

## Sport & Leisure Activities for People with Disabilities

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Club/ Sport	Day	Venue & Time	Age	Multi Sports	Transport	Cost
Pool & Table Tennis Club	Monday	Temple Row, Keighley	14+	Pool, Darts, Snooker, Table Tennis	Yes	£5
Sports Academy Bradford	Monday	Bradford College Trinity Green Campus, Sport Centre 4-5.30pm	15-25	Multi Sports	Yes	FREE
Bradford All Stars Basketball Club	Tuesday	Manningham Sports Centre 4pm-5.00pm	10-18	N/A	Yes	£2 or £2.50
Golf	Tuesday: every other week	Silsden Golf Club 7-8pm	8 +	N/A	No	£5
Olympik Dreams Power- lifting	Tuesday & Thursday	Olympik Dream Gym, Crosshills 7:30-8:30	16+	Power lifting and strength and conditioning.	No	£3.00
Physical Activity for Disabled People (PAD)	Tuesday & Thursday	Richard Dunn Sports Centre 1pm-2pm	16-30	Healthy Lifestyles, Physical Activity Sessions, weight management	Yes	FREE
Ten-pin Bowling	Tuesday: every other week	Keighley AMF 6.30-8pm	16 +	N/A	No	£3.20
Wednesday Leisure Club	Wednesday	Keighley Leisure Centre 7-9pm	13 +	Swimming, Badminton, Dance & Drama, Boccia, New Age Curling	Yes	£5 or £2.50
Athletics High Performance Coaching	Thursday	Greenhead Track time 5.00-6.00 pm	10+	Athletics and fitness based Coaching	No	FREE
Keighley Disability Sports Academy	Thursday	Greenhead High School 3:30 – 5:00pm	15-25	Multi Sports	Yes	FREE
Paralympics' Club	Thursday	Greenhead Track 5:30-7.00	11-18	Multi Sports	No	FREE
Junior Sports Academy	Saturday	Nabwood Sports Centre 11-1pm	8-16	Multi Sports	No	£3 & £1 Siblings
Ten-pin Bowling League	Saturday: every other week	Keighley AMF 10 am-12pm	8 +	N/A	No	£3.50
Bradford Disability Football Club	Sunday	Nabwood Sports Centre 9.45 -10.45	Open	N/A	No	£2.00
Power-lifting	Sunday	Armley Leeds 9am -12.30pm	16 +	N/A	Yes	£5.00
School PE & Sport Sessions	Monday-Friday	School Setting	14-18	Multi Sport Sessions	No	N/A