

DISABILITY SPORT IN CAERPHILLY

Swimming

The authority is running weekly Children's disability swimming lessons.

To enrol your child on one of the swimming lessons, contact your local Leisure Centre or Paul Taylor, Disability Sports Wales Development Officer on taylop1@caerphilly.gov.uk.

Caerphilly County Borough Council is the first authority in Wales to provide swimming lessons for children with a disability across all leisure centres with pool facilities.



NEW CLUBS.

- Disability Cycling, Waunfawr Park, Cross Keys)
- inclusive kidzfit (message kidzfit on Facebook to book a place)

**For further information regarding Disability Sport contact
Paul Taylor –Disability Sport Development Officer for Caerphilly
Borough Council.**

**Paul Taylor
Disability Sports Wales Development Officer
Sport Caerphilly**

Email: taylop1@caerphilly.gov.uk

Be a part of it

Swimming Club

Caerphilly Disability Swimming Group

Held at: Caerphilly Leisure Centre.

Contact Caerphilly Leisure Centre – 02920 851845

Day & Time: Tuesday 6.30pm-7.15pm

This session is suitable for children of all abilities.

Risca Stingrays Swimming Club

Held at: Risca Leisure Centre.

Contact Risca Leisure Centre – 01633 613983

Day & Time: Wednesday 5.00pm-6.00pm

This session is suitable for children of all abilities.

Caerphilly Swimming Club

Held at: Caerphilly Leisure

Contact Peter Key - Headcoach@caerphillycountyswimsquad.com

Day & Time: Thursday 6:00pm – 7.00pm

This club is suitable for children and adults, It is a competitive club therefore it may not be suitable for beginners.

The Otters Swimming Club

Held at: Newbridge Leisure Centre.

Contact: Newbridge Leisure Centre 01495 248100

Day & Time: Wednesday 5.00 – 6.00pm

This club is suitable for children and adults

Visually Impaired Sports

Sports Link – Blackwood Visually Impaired Club

Contact Names Diana Evans or Bernadette Williams

Contact Numbers 01443 831351 or 01495 230105

Monday

Ten Pin Bowling

Held at: Bowlplex Centre Treforest

Day & Time: Monday 11.00am-1.00pm

Wednesday

Learn to play Indoor bowls

Held at: Islwyn Indoor Bowls Centre (Pontllanfraith)

Day & Time: Wednesday 10.00am – 12.00pm

Rambling Group

Once a month we walk within the local area.

Please ask for list of Walks

This club is suitable for adults with a Visually Impairment.

Gymnastics

Valleys Gymnastics Academy

Day & Time: Sunday 2.30 am -3.30pm

Contact details are: 01495 248070 or Vga-gymnastics@hotmail.co.uk

No need to pre-book BUT we recommend you call ahead to check we are not closed due to events. This club is suitable for children of all abilities.

Kidzfit

Day & Time: Wednesday, Oakdale Community Centre 5.30pm,

Day & Time: Friday, Plasmawr Community Centre 4pm.

Contact details are: (message Kidzfit on Facebook for more information)

You must pre-book. This club is suitable for children of all abilities. It's a fun social experience that promotes movement, coordination, confidence and self-esteem.

Multisports

Heolddu Multisport Club

Held at: Heolddu Leisure Centre, Contact Name: Katharine Hicks - 01443 410819

Time & Day: Wednesday 7pm – 9pm

This club caters for young Adults

Trampolining

Caerphilly Trampolining Club

Held at: Caerphilly Leisure Centre. Contact Caerphilly L C – 02920 851845

Day & Time: Monday 5.00pm-6.30pm

This club is suitable for children of all abilities

LEISURE CENTRE DISABILITY SWIMMING LESSONS

Centres	Days	Times	Tel Number
Caerphilly	Tuesday	6.30-7.15pm	02920 851845
Bedwas	Contact leisure Centre for more information		02920 852538
Risca	Wednesday	5.00-6.00pm	01633 600940
Newbridge	Friday	5.00-5.30pm & 5.30-6.00pm	01495 248100
Cefn Fforest	Contact leisure Centre for more information		01443 830845
Heolddu	Contact Leisure Centre for more information		01443 828950

To enrol on any of the swimming lessons please contact your local centre
These lessons are suitable for children of all abilities

Adults Disability Swimming Sessions

Centres	Days	Times	Tel Number
Caerphilly	Monday	10.00-12.00pm	02920 851845
Caerphilly	Wednesday	10.00-12.00pm	02920 851845
Caerphilly	Friday	10.00- 12.00pm	02920 851845
Newbridge	Friday	5.00-6.00pm	01495 248100

These sessions are pay as you go sessions. For more information contact the Leisure Centres.

Gymnastics

Risca Gymnastics Club

Held at: Risca Leisure Centre

For Day & Time contact the Leisure Centre on 01633 600940

This club is suitable for children of all abilities.

Indoor Bowls

Islwyn Bowls Centre

Held at: Islwyn Bowls Centre.

Contact the Bowls Centre for more information – 01495 221321

Day & Time: Thursday 6.00pm-8.00pm

This club is suitable for adults & children of all abilities.

Football

Pont Dragons

Held at: Pontllanfraith Leisure Centre.

Contact Sian Theobald on 07960242270

Day & Time: Friday 5.00pm- 6.00pm

This club is suitable for children and adults of all abilities.

Gymnastics

Bedwas Gymnastics Club

Held at: Unit N, Trecenydd Business Park, Caerphilly. CF83 2RZ

Day & Time: Saturday 1.00 pm -2.00pm

Contact details are: 02921 321551

This club is suitable for children of all abilities.

Multisports

Risca multisports Club

Held at: Risca youth Centre. Contact Sharon Savory – 01443 864482

Day & Time: Monday 6.30pm-8-30pm

This club is suitable for adults with learning Disabilities.

Multisports

Rhymney Multisports club

Held at: Rhymney community hall. Contact Sharon Savory – 01443 864482

Day & Time: Wednesday 6:30pm- 8.30pm.

This club is suitable for adults with learning Disabilities

Cycling Club

Bike Buddies Disability Cycling Club

Held at: Waunfawr Park, Cross Keys, Contact: Deborah on 07886809326

Time & Day: Sunday 11.00am – 4.00pm

This club is suitable for children and Adults. The club runs the last Sunday of every Month.