

FIND OUT MORE ABOUT MIXED ABILITY

-  mixedabilitiesports.org
-  contact@mixedabilitiesports.org
-  [@IMAS_Sport4All](https://twitter.com/IMAS_Sport4All)
-  [@imas_sport4all](https://www.instagram.com/imas_sport4all)
-  [Mixed Ability Sport](https://www.facebook.com/MixedAbilitySport)



ACTIVITIES IN CALDERDALE

MIXED ABILITY RUGBY

Join Halifax Magpies and enjoy competitive, exciting and inclusive Rugby.

 **Touch Union:** Thurs 6- 7pm
Sat 12-1pm

 Halifax RUFC, Ovenden Park,
Keighley Road, Halifax, HX2 8AR

 £20 Annual Membership

 Halifax Magpies 07851 487234

 CarlDundavan@googlemail.com

 No experience required - all abilities welcome.



MIXED ABILITY RACKET BALL

Fun and friendly racket ball sessions. Join us for a social and a knock about!

 For more information contact Aron

 £5 per session. Concessions available. Annual membership.

 Call **Aron** on 07794 734592

 aron@caldercommunitysquash.com

 No experience necessary! All equipment provided. Comfy clothing and sports footwear required.



MIXED ABILITY BOWLS

Learn to play with our welcoming team and experienced coach Ken. Gentle exercise for all abilities.

 Mon 10.30am-12 noon
Playing Season April to September

 Myrtle Park, Bingley, BD16 1HJ.
Behind the Lidl on main street

 662 bus

 £15 per person, per season

 Call **Ken** on 07891 632699

 kpollard2008@hotmail.co.uk

 Please wear trainers or flat soled shoes.



MIXED ABILITY TAI CHI

Discover Tai Chi. Experienced instructors take into account your mobility and access needs.

 Daily classes, various times

 Various locations in the Aire Valley

 £8 per class

 **Phil** or **Helen** on 07528 959091

 www.discovertaichi.uk

 [facebook.com/discovertaichi](https://www.facebook.com/discovertaichi)

 Call to discuss the best class for you



MIXED ABILITY RUGBY

Mixed Ability Rugby with the Bumble Bees. Inclusive rugby for all abilities. Coaching is energetic and enjoyable.

 **Training:** Sat 11am-12.30pm

Matches: Once a month on Weekends

 Baildon Rugby Club or
Bradford & Bingley Rugby Club

 £10 annual membership

 Call or Text **07869 578162**

 phil.wilson@whiteroserugby.com

 www.bumblesrugby.com

 No experience required - all abilities welcome. Matches on weekends and additional touch rugby sessions.



MIXED ABILITY GOLF

Be active and make new friends in the beautiful surroundings of the Bingley St Ives club.

 Alternate Mondays 4-6pm

 Bingley St.Ives Golf Club,
Harden, BD16 1AT

 £2.50 per session

 Call **Alan** on 07359 003287
or **Graham** on 07855 009540

 alanthornber@yarnconsult.co.uk

 Equipment is provided. All abilities welcome.



MIXED ABILITY FOOTBALL

WOMEN ONLY

Women only Mixed Ability Football Social drop in and play.

 Sat 3-4pm

 Grange Interlink Community Centre,
Summerville Road, BD7 1PX

 £5 per session

 Call or Text **07869 578162**

 Please wear sports clothes and Trainers. Equipment is provided. All abilities welcome.

 Nalettetucker@sunnahsportsacademytrust.com



MIXED ABILITY FOOTBALL

OVER 18'S ONLY

Over 18's Football for well-being. A fun session for all abilities to enjoy playing some social football and the opportunity to brush up on your skills and drills.

 Time: TBC

 Venue: TBC

 £3 per session

 info@bdsL.net
laura.purcell@bdsL.net

 Astro boots or trainers. NO studded boots. A collaboration with Mind in Bradford to offer wellbeing support for carers and participants who may be struggling



MIXED ABILITY SPORT IN BRADFORD AND CALDERDALE



Creating a sense of belonging, keeping fit and improving mental health regardless of age, fitness or ability.

WHAT IS MIXED ABILITY?

Mixed Ability activities include people facing a whole range of barriers to participation, including physical and learning disabilities, mental and physical health conditions, age related impairments, low confidence or other personal circumstances. Mixed Ability coaches, teams and classes give everyone the opportunity to fulfil their potential and feel a sense of belonging.

"I never thought I would get back playing sport, but Mixed Ability has given me that chance again."

– Ciara Ahern
Ballincollig Trailblazers



MIXED ABILITY MULTI-ACTIVITY

From arts and craft – boccia and badminton!
Something for everyone!

🕒 Wed 4-6.30pm

📍 Heaton Tennis & Squash Club,
Off Emm Lane, BD9 5PH.
Next to St Bede's school

£ £3 per session

✉ info@bdsl.net
laura.purcell@bdsl.net

📌 Sports clothes and trainers recommended.



