on 07743862035 or at [helandy.cop@ntlworld.com](mailto:helandy.cop@ntlworld.com)



### **RAINWORTH DISABILITY FOOTBALL**

Rainworth Miners Welfare Football Ground, Kirklington Road, Rainworth,  
NG21 0JR

6.00-7.00pm

Ages 8+

£3 per session

Contact Phil Colledge on 07513954786 or at

[philcolledge@virginmedia.com](mailto:philcolledge@virginmedia.com)



### **PREMIER KICKS FOOTBALL**

Portland College, Nottingham Road, Harlow Wood, **Mansfield**, NG18 4TJ

Monday, 5.30-6.30pm

Ages 12-18

FREE

Contact Alex at [Alex.Toplis@nottinghamforest.co.uk](mailto:Alex.Toplis@nottinghamforest.co.uk)

## HOCKEY



### **BEESTON FLYERZ HOCKEY CLUB**

Nottingham Hockey Centre, University Boulevard,

Beeston, Nottingham, NG7 2PS

Monday, 5.00-6.00pm

Ages 12+

£3 per session

Contact Gareth Griffiths on 07432444902, or at

[gareth.griffiths13@gmail.com](mailto:gareth.griffiths13@gmail.com)



## TENNIS

### **ACTIVEFACE ALL STARS TENNIS**

West Bridgford Tennis Courts, West Park, West

Bridgford, Nottingham, NG2 6AT

Saturday, 2.00-3.00pm

Ages 6+

£5 per session

Contact Alex on 07583439799



## MULTISPORTS

### **MANSFIELD SPECIAL OLYMPICS**

Rainworth Miners Welfare Football Ground,

Kirklington Road, Rainworth, NG21 0JR

6.00-7.00pm

Ages 8+

£3 per session

Contact Debbie Colledge on 07975 803912 or at

[SOMansfield@mail.com](mailto:SOMansfield@mail.com)



### **LEARNING DISABILITY TENNIS**

Nottingham Tennis Centre, University Boulevard,

Beeston, Nottingham, NG7 2QH

Friday, 5.00-6.00pm or 6.00-7.00pm

Ages 8+

£5.75 per session

Contact 0115 8761600 to book