

# Sport and active recreation opportunities for people with a disability in and around Darebin



## Aquatics & Fitness

### Reservoir Leisure Centre (RLC)

Cuthbert Rd, Reservoir

#### Staying Active All Abilities Gym Program

A gym program designed for people with a disability. After an initial assessment with a fitness consultant you will be given an individual program plan. A great program if you want to improve your overall well-being. For the same fee you can also access the pool on the same day.

When: Tuesday, Thursday & Saturday

1–3pm

Where: Reservoir Leisure Centre

Cost: \$5 per session

**Contact:** Wendy on 9496 1050 to book initial assessment prior to starting

#### Staying Active Memberships

The membership provides people who have a disability concession card or a senior's card access to an affordable membership at Reservoir Leisure Centre. The membership provides access to the gym and pool along with a number of group fitness and mind body classes. All facilities can be accessed 7 days a week up to 4pm daily.

Cost: \$45 per month

**Contact:** RLC reception on 9496 1050 or email [rlc@darebin.vic.gov.au](mailto:rlc@darebin.vic.gov.au)

### YMCA Northcote Aquatic and Recreation Centre (NARC)

180 Victoria Rd, Northcote

NARC provides inclusive gym and swim programs and through the Open Doors

program eligible individuals can access the centre for no or low cost. YMCA Open Doors is a community based initiative that provides equal access to health and wellness services for anyone experiencing financial difficulty. To be eligible you will need to complete an application form and have a nomination form completed by a referral agency e.g. health service, employment service, welfare/disability agency.

**Contact** NARC YMCA for further details of their Open Doors Program on 9486 7200 or email [northcote@ymca.org.au](mailto:northcote@ymca.org.au)

#### Outdoor Fitness Equipment

Darebin City Council has installed outdoor all weather gym equipment to be used freely by any member of the public from teenagers through seniors in two of our parks. The equipment provides a cardiovascular workout, developing most muscle groups while enjoying the scenic outdoors. With this equipment you can enjoy your exercise any time for free and no commitment.

**Locations** Edwardes Lake Park – Griffiths St, Reservoir

C.H. Sullivan Memorial Park – Blake St, East Preston

#### Free Exercise in the Parks

Free Exercise in the Parks is a community based active recreation program that aims to increase opportunities to participate in physical activity for residents in the City of Darebin. The program is offered three times per year for a 6-8 week block during Spring, Summer and Autumn. For more information see: <http://www.darebin.vic.gov.au/freeexercise> or contact 8470 8888.

## Australian Rules Football (AFL)

### Parkside Football Club – Football Integration Development Association (FIDA)

Pitcher Park, Cnr Separation & Keith Street, Alphington

The Parkside FIDA Team welcomes people of all abilities to get involved in the game of Australian Rules football. You can get involved either as a player (game or training) or as a supporter/ spectator everyone is welcomed, so if you are 15 years and over this is the club for you.

When Games every second Sunday (between April–August)

**Contact** Kevin Clarke 0419 262 676 or email [kevin@clarkerocca.com.au](mailto:kevin@clarkerocca.com.au)

### Auskick

Auskick is the junior entry AFL program for all children aged 5-12yo, to find a program near you and to register your child go to: [www.aflauskick.com.au](http://www.aflauskick.com.au).

## Baseball

### Preston Pirates Baseball Club

La Trobe Uni. Playing Fields, Carpark 2A off Kingsbury Drive, Bundoora

Club training is on Thursday nights 6/6.30pm, welcome to come along to training each week to learn the game, there is a social membership available (\$25) or if you start to play in the competition you will have to pay fees (~\$300per year). If you go down on a Thursday night speak with Sharon.

### Contacts

Alex Djorgonoski, President – 0411 701 122  
Sharon Fittock, Senior Coordinator – 0403 354 276

## Aussie T-Ball

is the junior entry program for baseball for primary school aged children, for more information or to find a club offering Aussie T-Ball see: <http://baseball.com.au/Get-Involved/Play/Aussie-T-Ball> or contact Baseball Victoria on Ph. 5510 6800.

