



**YOUNG
LEICESTERSHIRE**

Supporting Organisations



We aim to provide inclusive activities and opportunities for everyone to be active



Want to know more about the inclusive activities available in Leicester and Leicestershire?

Take a look through our Inclusive Activities Leaflet

CONTACT US

Learning South
Leicestershire School
Sports Partnership:
South Wigston High School
St Thomas Road
South Wigston
Leicester
LE18 4TA
Tel: 0116 2774575

Please find contact details for each individual organisation within their own section within this leaflet

Please Note: All clubs within this leaflet have described themselves as inclusive. Please use the club contact details provided to discuss specific needs, requirements and access.



LSLSSP

**Inclusive Activities
Information pack**

Contact:

Reach Education and Wellbeing
90 Station Road
Countesthorpe
Leicester
LE8 6TB

victoria@reacheducationandwellbeing.co.uk

Tel: 07967371343

www.reacheducationandwellbeing.co.uk



Relax Kids

- Gives children the chance to build confidence and self esteem
- Teaches children tools and techniques that will set them up for life through relaxation techniques
- Helps children recognise their strengths and manage their emotional journey through life
- Fun and enjoyable sessions
- Sessions help aid children's physical and emotional development
- Helps children learn how to manage their stress and anxiety and improve sleep

What?

- Classes include movement and dance, drama games, peer massage, stretching exercises, breathing exercise, mindfulness, visualisation and relaxation

Contact Victoria Kesteven for further information



Where? Sutton Elms Baptist Church, Sutton Close, Broughton Astley, Leicester, LE9 6QF

When? Every Monday (7pm – 8pm)
Chill Skills for ages 8 – 11 years
Every Tuesday (4.15pm – 5.15pm)
Magical Adventures for ages 4 – 8 years
Every Wednesday (2pm – 2.30pm)
Little Stars for ages 2 – 4 years

Note: these sessions only run during school term time

Cost? 30-minute sessions - £4 per child, 60-minute sessions - £6 per child

What?

- Mindfulness
- Social skills
- Personal development



Contact:

Springbridge Carriage Driving Centre Group

Countesthorpe Road
Willoughby Waterleys
Leicestershire
LE8 6UL

springbridgerda@hotmail.co.uk
Tel: 07939150079, 07711084142

Springbridgerda.weebly.com



Springbridge Carriage Driving Centre

Where? Springbridge Carriage Driving Centre,
Countesthorpe Road, Willoughby Waterleys,
Leicestershire, LE8 6UL

When? Every Wednesday and Thursday from
12pm onwards

Cost? Contact the organisation

What?

- Opportunity to carriage drive
- Encourages independence
- Positive and enjoyable form of therapy



Contact:

Leicester Ancient Order of Foresters

Archery Club

Archery Field
Leicester Road
Countesthorpe
LE8 5QW

secretary@laofac.co.uk
Tel: 077454786441

<http://www.laofac.co.uk>

Archery

Where? Archery Field, Leicester Road,
Countesthorpe , LE8 5QW

When? All sessions can be arranged with the
club as required (contact the club directly)
Age 8+

The session will take the candidate through the
initial stages of target archery with plenty of
opportunity to shoot and enjoy the sport & will
be trained by a dedicated Club Coach

Cost? £10 including all targets and equipment

What?

- Archery
- Learn new skills
- Personal development
- Social skills

Contact:

Kazokudai Karate

Kingdom Hall
West Street
Blaby
Leicester
LE8 4GY

Kazokudiak@gmail.com
Tel: 07522015783

www.kazokudaikarate.com



Karate

Where? Kingdom Hall, West Street , Blaby,
Leicester, LE8 4GY

When? Every Tuesday (5:15pm – 6:15pm) for
beginners, aged 5 – 7 years
Every Tuesday (6:30pm – 7:30pm) for beginners,
Aged 8 – 15 years
Every Tuesday (7:45pm – 8:45pm) for Ladies only,
Aged 16+
Every Thursday (5:15pm – 6:15pm) for beginners,
Aged 5 – 7 years
Every Thursday (6:30pm – 7:30pm) for beginners,
Aged 8 – 15 years
Every Thursday (7:45pm – 8:45pm) for Men only,
Aged 16+

Cost? £8.75 per session / £35 monthly payment

What?

- Karate
- Physical and personal development
- Social skills



Contact:

Blaby Bowling Club

Leicester Road
Blaby
Leicester
LE8 4GQ

garytoward@sky.com
Tel: 07912516925

<https://www.blabybowlingclub.co.uk>

Bowls

Where? Blaby Bowling Club, Leicester Road,
Blaby, Leicester, LE8 4GQ

When? Contact Club

Ages 8 – 14 years
Will take on 14 – 18 years too alongside
welcoming parents to attend sessions too

Cost? Free

What?

