

Sport Inclusion Disability Programme



The overall aim of the Sports Inclusion Disability programme is to increase the participation of people with disabilities in sport and physical activity. The programme targets individuals of all ages and abilities who have an interest in participating in sport and physical activity.

If you require further information on the programmes below or would like to add a club/programme to the list please contact Lucy via lcush@sdblincoco.ie or 086-7964192.

GAA for All Programme

Round Towers GAA for All Programme

The aim of the GAA for All programme is to help integrate players of all abilities into the club environment. These sessions are designed to provide a supported environment for children with disabilities to participate in GAA. Training provided by qualified coaches.

Date	Venue	Time	Age	Cost	Ability	Contact
Saturdays	Round Towers, Monastery Rd	10.30-11.30am	8 – 15 years	€4	All abilities	Shane Treanor, GPO Dublin Shane.treanor.gpo.dublin@gaa.ie

Lucan Sarsfields GAA for All Programme

Date	Venue	Time	Age	Cost	Ability	Contact
Tuesdays			8 – 15 years		Physical and Intellectual disabilities	David Horan

Rugby

Leinster Rugby strive to ensure rugby is fully inclusive for children with disabilities. In order to support the development of disability rugby and to promote opportunities for people with a disability to access the game Leinster Rugby have assisted in the development of one club programme in the South County Dublin area for children with disabilities. The aim of these programme is to integrate children with disabilities into the game as members of existing rugby club.

Terenure Tigers

Club based programme run for children with disabilities. Training provided by qualified coaches.

Date	Venue	Time	Age	Cost	Ability	Contact
Every Sunday	Terenure R.F.C	12pm	7 years +	-	All Abilities	Bernard, Terenure RFC (086) 8044214

Football for All

Football For All Programme – Sacred Heart Football Club

Football for all Programme is a programme designed for children with disabilities. No experience necessary. Training provided by qualified coaches.

Date	Venue	Time	Age	Cost	Ability	Contact
Fridays	Killinardan Community School	5pm-6pm	5 years+	-	All abilities welcome	JJ Glynn FAI Development Officer

Football For All Programme – Esker Celtic Football Club

Football for all Programme is a programme designed for children with disabilities. No experience necessary. Training provided by qualified coaches.

Date	Venue	Time	Age	Cost	Ability	Contact
Saturdays	Hermitage Park, Lucan	10-11am	6-14 years old	-	All abilities welcome	Keith Nolan 085-7793113 keith@eskerceltic.ie

Esker Celtic Frame Football

Football for all Programme is a programme designed for children with disabilities. No experience necessary. Training provided by qualified coaches.

Date	Venue	Time	Age	Cost	Ability	Contact
Saturdays	Hermitage Park, Lucan	1.30-2.30pm	6-14 years	-		Colm Young 087-2503456 Or Keith Nolan keith@eskerceltic.ie

Cycling

South Dublin Sports Partnership recognises the importance of cycling for the inclusion of children in recreational activities.

Learn2Cycle Programme

This 6 week programme works on the fundamentals of cycling with the aim to teach children to learn to cycle independently. This programme is run in partnership with the Cycle Safety School.

Date	Venue	Time	Age	Cost	Ability	Contact
Various Dates	Various Venues	Various	6 years +	€35	All abilities	Lucy Cush Sports Inclusion Disability Officer lcush@sdblincoco.ie Phone: 01-4149000

Enjoy Tennis

Enjoy Tennis- Templeogue Tennis Club

Enjoy Tennis programme running in Templeogue Tennis club in partnership with Cheeverstown House. Available for players with an intellectual disability, autism, blind/vision impaired, acquired brain injury and wheelchair users.

Date	Venue	Time	Age	Cost	Ability	Contact
Wednesdays	Templeogue Tennis Club	2-3pm			All abilities	Kathryn Leonard Kat_leonard@hotmail.com

Horse Riding

The Fettercairn Youth Horse Project

The Fettercairn Youth Horse Project continues to work on advancing their involvement in Equine Assisted Learning and Equine Therapy to provide a Therapeutic Programme for people with disabilities.

Date	Venue	Time	Age	Cost	Ability	Contact
Various Dates	Fettercairn, Tallaght	Various Times	5+ years	-	All Abilities	The Fettercairn Youth Horse Project (01) 46 7214

Cricket

The aim of the Cricket4All programme is to help integrate players of all abilities into the club environment

Cricket 4 All

Each session will consist of both Table Cricket as well as outdoor small-sided cricket games and skill building exercises. Table Cricket is an indoor miniature version of cricket which is played on a table tennis table. It has side panels and sliding fielders, a bowling ramp with weighted plastic balls and a miniature bat.