## Basketball

### Helping Hoops

Helping Hoops run a free weekly basketball program for children with a disability aged 7 up at Croxton School, Beaconsfield Pde, Northcote on Wednesdays 3-4pm and 5-6pm. For more information call or text Adam McKay 0433 857 875

### Aussie Hoops

Aussie Hoops is the junior entry basketball program for children aged 5-10yo. For information on this program and to find a program refer to the Aussie Hoops website [www.aussiehoops.com.au](http://www.aussiehoops.com.au) or contact Basketball Victoria: Phone 9837 8000 or email [enquiries@basketballvictoria.com.au](mailto:enquiries@basketballvictoria.com.au)

### Collingwood Access All Abilities Basketball

Collingwood Access All Abilities Basketball runs a program on Saturday mornings 11.15am -12.30pm for children with a disability aged 6-16yo at Collingwood College, Cnr Cromwell St & McCutcheon Way, Collingwood. For more information contact Gerard Molan Phone 0409 047 056 or email [aaa@collingwoodbasketball.com.au](mailto:aaa@collingwoodbasketball.com.au)

## Cricket

### Holy Trinity Cricket Club All Abilities Program

The Holy Trinity All Abilities Cricket Program operates during the cricket season between November and February. Weekly skills sessions are delivered based on the successful “In 2 Cricket” programs. The program specifically provides young people with a disability an opportunity to participate in and

learn the skills of cricket in a fun and safe environment. Sessions are delivered during the cricket season between October to March.

When Saturday 10–11am

Where Hayes Park, Flinders Street, Thornbury

**Contact** Matt O'Brien 0417 352 058

### **IN2CRICKET (also known as Milo Cricket)**

IN2CRICKET (also known as Milo Cricket) is the junior entry program for all children aged 5-8yo, to find out more see: <http://www.in2cricket.com.au/> or ring 1800 2742 538. T20Blast is a program for 8-12yo's that includes the chance to play a T20 Big Bash style game – players waiting to bat take part in the 'Skills Zone' to develop their skills, for more information see: [www.t20blast.com.au](http://www.t20blast.com.au)

## **Cycling**

Darebin has extensive off road (shared) cycling paths and on-road cycle lanes which make it a great activity to get involved in. Darebin Council offers support to get cycling via training workshops, the development of 'back street' bicycle routes, availability of a TravelSmart map outlining where all the bike paths are and supporting the Darebin Bicycle Users Group (a group that organise social rides as well campaigning for better infrastructure). For more information on these initiatives see: [www.darebin.vic.gov.au/cycling](http://www.darebin.vic.gov.au/cycling) or contact Council on 8470 8888.

Cycling Victoria is running Accessible Cycling Programs including adaptive bikes suitable for a variety of mobility needs, to find out if one is taking place near you contact Ben Rogers at Cycling Victoria Phone 8480 3000 or Email [ben.rogers@cycling.org.au](mailto:ben.rogers@cycling.org.au)

## **Dance**

### **Moving Stars**

Moving Stars combines movement, dance, drama, music and art into two hours of fun. Adults with a disability can get together and be creative in a safe, caring and friendly space. Moving Stars is facilitated by qualified dance therapists.

When Monday 6.30–8.30pm

Where TWNH, Leinster Grove Community Hall, Thornbury

Cost \$100 (for 10 weeks)

**Contact** 9480 0466

### **Diakosmos Dance Academy**

Offers special and inclusive dance classes across 3 locations – Northcote, Thornbury and Briar Hill. For more information see: <http://diakosmos.com.au/special-needs-classes/> or contact Dianne on 0413 999 845 or email [diadance@bigpond.net.au](mailto:diadance@bigpond.net.au)

## **Gymnastics**

Gymnastics Victoria have been working with clubs to ensure they're inclusive of children with a disability, to find a club near you that is inclusive contact Genevieve Gibson, Club Development Officer, Gymnastics Victoria Phone 9214 6020 or email [ggibson@gymnasticsvictoria.org.au](mailto:ggibson@gymnasticsvictoria.org.au)

## **Handball**

Wheelchair Handball is a new sport to Darebin based on European Handball and played on an indoor sports court. Anyone can play however players must be able to self-propel a manual wheelchair.