- Bowls
- Physical Development
- Personal Development
- Social skills
- Fun with peers and family
- Enjoyment

Contact:

Blaby and Whetstone Youth Club

The Activity Centre
Warwick Road
Whetstone
Leicester
LE8 6LW

Deb.such2@youngeleicestershire.org.uk
Tel: 0116 2750489

<http://blabywhetstoneyc.wixsite.com>



RISE (SEND)

Where? Blaby and Whetstone Youth Club, The Activity Centre, Warwick Road, Whetstone, Leicester, LE8 6LW

When? Thursdays (5:30pm – 8pm)
Ages 18 – 25 years

Cost? £20 a month. This group is not open access and is referral only, parents can however, self-refer

What?

- Engaging positively with the young people in an age appropriate, creative and innovative way, that will empower them and increase their self-esteem
- Planned programme based around life skills i.e., managing money, planning meals and creating positive relationships



**YOUNG
LEICESTERSHIRE**

Contact:

Young Leicestershire Head Office & Training Centre

Warwick Road
Whetstone
Leicestershire
LE8 6LW

office@youngeleicestershire.org.uk
Tel: 0116 2750489

Support for Youth Groups in Leicestershire -
Young Leicestershire

Youth Club

Where? Blaby and Whetstone Youth Club, The Activity Centre, Warwick Road, Whetstone, Leicester, LE8 6LW

When? Every Friday (6pm – 9pm)
Ages 8 – 14 years

Cost? Free membership but costs £1.50 per session

Contact: Dave Palmer 01162864852

What?

- Fun activities
- Friendship building
- Developing self esteem in a safe environment

Contact:

Blaby and District Spartans Football Club

Victory Park
Cosby
Leicester
LE9 1RN

blabydistrictspartans@gmail.com

Tel: 07305615464

<http://www.blabyspartans.com>



Inclusive Football

Where? Blaby and District Spartans Football Club, Victory Park, Cosby, Leicester, LE9 1RN

When? Every Saturday (10am – 11:30am) Age 16+

Cost? Discussed after completing membership registration form

What?

- Small sided football (5 or 6 aside)
- Social Skills
- Feeling a part of a team
- Physical & Personal Development

Yoga

Where? Cosby Village Hall, Park Road, Cosby, Leicester, LE9 1RN

Glen Parva Memorial Hall, Dorothy Avenue, Glen Parva, Leicester, LE2 9JD

When? Every Tuesday at Cosby Village Hall (7:45 pm – 8:45pm)
Every Wednesday at Glen Parva Memorial Hall (7pm – 8pm & 8:15pm – 9:15pm)
All abilities

Cost? £7 per class (pay as you go)

What?

- Yoga
- Relaxation & Mindfulness
- Personal development

Contact:

Rachel Buccerrio Love Yoga

Cosby Village Hall
Park Road
Cosby
Leicester
LE9 1RN

Glen Parva Memorial Hall
Dorothy Avenue
Glen Parva
Leicester
LE2 9JD

Buccierorachel@hotmail.com

Tel: 07745891884

www.bookwhen.com/loveyogaleicester



Contact:

Messy Senses

23 Jubilee Way

Countesthorpe

Leicester

LE8 5UB

louise@messy-senses.co.uk

Tel: 07725582071

<http://messy-senses.co.uk>

Messy Play - Messy Senses

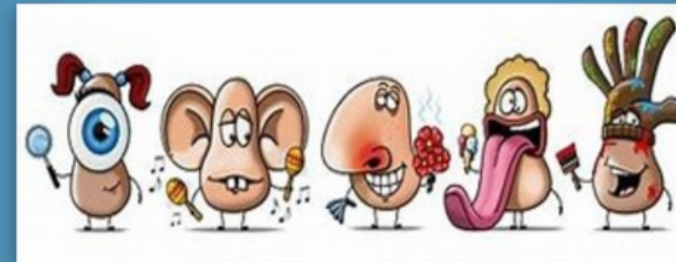
When? Explore learn and play with Messy Senses. Messy Play:

- Tuesdays - 10:30am, Burbage Parish, LE10 2HF Council (Burbage)
- Wednesdays - 10:30am, Wycliffe Rooms, LE17 4ED (Lutterworth)
- Thursdays - 10:30am, Whetstone Memorial Hall, LE8 6JE (Whetstone)

Note: see website for more sessions available

Sessions last 60 minutes –

- welcome song with variety of musical instruments for all to play
- Run down of activities on offer
- Free flow play and exploration
- End of session bell to commence wash down and give out stickers



What?

- Passionate about learning through play
- Sensory exploration helps stimulate all aspects of brain development
- Safe secure environment
- Inclusive class structure catering for all ages and abilities
- Educational activities that vary each week
- All activities linked directly to EYFS to provide solid structure for personal development

Benefits of messy play for early years to SEND up to 16 years.

Parent support groups available.

Friendly free consultations.

SEND offer:

- Simple tips to maximise sensory development based around messy sensory play and tools
- Inclusion policy inspections
- Develop and enhance EHCPs

MESSY PLAY MATTERS!

Enhancing early years development through play



Mini Bikers - Toddlers

Where? The Menphys Hub, Bassett Street,
South Wigston, Leicester, LE18 4PE

When? Every Monday from January 10th 2022
(10:15am – 11am)
Ages 18 months – 4 years

Cost? Free

What?