Date	Venue	Time	Age	Cost	Ability	Contact
	Terenure Cricket Club	6.30-7.15pm	8 – 15 years	€2	All abilities	Diarmuid Lynch diarmuid.lynych@cricketleinster.ie Phone:085-726 8990

Swimming

Tallaght Leisure Centre

Date	Venue	Time	Age	Cost	Ability	Contact
Every Wednesday (Beginners)	Tallaght Leisure Centre	5.30pm	5- 18 years	€68 (8 weeks)	Mixed Abilities	Paul Furey, Tallaght Leisure Centre (01)4523300
Every Friday	Tallaght Leisure Centre	5.30pm	5- 18 years	€68 (8 weeks)	Mixed abilities	Paul Furey, Tallaght Leisure Centre (01)4523300

Stewarts Sports Centre Palmerstown

Stewarts Sports Centre provides inclusive aquatic programmes for people of all disabilities. They offer small ratio lessons depending on the needs of the swimmer with one teacher teaching from the pool side and other teacher(s) in the pool with the swimmers. Places are limited- contact Anthony (manager) to book a term (10 weeks) for your child.

Date	Venue	Time	Age	Cost	Ability	Contact
Every Saturday	Stewarts Sports Centre	3.30pm	5+ years old	€110 per term (€11 per class)	All abilities	Anthony Francis (01) 6269879 (01) 6518160
Every Sunday	Stewarts Sports Centre	1.30pm	5+ years old	€110 per team (€11 per class)	All abilities	Anthony Francis (01) 6269879 (01) 6518160

Boccia

Boccia is a Paralympic Sport and is played indoors on a flat, smooth surface. The aim is to score as many points as possible by placing a set of coloured balls closest to the white ball (the jack).

PK Boccia Club

PK Boccia Club are looking for new players to come and join the club. No Boccia experience necessary.

Date	Venue	Time	Age	Cost	Ability	Contact
Saturdays	Ballyfermot Leisure Centre	12-2pm	Children and Adults		Physical and Sensory Disability	Liam Bracken 085 7276789 pkbocciaclub@gmail.com

Yoga

Yoga

30 minute yoga sessions- Parent's attendance is required during session. For more information please contact Tracey below.

Date	Venue	Time	Age	Cost	Ability	Contact
Thursday	Cheeverstown Gym	4:45-5.15 5.15-5.45	Kids aged 3+	€20 for 4 week term	Physical and Sensory Disabilities	Tracey Lennon (Instructor) 087-1670003

Multi-Sport

Gladiators Club

The gladiators club is a parent lead multi activity club providing a variety of activities for children with disabilities.

Date	Venue	Time	Age	Cost	Ability	Contact
Ongoing	Collinstown Sports Complex	6pm – 7pm	6yrs+	Varies	All abilities	Debbie Donohue- gladiatorsclubsecretary@gmail.com

Social Circle

Supporting families with autism. The group run a variety of programmes from bricks clubs, drumming, movie mornings to horse riding lessons.

Date	Venue	Time	Age	Cost	Ability	Contact
Varies	Varies	Varies	Varies	-	Varies	Mairead- (087) 3437471 socialcircle@gmail.com

Sensory Fun With Friends

Based in South Dublin and welcome all children with a variety of disabilities such as Down's syndrome, autism and not focused on one individual disability. The group run a variety of programmes such as swim classes, Easter camps and summer camps. For information on any of these events please contact Lynn by email sensoryfunwithfriends@gmail.com

Date	Venue	Time	Age	Cost	Ability	Contact
Varies	Varies	Varies	Varies	-	Varies	Lynn Byrne- sensoryfunwithfriends@gmail.com

CoolStar Kids

Coolstar Kids is an educational fun club that does multi activities. It is open to children aged 5-13 years who have mild physical/intellectual disabilities. The two hours of activities ranges from arts and crafts, ball games, cookery, computer skills and social outings. Hot food for lunch is also provided.

Date	Venue	Time	Age	Cost	Ability	Contact
Every second Saturday	St. Andrews Church of Ireland, Lucan	11.30am -1.30pm	5-13	€10		Andrea Fox Andread28@gmail.com 087-1363264

Special Olympics

Special Olympics Ireland is a sports organisation for people with an intellectual disability. Special Olympics Eastern Region cover the South Dublin area. Please note that the clubs listed below are the Special Olympics clubs that have younger athletes attending as well as older age groups. No club listed below are strictly for youth athletes.

For further information on any of the programmes below please contact Joanne Kelly, Regional Development Officer, Special Olympics Eastern Region on (01) 891 2008 or email joanne.kelly@specialolympics.ie. **Pre Registrations** are essential for all Special Olympics clubs.