When Tuesday 7-8pm

Where Darebin Community Sports Stadium, 857 Plenty Rd, Reservoir

**Contact** Kon Kiryakudya – President Australian Wheelchair Handball Phone 0414 439 764 email [president@wheelchairhandball.org.au](mailto:president@wheelchairhandball.org.au)

## Horseriding

### Ridability at Bundoora Park

Ridability Victoria is a not for profit organisation providing opportunities for riders with a disability to participate in horse-related activities, including learning to ride, trail riding and opportunities to compete in games, dressage and show jumping.

When Friday 10am–3pm (during school terms)

Where Coopers Settlement, Bundoora Park, Plenty Rd, Bundoora

**Contact** Maree Castles on 0409 918 311

## Indoor Cricket

Indoor Sports Victoria run an Indoor Cricket 'Superleague' for adults with an intellectual disability. The Superleague runs once a month in different locations, cost \$20 for the day which includes 4 games and lunch, players get put into teams for the day. For more information contact Indoor Sports Victoria: Phone: 9762 2922 or email [admin@indoorsportsvictoria.com.au](mailto:admin@indoorsportsvictoria.com.au)

## Lawn Bowls

### Kingsbury Bowls Club

Kingsbury Bowls Club, Dunne St, Kingsbury in conjunction with TWNH host a social bowls program on a Thursday morning 10am – 11.30am, cost \$50 per term. Contact TWNH on 9480 0466 or email [office@twnh.vic.edu.au](mailto:office@twnh.vic.edu.au) for more information and to enrol.

## Alphington Bowls Club

Alphington Bowls Club, Parkview Road, Alphington in conjunction with Alphington Community Centre host a lawn bowls program for adults of all abilities on a Wednesday morning. The program runs for 6 weeks at a time during school terms ending with a celebration BBQ. It is free but bookings are essential through Alphington Community Centre, Phone 9499 7227 email [info@alphingtoncommunitycentre.org.au](mailto:info@alphingtoncommunitycentre.org.au)

## Playgrounds

Darebin has 3 playgrounds that cater to children of all abilities with sealed paths, sound play, tactile play and specially selected equipment. They are located in Bundoora Park near the Coopers Settlement café, Edwardes Lake Park off Griffiths St and All Nations Park near Brickwork Lane.

## Netball

### Grow with Goals

Grow with Goals run a netball program for teens and young adults with a disability at Darebin Community Sports Stadium, 855 Plenty Road, Reservoir on Tuesdays 4.30-6pm. **Contact** Melony Rodgers 0417 019 000

### Net Set Go

Net Set Go is a junior entry netball program for children aged 5-10yo, programs can be run by netball clubs or schools, contact Netball Victoria to find your closest program: Phone: 9321 2222 or email [info@netballvic.com.au](mailto:info@netballvic.com.au)

## Soccer

### Northern Falcons Soccer Club

The All Abilities Soccer Program coordinated by the Northern Falcons provides opportunities for both men and women with an intellectual disability interested in the world game. All levels of ability are welcome.

When Tuesday 5.45–6.45pm in soccer season

Where Hayes Park, Flinders Street, Thornbury

**Contact** Anthony Risoli on 0413 290 074

### **Northcote City Soccer Club 7-Aside**

#### **Football**

7-Aside Football is delivered in a partnership by Disability Sport and Recreation and Northcote City Soccer Club. The 7-Aside Football Development Program will teach you the skills to dribble the ball down the field or scoot the ball across the goal line. Once you have mastered the skills of 7-Aside Football, take to the field for some competition. The 7-Aside Football Development Program is aimed at Victorians with Cerebral Palsy, Acquired Brain Injury and people who have experienced stroke.

When Fortnightly on Sundays 10–11.30am

Where John Cain Memorial Park, 281 Darebin Road, Thornbury

**Contact** Tim Nield 9473 0133 or [tim@dsr.org.au](mailto:tim@dsr.org.au)

### **Preston Lions Football Club**

Vision Impaired MiniRoos program for children aged 5-12 yo with a vision impairment, the program runs in soccer season (~April-Sept).

Where B.T. Connor Reserve, Broadhurst Avenue, Reservoir

**Contact** Danny Gruevski [dgruevski@hotmail.com](mailto:dgruevski@hotmail.com)

#### **MiniRoos**

MiniRoos is the junior entry soccer program for all children aged 4-11yo, for more information see: [www.miniroos.com.au](http://www.miniroos.com.au) or ring Football Federation Victoria on 9474 1800.