- Award winning learn to cycle training programme
- Physical Development
- Personal Development
- Social skills

Mini Bikers - Level 1

Where? The Menphys Hub, Bassett Street, South
Wigston, Leicester, LE18 4PE

When? Every Monday from January 10th 2022
(4:15pm – 5pm)
Ages 4 – 10 years

Cost? Free

What?

- Award winning learn to cycle training programme
- Physical Development
- Personal Development
- Social skills

Mini Bikers - Level 1

Pedal Power

Where? The Menphys Hub, Bassett Street,
South Wigston, Leicester, LE18 4PE

When? Every Monday from January 10th 2022
(5:15pm – 6pm)
Ages 4 – 10 years

Cost? Free

What?

- Award winning learn to cycle training programme
- Physical Development
- Personal Development
- Social skills



Contact:

Menphys
The Menphys Hub
Bassett Street Centre
Bassett Street
South Wigston
Leicester
LE18 4PE

Menphys.services@menphys.org.uk
Tel: 01455323020

<http://www.menphys.org.uk>



Riders – in partnership with Leicester Riders

Where? The Menphys Hub, Bassett Street,
South Wigston, Leicester, LE18 4PE

When? Every Friday (term time till April 2022)
- 4.30pm – 6.00pm
Ages 12 – 25 years

Cost? Free

What?

- Basketball
- Social skills
- Feeling a part of a team
- Physical Development
- Personal Development
- Optional Respite



Activity Clubs

Where? The Menphys Hub, Bassett Street,
South Wigston, Leicester, LE18 4PE

Barley Croft Community Centre, Barley Croft
Primary School, Malham Close, Beaumont Leys,
Leicester, LE4 0UT
01162221090

When? Every Saturday (term time)
- 10.00am – 1.00pm
Ages 8 – 25 years

Cost? £10 per session

What?

- Respite
- Social Skills
- Opportunities to try new things
- Personal Development
- Friendly, supportive and needs-led environment
- Developing confidence, self-belief and independence skills
- Arts and crafts, sport, music and food preparation
- Child led



LCFC – in partnership with Leicester City in the Community

Where? The Menphys Hub, Bassett Street,
South Wigston, Leicester, LE18 4PE

When? Every Thursday (term time)
- 4.30pm – 5.30pm
Age 8 – 12 years
- 6pm – 7pm
Ages 12 – 18 years

Cost? Free

What?

- Multi Sports
- Social Skills
- Feeling a part of a team
- Physical Development
- Personal Development
- Optional Respite



Contact:

Shane Varneys Martial Arts Academy

Unit 3
Lavinia House
Saffron Road
South Wigston
Leicester
LE18 4TD

svkarate@googlemail.com
Tel: 0116 2777801

<http://www.vmaa.co.uk>



Martial Arts

Where? Unit 3, Lavinia House, Saffron Road,
South Wigston, Leicester, LE18 4TE

When? Every Week

Mondays (from 5:30pm) for ages 5+

Tuesdays (from 5pm) for ages 5+

Wednesdays (from 5:30pm) for ages 5+

Thursdays (from 5pm) for ages 5 – 6 years,
(from 5:45pm) for ages 7+

Saturdays (from 9am) for ages 3 – 4 years,
(from 9:45am) for ages 5 – 6 years, (from
10:30am) for ages 7+

Cost? Offered a free trial – contact organization
for further information

What?

- Karate / Martial Arts
- Learn new skills



Contact:

FTM Dance

Embrace Arts Centre
Leicester
LE1 7HB

management@ftmdance.co.uk
Tel: 0116 3805608

<http://www.ftmdance.co.uk>

FTM Dance / Performing Arts

Where? Menphys Hub, South Wigston, Leicester,
LE18 4PE

When? Every Saturday and Sunday (Children
services)

Age 3+

Every Tuesday, Thursday and Friday for Adult
service at Menphys (9am – 3pm)

Age 18+

Cost? Contact the organisation as done through
a referral

What?

- Performing arts
- Dance, Music and Drama

Contact:

Enderby Roller Skating – Sk8hire

Enderby Leisure Centre
Mill Lane
Enderby
Leicester
LE19 4LX

info@sk8hire.co.uk
Tel: 07814600111

<http://www.skatehouse.co.uk/>

The logo for Sk8hire, featuring the word 'sk8hire' in a stylized font. The 'sk8' is in blue and the 'hire' is in white, all on a dark blue background.

Roller Skating - Roller Disco

Where? Enderby Leisure Centre, Mill Lane,
Enderby, Leicester, LE19 4LX

When? Every Saturday
All ages (4pm – 6pm)

Cost? £6.50 per person including skate hire or £6
with own personal skates

What?