MULTI-SPORT FOR KIDS

Children's (age 6-12) Mixed Ability Multi Sport
Sessions Fun introduction to different sports.

🕒 Sun 11am-12noon

📍 Grange Interlink Community Centre,
Summerville Road, BD7 1PX

£ £15 per month

☎ Call or Text **07869 578162**

📌 Please wear sports clothes
and Trainers. Equipment is provided.
All abilities welcome.

✉ Nalettetucker@sunnahsportsacademytrust.com



MIXED ABILITY TENNIS

CHILDREN ONLY

Children's Mixed Ability Tennis Academy (age 6-16). Teaching racket and ball skills to progress from beginner to competition.

🕒 Sat 4-6pm

📍 Grange Interlink Community Centre,
Summerville Road, BD7 1PX

£ £30 per month

☎ Call or Text **07869 578162**

📌 Please wear sports clothes
and Trainers. Equipment is provided.
All abilities welcome.

✉ Nalettetucker@sunnahsportsacademytrust.com



RACKET BALL AND PICKLEBALL

Mixed Ability Racket ball and Pickleball. Two brand new sessions suitable for people of all ages and abilities.

🕒 New sessions, times to be confirmed.
Email Terry Wassall for details.

📍 Heaton Tennis & Squash Club,
Off Emm Lane, BD9 5PH.
Next to St Bede's school

£ New session fees to be confirmed

☎ call reception on **01274 541508**

✉ terry.wassall@gmail.com



MIXED ABILITY ROWING

Mixed Ability Rowing at Bradford Amateur Rowing Club (BARC).
Learn to row in a friendly environment.

🕒 Rowing weekly or alternate
Sun 11am-12noon. Possible extra land
fitness sessions during the week

📍 End of Coach Rd, Lower Baildon,
Riverside, BD17 5SP

🚌 626 Bus

£ Concessions available.
Annual membership.

✉ adrianjuliefosterian@gmail.com

📌 The club is currently oversubscribed please contact for
further details on how to register on our waiting list.



MIXED ABILITY SWIMMING

We're back and would love you to join us in the pool,
come on in the water is perfect!

🕒 Tues 7.30-8.30pm

📍 Pool at Tong Leadership Academy,
Westgate Hill St, BD4 6NR

£ £3 for participants, carers swim **FREE**

☎ Call **Helen** on **07966 089526**

✉ helen@helenhowes.co.uk

@ [facebook.com/theswimhub](https://www.facebook.com/theswimhub)

📌 Welcoming non-judgmental swim for all



NON-CONTACT BOXING

Unorthobox, non-contact Boxing skills and fitness,
punch bags and pads but not each other.

🕒 **Age 7-16 yrs:** Tues 5-6pm
Open age (7 yrs+): Tues 6.30-7.30pm

📍 Heaton Tennis and Squash Club,
Off Emm Lane, BD9 5PH

£ First session **FREE**, then...
£6 over 18's, £5 under 18's.

☎ Call **Sarah** on **07769 359612**

✉ info@unorthobox.co.uk

🌐 www.unorthobox.co.uk

📌 Equipment is provided. All abilities welcome.
Also available in Leeds – contact Unorthobox for details.



NON-CONTACT BOXING

WOMEN ONLY

Ladies (14+) Mixed ability Non-Contact Boxing
Boxing skills using pads and fitness based exercises.

🕒 Sun 11am-12noon

📍 Grange Interlink Community Centre,
Summerville Road, BD7 1PX

£ £3 per session

☎ Call or Text **07869 578162**

📌 Please wear sports clothes
and Trainers. Equipment is provided.
All abilities welcome.

✉ Nalettetucker@sunnahsportsacademytrust.com



MIXED ABILITY KICKBOXING

Suitable for all abilities. Non-contact and contact sessions to
suit participant needs. We will support you along your journey.

🕒 **Junior 7-12 yrs:** Sat 1-2pm & 2-3pm
Teens: Tues 7-8:30pm, Thurs 7-8:30pm
& Sat 1-2pm

📍 Physical Impact Kickboxing Academy,
182 Harris Street, BD1 5JA

£ **FREE** trial session. Monthly fee

☎ Call **Shab** on **07400 016416**

✉ physicalimpactkickboxing@hotmail.com

🌐 www.physicalimpactkickboxing.com

@ Find us on facebook and instagram

📌 3 locations across BFD call for further details.
Other classes and PT session available.



IMAS TEAM DAYS

Co-produced teambuilding and Inclusion
sessions delivered by IMAS trainers.

🕒 Sessions available through
advanced booking

📍 Suite 3, Cathedral House,
26-28 Church Bank, Bradford,
West Yorkshire BD1 4DZ

£ Sessions fees to be confirmed

✉ contact@mixedabilitiesports.org



IMAS – Changing the world through Mixed Ability.

To find out more, visit www.mixedabilitiesports.org

IMAS INTERNATIONAL
MIXED ABILITY
SPORTS