<u>Knocklions Special Olympics Athletics Club</u>				
Day	Venue	Time	Age	Contact
Thursday	St Colmcilles Community School, Knocklyon	6-7.00pm	Children and adults with an intellectual disability (8+)	Tarah Jones (087) 2347231 Tarahjones15@gmail.com
Saturday morning	Young Athletes Programme St Colmcilles Community School, Knocklyon		Children with an intellectual disability (4-7 years old)	Tarah Jones (087) 2347231 Tarahjones15@gmail.com

<u>South Dublin Strikers Special Olympics Club</u>				
<u>Bowling</u>				
Day	Venue	Time	Age	Contact
Fridays	Leisureplex, Tallaght	6.00-8.00pm	Children and adults	Jamesena Carr (086) 0642315 jem.carr@gmail.com

Palmerstown Wildcats Special Olympics Club

Basketball

Day	Venue	Time	Age	Contact
Thursdays	Palmerstown Sport Complex	7.00-9.00pm	16+	Lorraine Bracken (086) 6082684/ 01-6207604 lorrainebracken@gmail.com
Saturdays		11.30-1.30pm		

Floorball

Saturdays	Palmerstown Sports Complex	12.30-1.30pm	16+	Lorraine Bracken (086) 6082684/ 01-6207604 lorrainebracken@gmail.com
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South Dublin Special Olympics Rhythmic Gymnastics Club

Day	Venue	Time	Age	Contact
Saturdays	Cheeverstown Gym	10-11am	Children and adults	Paula Wynee (086) 3483019 paulatwyne@gmail.com

South Dublin Special Olympics Athletics Club

Day	Venue	Time	Age	Contact
Saturdays	Terenure College	10.00am-1.15pm	Children and adults	Paula Wynee (086) 3483019 paulatwyne@gmail.com

South Dublin Special Olympics Basketball Club

Day	Venue	Time	Age	Contact
Saturdays	Terenure College	11.45am-1.15pm	Children and adults	Paula Wynne (086) 3483019

Speisialta Special Olympics Club

Football 7 aside club

Day	Venue	Time	Age	Contact
Saturdays	Clondalkin Leisure Centre	3.00pm-4.30pm	Over 18s with an intellectual disability	Marian Jordan (086) 3091364 Mjordan1620@gmail.com Speisialta.sylv@gmail.com
<u>Badminton</u>				
Saturdays	Clondalkin Leisure Centre	11.30am-1.00pm	Children & Adults	Marian Jordan (086) 3091364 Mjordan1620@gmail.com Speisialta.sylv@gmail.com

Tallaght Tornadoes Special Olympics Bowling Club

Day	Venue	Time	Age	Contact
Fridays	Leisureplex, Tallaght	6.00pm-8.00pm	All ages	Stephen O'Hara 087-9784688/ 01- 4057789 Tornadoes.soc@googlemail.com

Maynooth Stingrays Special Olympics Club

Aquatics

Day	Venue	Time	Age	Contact
Saturday	Stewarts Care, Palmerstown	4.50pm-6.20pm	All ages	Nicola Conlon (087) 2951196/ (086) 3797412 maynoothstingrays@gmail.com

Tivoli Hills Special Olympics Golf Club

Day	Venue	Time	Age	Contact
Tuesdays	Leisureplex, Tallaght	7– 8.00pm	Children and adults	Barbara Dillon (086)549554 Barbara.dillon@gmail.com

Lucan Special Olympics Club

Boccia

Day	Venue	Time	Age	Contact
Monday	Colaiste Phadraig CBS	7– 8.00pm		Anne Murtagh (087) 2372021 Lucanspecialolympics@gmail.com

Basketball

Wednesday	Colaiste Phadraig CBS	7.00-8.30pm		Anne Murtagh (087) 2372021
Saturday		10.00am-11.00am		Lucanspecialolympics@gmail.com

Floorball

Monday	Colaiste Phadraig CBS	8.15-9.15pm		Anne Murtagh (087) 2372021 Lucanspecialolympics@gmail.com
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Young Athletes

Saturday	Colaiste Phadraig CBS	11.15am-12.00pm		Anne Murtagh (087) 2372021 Lucanspecialolympics@gmail.com
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Flying Trojans Special Olympics Badminton Club

Day	Venue	Time	Age	Contact
Fridays	Terenure Badminton Centre	6.15pm–7.30pm	Children and adults	Catherine Lane (086) 8512192 flyingarrowsbc@gmail.com

Tivoli Tigers Special Olympics Gymnastics Club

Day	Venue	Time	Age	Ability	Contact
Thursdays	Newpark School Sport Centre	6– 8pm	Children and adults 6+ years	Mixed abilities	Amanda Mollard 086-185423 tivolitigers@hotmail.com

Viking Swimmers Special Olympics Club

Day	Venue	Time	Age	Contact
Sundays	Tallaght Leisure centre	9.00am–9.45am	8+ years	Mary Betty Whelan marybettywhelan@eircom.net (085) 7336588/ (01) 4513991

United Warriors Special Olympics Club

Football 7 aside

Day	Venue	Time	Age	Contact
Saturdays	Rathcoole Boys Football Club	1.00pm-2.30pm		Mary Fagan (087) 7764435/ (01) 4513991
Wednesday		7.00pm-8.00pm		Faganmary10@gmail.com unitedwarriorsrathcoole@gmail.com