- Roller Disco
- Keeping Active
- Roller Skating
- Social Skills
- Physical Development
- Personal Development
- Learning new skills
- Enjoyment



Contact:

Enderby Dodgeball Club

Enderby Leisure Centre
Mill Lane
Enderby
Leicester
LE19 4LX

enderyjuniordodgeball@outlook.com
Tel: 07456095330

<http://www.enderbyjrdodgeball.co.uk>

Dodgeball

Where? Enderby Leisure Centre, Mill Lane,
Enderby, Leicester, LE19 4LX

When? Every Sunday
U11s (9:30am – 10:25am)
U13s & U15s (10:30am – 11:25am)
U18s (11:30am – 12:25am)
Every Wednesday (7:30pm – 8:25pm)
Ages 14 – 18 years

Cost? £2 per session

What?

- Dodgeball
- Social Skills
- Feeling a part of a team
- Physical Development
- Personal Development

Contact:

Julie Payne School of Dance

Enderby Village Institute

Cross Street

Enderby

Leicester

LE19 4NJ

juliechapmanjp@hotmail.com

Tel: 07976778856

www.juliepaynedance.com



Dance

Where? Enderby Village Institute, Cross Street,
Enderby, Leicester, LE19 4NJ

When? Every Saturday

Age 3+ (9:00am – 10:00am)

Age 7+ (9:00am – 10:00am)

Ages 5 – 7 years (10:30am – 11:30am)

Ages 11 – 14 years (10:30am – 11:30am)

Every Monday (6pm – 8pm)

Age 14+

Cost? £6 an hour or £10 for two hours

What?

- Dancing including; Ballet, Tap, Modern, Jazz, Contemporary and Street Dance
- Social Skills
- Physical Development
- Personal Development



Street Dance

Where? Enderby Village Institute, Cross Street,
Enderby, Leicester, LE19 4NJ

When? Every Tuesday

All ages (5pm – 6pm)

Cost? £6 an hour or £10 for two hours

What?

- Social Skills
- Physical Development
- Personal Development
- New dancing style
- Stamina

Dancing - Gymnastics / Acro

Where? Enderby Village Institute, Cross Street,
Enderby, Leicester, LE19 4NJ

When? Every Monday

All ages – beginners (4pm – 5pm)

Ages 11 – 14 years (5pm – 6pm)

Cost? £6 an hour or £10 for two hours

What?

- Social Skills
- Physical Development
- Personal Development
- Flexibility
- Core strength

Contact:

Leicester Sharks Swimming Club

Enderby Leisure Centre

Mill Lane

Enderby

Leicester

LE19 4LX

guyworrow25@gmail.com

[Leicester Sharks Competitive Swimming](#)
[Club Home \(teamunify.com\)](#)



Leicester Sharks Swimming – Learn to Swim:

Where? Enderby Leisure Centre, Mill Lane,
Enderby, Leicester, LE19 4LX

When? Every Sunday (4:30pm – 7pm) – each
session is 30 minutes long apart from the 6:15pm
– 7pm session (45 minutes)

Cost?

- Swim England Fees - £20.00 (paid before first swim session)
- Leicester Sharks Fees - £40.00 (paid before first swim session)
- Training Fees - £27.00 PCM

What?

- Swimming
- Physical Development
- Personal Development
- Flexibility
- Core strength

MINI
WARRIORS
FITNESS BOOTCAMP FOR KIDS & ADULTS

Contact:

Mini Warriors Ltd

Uplands Park

Oadby

Leicester

LE2 4NT

Deanweston_6@hotmail.com

Tel: 07780900557

<http://www.miniwarriors.co.uk>

Mini Warriors

Where? Uplands Park, Oadby, Leicester, LE2
4NT

When? Adults 18+ Tuesdays and Thursdays
(6:30pm – 7:30pm)
Children Ages 5-14 years (contact organization
for times and dates)

Cost? £8 for adult sessions, contact the
organization for child prices

What?

- Military styled bootcamp including chains, tyres, jump ropes etc.
- Physical and personal development
- Fitness sessions
- Advice on nutrition and exercise plans

Contact:

South Leicestershire Badminton Junior Club

Broughton Astley Leisure Centre
Broughton Way
Broughton Astley
Leicester
LE9 6AZ

r.phipkin@sky.com
Tel: 01455283083

<http://www.southleicesterbadminton.co.uk/login>



Badminton

Where? Broughton Astley Leisure Centre,
Broughton Way, Broughton Astley, Leicester,
LE9 6AZ

When? Every Friday (5pm – 6pm)
School year 3 – 10
Every Friday (6pm – 7:30pm)
School years 7 – 13

Cost? The total Autumn, Spring & Summer Term costs are in the form of 11 monthly BACS standing order payments (September 2021 to July 2022)

For the 5:00pm to 6:00pm sessions these are £17.00 (or £15.00 for a second child)

For the 6:00pm to 7:30pm sessions these are £23.00 (or £20.00 for a second child)

These monthly payments include the Badminton England Membership Affiliation Fee for either a racket pack (0-11 years) or a junior (12-18 years)

A club shirt will be provided free of charge as part of initially joining the club, which will be required to wear at the weekly Friday badminton sessions

New members: first session free trial
Bring your own racket or use the clubs

What?