## **Special Olympics Victoria**

### **Northern Metropolitan Region**

Special Olympic Victoria Melbourne North has been established since 2005 and covers the northern suburbs of metropolitan Melbourne including the municipalities of Yarra, Darebin, Whittlesea, Hume and Moreland. Training and competition is provided in the sports of Aquatics, Basketball, Bocce, Golf and Tenpin bowling. For more information about each sport please see the following details:

#### **Aquatics**

Not Available at moment contact Terry Patterson 0459 919 879 to register interest

#### **Basketball**

Wednesday (2 Sessions) 3pm-4pm and 5pm-6pm

Croxtton School, 159 Beaconsfield Parade, Northcote

Coordinator - Adam McKay (Helping Hoops) 1300 851 810

Coach - Mike Spears (Helping Hoops)

#### **Bocce**

Saturday fortnightly 10am-12pm

Veneto Club, 191 Bulleen Rd, Bulleen.

Coordinator - Sandra Hansen 0410 040 661

Coach - Rick Gatto

#### **Golf**

Term 1 & 4 - Tuesday afternoons at 5:15pm  
Ivanhoe Golf Course, Vasey St, Ivanhoe  
(Term 1 & 4 only)

#### **Tenpin Bowling**

2nd & 4th Sunday of the month, 9.00am start  
Greensborough Lanes, Oz Ten Pin, 445

Grimshaw St, Bundoora

Co-ordinator & Coach - Terry Patterson 0459 919 879

## Table Tennis

### Coburg Table Tennis Club

Coburg Table Tennis Club, Ray Kibby Centre, Cnr Murray Rd & Newlands Rd Coburg, Ph 9350 4723 or Bruce on 0410 472 006.

Have social table tennis on a Friday morning 9.30-11.30am, cost \$4, inclusive and fun group of people that play mainly doubles, anyone welcome to turn up.

## Tennis

### Tennis Victoria

Tennis Victoria supports the Access Community Equality (ACE) program which provides funding to clubs and coaches to be inclusive of people with a disability and from CALD background. Contact Tennis Victoria's Community Tennis Officer for Darebin Steph Eshak on Phone 8420 8427 or email [seshak@tennis.com.au](mailto:seshak@tennis.com.au) for details of ACE Clubs in the area.

### Hot Shots

Hot Shots is the junior entry tennis program for children aged 6-10yo. Programs can be run at tennis clubs or in schools, for more information and to find a program in your area see: <http://hotshots.tennis.com.au/>

### Cardio Tennis

Cardio Tennis is a group fitness program for people of all ages and abilities that focuses more on the workout than tennis technique but takes place on a tennis court and involves various drill and play based activities. For more information and to find a program in your area see: <http://cardiotennis.com.au/>

## Ten Pin Bowling

The closest 10 Pin Bowling centre to Darebin is Keon Park AMF- 16-18 Keon Parade, Keon Park Ph. 9460 4602. They run an 'Achievement League' for people with an intellectual disability on Thursday afternoons

at 4.30pm, \$11 for 2 games. Contact Pam on the above number on a Thursday or drop in to the centre on a Thursday afternoon to find out more about joining.

All Ten Pin Bowling centres are accessible for people with mobility needs and include features such as bumpers on the lanes to prevent gutter balls, ramps to bowl the ball down and the availability of 'handle' balls for those who have difficulty holding a traditional ball. For more information on Ten Pin Bowling for bowlers with a disability see: <http://tenpin.org.au/index.php?id=906> or contact Marc Mazzeo – Inclusion Officer at Ten Pin Bowling Victoria on 9532 2219.

### Bowling101

Bowling101 is a coaching program designed for people of all ages and abilities that runs over 8 sessions. It is currently being offered at Oz Tenpin Greensborough & Epping.

## Walking

Walking is a great fun and low cost activity to improve your health and wellbeing. Darebin Council is committed to creating a walkable community in Darebin and have a number of accessible walking routes, many of which are shared paths (cycle paths as well). For more information on walking including a link to the Darebin Travel Smart Map which outlines all the walking routes please see [www.darebin.vic.gov.au/walking](http://www.darebin.vic.gov.au/walking) or ring Customer Service on 8470 8888 or drop into a Customer Service Centre to obtain a map.