- Badminton
- Personal development
- Social skills
- Learn new skills with new equipment



Contact:

Drama Tots

Burbage Millennium Hall
Britannia Road
Burbage
Hinckley
Leicester
LE10 2HF

hinckleyandswleicester@dramatots.co.uk
Tel: 07585474179

www.dramatots.co.uk



Drama Tots

Where? Burbage Millennium Hall, Britannia Road, Burbage, Hinckley, Leicester, LE10 2HF

When? Every Thursday afternoon from January 2022

Bright Stars class (1pm – 1:45pm), Ages 3 – 4 years

Rising Stars class (1:55pm – 2:35pm), Ages 18 months – 3 years

Cost? £6.50 per session. For those that are new to Drama Tots, 3-week trials are available for £12.99

What?

- Roleplay
- Music and movement
- Using props, puppets and instruments
- Social skills
- Exciting themed adventures weekly



Contact:

Drama Tots

Wycliffe Rooms
Lutterworth
Leicester
LE17 4ED

rugbyandlutterworth@dramatots.co.uk
Tel: 07815961449

<https://www.dramatots.co.uk/rugby-lutterworth>

Drama Tots

Where? Wycliffe Rooms, Lutterworth, Leicester, LE17 4ED

When? Every Friday from January 2022

Rising Stars class (9:45am – 10:25am), Ages 18 months – 3 years

Bright Stars class (10:40m – 11:25am), Ages 3 – 4 years

Cost? £6.50 per session. For those that are new to Drama Tots, 3-week trials are available for £13.50

What?

- Roleplay
- Music and movement
- Using props, puppets and instruments
- Social skills
- Exciting themed adventures weekly

Contact:

Future Faces
Hall Park Lane
Bitteswell
Lutterworth
Leicester
LE17 4LN

futurefaceslutterworth@gmail.com
Tel: 01455553878

www.futurefaceslutterworth.co.uk



Future Faces Classes are perfect if you are an experienced performer or just want to try something new.

All students are encouraged to express themselves to develop their self confidence and sense of identity.

All of our sessions are fully inclusive and any first trial in any class is completely FREE.

Future Faces - SMILEYS

Where? Hall Park Theatre, Hall Park Lane,
Bitteswell, Lutterworth, Leicestershire, LE17 4LN

When? Saturdays (9am – 10:30am)
Ages 3 – 6 years

Cost? £9.75 per week

What?

- Performing Arts through a range of singing, dancing and acting sessions.
- Whilst the syllabus is freestyle in design, weekly lesson plans are created in order to ensure that students build on the skills learnt the previous week.
- Learning interaction between children
- Building confidence
- Having fun
- Singing: Discover new songs, learn rhythm, timing, how sounds are formed, breathing
- Dancing: Strength, enhance sensory awareness, balance and coordination
- Acting: roleplay, storytelling, communication, confidence
- The students spend 30 minutes in each subject and perform two showcases per year to parents, family and friends at Hall Park Theatre
- One is held before the Christmas break and the other at the end of the summer term
- The students perform across all three disciplines and demonstrate the skills they have learnt through script work appropriate for their age along with songs and dances.

Future Faces Theatre School

Where? Hall Park Theatre, Hall Park Lane,
Bitteswell, Lutterworth, Leicestershire, LE17 4LN

When? Saturdays (11am – 2pm)
Ages 7 – 18 years

Students are allocated to classes based on their age: Juniors - School Year 2 (term they turn 7) - School Year 4, Intermediates - School Year 5 - Year 7 and Seniors - School Year 8+

Cost? £19.50 per week

What?

- Build self confidence
- Improve communication skills
- Learn to work closely with others towards achieving a common goal.
- Whatever skills the student possess we will develop so that the individual can become the best version of themselves
- We learn best in an environment of encouragement and fun. We want everyone to feel that they are safe and can express themselves
- Whilst we have collective aims, everyone is treated as an individual: all boys and girls are encouraged to develop their talents and to use initiative to do so
- The students appear in two theatre productions each year

Contact:

Future Faces
Hall Park Lane
Bitteswell
Lutterworth
Leicester
LE17 4LN

futurefaceslutterworth@gmail.com
Tel: 01455553878

www.futurefaceslutterworth.co.uk



Future Faces Classes are perfect if you are an experienced performer or just want to try something new.

All students are encouraged to express themselves to develop their self confidence and sense of identity.

All of our sessions are fully inclusive and any first trial in any class is completely FREE.

Trinity Acting & Musical Theatre

Where? Hall Park Theatre, Hall Park Lane,
Bitteswell, Lutterworth, Leicestershire, LE17 4LN

When? Every Monday
Acting (5pm – 6pm, 6pm – 7pm, 7pm – 8pm)
Musical Theatre (6pm – 7pm)
Ages 7 – 18 years

Cost? £10 per week

What?

Trinity Acting:

- Vocal, physical and characterisation skills in dramatic performance
- Students perform a range of play extracts from a variety of periods and styles
- Engage with devised forms of theatre
- Develop the range of physical, characterisation skills that actors use to create successful performances
- Practical tasks
- Performing extracts from plays
- Improvisation
- Answering questions in character
- Reworking material
- Sight reading
- Discussing your work with the examiner
- Personal development
- Self confidence
- Social skills

What?

Trinity Musical Theatre:

- Musical Theatre exams provide learners with the opportunity to integrate acting, singing and movement
- Candidates demonstrate their skills integrating acting, singing and choreographed movement to become the all-round performer through the performance of pieces from published works of musical theatre
- Candidates can bring character and narrative to life with song and movement as an actor or in production
- Progressively develop the integration of the three musical theatre skills through the grades
- Practical tasks
- Performing songs and extracts from musicals
- Discussing the work with the examiner
- Offers a range of examples from musicals to reflect the diverse landscape of contemporary musical theatre and the well-established canon
- Everyone can gain something from suspending reality and letting imagination take flight
- Personal development
- Self confidence
- Social skills



Contact:

Taekwondo4all

St Anne's Community Hall
Letchworth Road
Leicester
LE3 6FN

taekwondo4all@hotmail.com

Tel: 07951426386

<http://www.taekwondo4all..com>



Taekwondo

Where? St Anne's Community Hall, Letchworth Road, Leicester , LE3 6FN

When? Every Thursday (8pm - 9pm)

Women's class, Age 11+

Every Monday (4pm - 5pm)

Ages 4 - 11years

Cost? Free introductory class

Women's class £16 a month or £6 per session (pay as you go)

Children's class - Juniors (4 - 7 years) £3 per session

Cadets (8 - 11 years) £4 per session - payable in half term blocks

Note: there is an annual membership fee of £30 that covers martial arts insurance



What?

- Taekwondo is a martial art known for its strong kicks and elements of self-defence.
- As a sport it offers the perfect combination of fitness, strength, balance, flexibility and self-defence. It's also really good fun and a great confidence booster. But the benefits go beyond the physical - it also inspires personal improvement, improves focus and builds confidence.
- A typical class might have a warm-up then pad work to practice techniques, working on syllabus (the various patterns to work up the coloured belts) and perhaps some stretching - each session is different!
- Personal development
- Social skills
- Physical development



Contact:

Braunstone Boxing Gym

The Oak Centre
Bendbow Rise
Braunstone
Leicester
LE3 1QA

lynchclare@sky.com

Tel: 07703737979

<http://www.warriorboxing.com>



Boxing

Where? The Oak Centre, Bendbow Rise,
Braunstone, Leicester, LE3 1QA

When? Recreational classes for Adults every
Tuesday (6pm – 7pm & 7pm – 8pm) and every
Thursday (6pm – 7pm & 7pm – 8pm)
Children every Wednesday (5pm – 6pm) and
every Sunday (10am – 11am), Ages 8 – 16 years

Cost? £4.50 per session (£20 per month) or for
under 16s £3.50 per session (£15 a month)

What?

- Boxing
- Spatial awareness
- Personal development



Contact:

AFC Andrews Disability Football

Knighton Lane
Aylestone
Leicester
LE2 6FT

luke.miller@lcfcl.co.uk

Tel: 07803625526

<https://www.afcandrews.com>

Inclusive Football

Where? AFC Andrews Football Club,
Knighton Lane, Aylestone, Leicester, LE26FT

When? Every Monday (6pm – 7pm)
Age 18+

Cost? Free

What?

- Disability Sport
- Football
- Mental Health
- Beginners' skill level

Contact:

SiD Sport in Desford Clubhouse

The Flying Fields
Peckleton Lane
Desford
Leicester
LE9 9JU

clubhousemanager@sportindesford.org

Tel: 01455828786

www.sportindesford.org



Inclusive Club

Where? SiD Sport in Desford Clubhouse, The Flying Fields, Peckleton Lane, Desford, Leicester, LE9 9JU

When? The 4th Tuesday of each month (10am – 12pm)

Cost? Contact the organisation

What?

- Multi Sports – table tennis, indoor curling, gym, dance and tennis
- Social Skills
- Feeling a part of a team
- Physical Development
- Personal Development
- Optional Respite



**Hinckley
Gymnastics
Club**
New College LEICESTER Clarendon Park HINCKLEY

Contact:

Hinckley Gymnastics Club (i.FLIP)

New College Gymnastics Centre
Glenfield Road
Leicester
LE3 6DN

info@iflip.org

Tel: 07958611312 / 07710167113

<http://www.iflip.prg>

Disability Gymnastics

Where? New college Gymnastics Centre, Glenfield Road, Leicester, LE36DN

When? Every Saturday (9:30am – 10:45am)
Age 7+

Cost? £28 per month

Private tuition available for those over 5 –
contact mitch.edwards@iflip.org

What?