### Darebin Walking Groups

Across Darebin there are a number of walking groups that provide great social, health and wellbeing outcomes for its members including an Indoor Walking Group held at Darebin International Sports Centre on a Tuesday evening (goes around the top of the cycling velodrome).

For a list of walking groups please see the Darebin Community Directory: <http://www.darebin.org/Directory/AgencyList.aspx?S3Key=561> or contact Leisure services on 8470 8305.

### How to find out about other sport and recreation opportunities:

Contact the **Darebin Community Recreation Facilitator** who can discuss your interests and suggest other options for engaging in sport and active recreation. Contact phone 8470 8305 or [leisure@darebin.vic.gov.au](mailto:leisure@darebin.vic.gov.au)

**Darebin Community Portal** includes listings of sporting clubs, which parks have basketball half courts, who offers dance classes and where local gyms are etc. see: <http://darebin.org> or phone 8470 8888.

**AAAPlay (Access for All Abilities - First Point of Call Service)** connects people in Melbourne with a disability to sports and active recreation opportunities: <http://www.aaavic.org.au/> or call 1800 222 842

**Disability Sport and Recreation** have a program called Score! On which you can search for opportunities: <http://www.dsr.org.au/default.aspx> or call 1800 234 648.

Go to the **Team Up** website: <http://www.teamup.com.au/> to download an App or go to their Facebook site that gives you access to sporting teams looking for additional players or individuals looking for a workout or hitting partner. You can search via your area, your sport and when you want to participate.

The free **Leader Newspapers** have a weekly listing of 'What's on planner' that includes classes, sport and recreation opportunities, support groups and entertainment, the Preston Leader comes out on Tuesdays while the Northcote Leader comes out on a Wednesday or view online:

<http://leader.newspaperdirect.com/epaper/viewer.aspx>

**Meetups** are neighbours getting together to learn something, do something, share something, for more information see: <http://www.meetup.com/cities/au/melbourne/>

### Neighbourhood Houses

Neighbourhood Houses and Community Centres are great places to meet new people, learn new skills, improve your well-being and become involved in your community. There are seven neighbourhood houses in Darebin, contact them directly to find out what they offer:

#### **Alphington Community Centre**

2 Kelvin Road, Alphington 3078

Phone: 9499 7227

Email: [info@alphingtoncommunitycentre.org.au](mailto:info@alphingtoncommunitycentre.org.au)

Web: [www.alphingtoncommunitycentre.org.au](http://www.alphingtoncommunitycentre.org.au)

#### **Jika Jika Community Centre**

Corner Plant & Union Streets, Northcote 3070

Phone: 9482 5100

Email: [office@jikajika.org.au](mailto:office@jikajika.org.au)

Web: [www.jikajika.org.au](http://www.jikajika.org.au)

#### **PRACE – Preston Reservoir Adult Community Education**

35 Sturdee Street, Reservoir 3073

Phone: 9462 6077

Email: [office@prace.vic.edu.au](mailto:office@prace.vic.edu.au)

Web: [www.prace.vic.edu.au](http://www.prace.vic.edu.au)

#### **Preston Neighbourhood House**

218-220 High Street, Preston 3072

PH: 9484 5806

Email: [office@prestonhouse.org.au](mailto:office@prestonhouse.org.au)

Web: [www.prestonhouse.org.au](http://www.prestonhouse.org.au)

#### **Reservoir Neighbourhood House**

2B Cuthbert Road, Reservoir 3073

Phone: 9462 4611

Email: [programs@reservoirnh.org.au](mailto:programs@reservoirnh.org.au)

Web: [www.reservoirnh.org.au](http://www.reservoirnh.org.au)

### **Span Community House**

64 Clyde Street, Thornbury 3071

Phone: 9480 1364

Email: [info@spanhouse.org](mailto:info@spanhouse.org)

Web: [www.spanhouse.org](http://www.spanhouse.org)

### **TWNH**

131 Shaftsbury Parade, Thornbury 3071.

Phone: 9480 0466

Email: [office@twnh.vic.edu.au](mailto:office@twnh.vic.edu.au)

Web: [www.twnh.vic.edu.au](http://www.twnh.vic.edu.au)