- Gymnastics
- Physical development
- Increase confidence
- Social skills
- Learn new skills
- Build strength, control and flexibility

Contact:

Learn to Swim

Braunstone Swimming Club

Winstanley Community College School Pool
Kingsway North
Braunstone
Leicester
LE3 3BD

l2s.braunstone@gmail.com

Tel: 07731155559

<http://www.braunstoneswimmingclub.org.uk>



Swimming lessons

Where? Braunstone Swimming Club, Winstanley Community College School Pool, Kingsway North, Braunstone, Leicester, LE3 3BD

When? Saturdays (10am – 10:30am, 10:30am – 11am, 11am – 11:30am, 11:30am – 12pm)
Age 3+

Cost? Contact the organisation

What?

- Swimming
- Opportunities to progress
- Personal development
- Physical development
- Social skills



**Grasshopper
Netball Club**

Contact:

Grasshopper Netball Club

Winstanley School
Kingsway North
Braunstone
Leicester
LE3 3BD

Soar Valley College
Gleneagles Avenue
Leicester
LE4 7GY

<http://www.grasshoppernetballclub.co.uk>

Netball

Where? Winstanley School, Kingsway North, Braunstone, Leicester, LE33BD
Soar Valley College, Gleneagles Avenue, Leicester, LE47GY

When? Contact club to find out what time each age group trains or visit their website
Girl's youth team (Under 11s) and both senior and junior teams

Cost? Contact the organisation / visit the club's website for further information

What?

- Netball
- Social skills & teamwork

Contact:

Essensual Rejuvenation Dance and Fitness

The Grove Community Hub
Cort Crescent
Braunstone
Leicester
LE3 1QZ

essensualrejuvenation@yahoo.com
Tel: 07876498592

<https://www.er-dance-fitness.co.uk>



Dance

Where? The Grove Community Hub, Cort Crescent, Braunstone, Leicester, LE3 1QZ

When? Every Monday (5pm – 7pm), Ages 11 – 16 years

Every Tuesday (5pm – 7pm), Ages 5 – 9 years

Every Wednesday (5pm – 7pm), Ages 11 – 16 years

Every Saturday (1pm – 5pm), Ages 10 – 16 years)

Note: you can either attend this session for 2 hours or the full 4 hours

Every Tuesday (7:15pm – 8:15pm) Lets Grove Tonight Disco – family offer

Cost? £8 per person for a 2 hour session / Lets Grove Tonight Disco (£4 for a family of 4 – children under 5 go free)

What?

- Commercial dance
- Family bonding
- Disco
- Social skills
- Personal development
- Physical development



Contact:

Leicester Wheels For All
Saffron Lane Athletics Stadium
Saffron Lane
Leicester
LE2 7NG

leicesterwfa@gmail.com
Tel: 01925575628

<http://www.cycling.org.uk/locations/Leicester-wheels-for-all>



Wheels For All - Cycling

Where? Saffron Lane Athletics Stadium, Saffron Lane, Leicester, LE2 7NG

When? The last Friday of every month (10am – 6pm)
All ages

Cost? Contact the organisation

What?

- Adapted cycles
- Cycling
- Physical and mental stimulation
- Fun and enjoyable
- Personal development
- Social skills



Contact:

Aylestone Park Inclusive FC
Aylestone Park
Saffron Lane
Leicester
LE2 6TG

APinclusive@outlook.com
Tel: 07541295775

<http://www.aylestoneparkfc.org.uk/teams/inclusive-section>

Inclusive Football

Where? Aylestone Park Football Club, Aylestone Park, Saffron Lane, Leicester, LE2 6TG

When? Every Friday
Ages 6 – 16 years (6:15pm – 7:15pm)
Adults (7:30pm – 8:30pm)

Cost? Contact the organisation

What?

- Inclusive team
- Football
- Mental Health
- Social development
- Personal development
- Social skills

Contact:

Leicester Blue Sox

Western Park
Park View
Leicester
LE3 6SJ

enquiries@leicesterbluesox.co.uk
Tel: 07583863325

<http://www.leicesterbluesox.co.uk>



Baseball

Where? Western Park, Park View, Leicester, LE3 6SJ

When? Every Wednesday – May to June
Under 10s (6 – 9 years) 5:30pm – 6:30pm
Under 14s (10 – 13 years) 6:45pm – 7:45pm

Cost? Free but need to complete a registration form

What?

- Baseball
- Fun and enjoyable
- Learn new skills
- Personal development
- Social skills
- Baseball

Swimming

Where? Bosworth Academy, Leicester Lane, Desford, Leicester, LE9 9JL

When? Every Wednesday (7pm - 8pm)
Ages 9 - 15 years, all abilities

Note: potential waiting list for non swimmers & there is a 2 week holiday during the summer and sessions may vary during school holidays

Cost? £30 a month

What?

- Swimming
- Personal development

Contact:

FIDDS – Friends of Ibstock & Desford Disability Swimming

Bosworth Academy
Leicester Lane
Desford
Leicester
LE9 9JL

FIDDSwimming@gmail.com
Jules
Tel: 01509238186

<http://fids2019.wixsite.com>



Contact:

Knighton Netball Club
Sir Jonathon North College
Knighton Lane
Knighton
Leicester
LE2 6FU

juliehunt55@hotmail.com
Tel: 0116 2129387



Netball

Where? Sir Jonathon North, Knighton Lane,
Knighton, Leicester, LE2 6FU

When? Every Wednesday
Juniors (6.15pm – 7.15pm)
Aged 11 – 16 years
Seniors (7.30pm – 9.00pm)
Aged 16+

Cost? Contact the club for information

What?

- Netball
- Social skills
- Being part of a team
- Personal development
- Hand-eye coordination



Contact:

**Leicester City Woodgate FC Inclusive
'Football For All'**

Leicester City Ladies Football Club
4 Oakthorpe Avenue
Leicester
LE3 0UQ

secretary@lclfc.co.uk
Tel: 07714088838

<http://www.lclfc.co.uk/Leicester-city-woodgate-fc-inclusive-football-for-all/>

Inclusive Football

Where? New College Sports Hall, Greencoat
Road, Off Glenfield Road, Leicester, LE3 6RN

St. Margarets Pastures Sports Centre, St.
Margarets Way, Leicester, LE13EA

When? New College Juniors session is every
Thursday (5pm – 6pm), Ages 6 – 16 years
St. Margarets Adults session is every Thursday
(5:30pm – 7pm), Age 16+

Cost? Contact the organisation

What?

- Inclusive Football
- Social and Personal development

Contact:

Leicester Westleigh Hockey Club

English Martyrs Catholic School
Anstey Lane
Leicester
LE4 0FJ

damonfleming8@gmail.com

<http://www.westleigh.net>

Leicester Westleigh
Hockey Club



Hockey

Where? English Martyrs Catholic School, Anstey Lane, Leicester, LE4 0FJ

When? Every Tuesday, Ages 7 – 14 years
(6:30pm – 7:30pm)
Adults (7:30pm – 8:30pm) but children 13+ can attend depending on ability

Cost? £22 all in
Monthly charge for all hockey including occasional Sunday morning tournaments, and occasional Thursday night fun games evening

For those aged 5-8 and brand new to hockey, we do have a hockey heroes' group, which runs in blocks of 8 weeks and is £45 for that block booking.

Shin-pads, mouthguard and suitable sports footwear. We can provide all other equipment if needed.

What?

- Hockey
- Teamwork
- Positive willing to learn attitude
- Social Development
- Personal Development
- Learn new skills
- Enjoyment



Contact:

Young Heroes

Leicester Dynamite Basketball
English Martyrs School Sports Hall
Anstey Lane
Leicester
LE4 0FJ

yhdaveharris@hotmail.com

<http://www.leicesterdynamite.com>



Basketball

Where? English Martyrs School Sports Hall,
Anstey Lane, Leicester, LE4 0FJ

Gateway College, 17 Colin Grundy Drive,
Hamilton, Leicester, LE5 1GA

When? Every Saturday (10am – 12pm)
Ages 7 – 14 years

Cost? £3 per session but in the New Year will be
£4

What?

- Basketball
- Developing and equipping young people with fundamental skills that will support their on-court performances
- Fun environment



Contact:

Leicester Tigers Wheelchair Rugby

DeMonfort University
Leicester Queen Elizabeth II Leisure Centre
50 Duns Lane
Leicester
LE3 5LX

secretary@tigerswr.club
Tel: 07845809340

<http://www.leicestertigers.com/community/foundation/wheelchair-rugby>

Wheelchair Rugby

Where? DeMonfort University, Leicester Queen Elizabeth II Leisure Centre, 50 Duns Lane, Leicester, LE35LX

When? Every Friday (11am – 2pm)

Cost? Contact the organisation

What?

- Wheelchair Rugby
- Social development
- Personal development
- Social skills
- Teamwork
- Fun and enjoyable
- Learn new skills

Contact:

Leicester Warriors
Evington Leisure Centre
Leicester
LE5 6LP

Gateway College,
17 Colin Grundy Drive
Hamilton
Leicester
LE5 1GA

lestawarriors@aol.com
Tel: 0116 2293229

<http://www.leicesterwarriors.com>



Basketball

Where? Evington Leisure Centre, Leicester,
LE5 6LP

Gateway College, 17 Colin Grundy Drive,
Hamilton, Leicester, LE5 1GA

When? Every Saturday at Evington
Boys aged 9+, U16s (9am – 10am), U14s
(10am – 11am), U12s (11am – 12am)
Every Saturday at Gateway College
Girls aged 7 – 15 years (10am – 11:30am)

Cost? £3 per session

What?

- Basketball
- Develop skills



Contact:

**Leicester Cobras Wheelchair Basketball
Club**

Leicester Community Sports Arena
31 Charter Street
Leicester
LE1 3UD

ian31@leicestercobras.org.uk
Tel: 0116 2558635

<https://www.leicestercobras.org.uk>

Cobras Skills Training

Where? Leicester Community Sports Arena, 31
Charter Street, Leicester, LE1 3UD

When? Every Thursday (Open to all)
-Leicester Cobras 2 (7pm – 8:30pm)
-Crossover Sessions (8:30pm – 9pm)
-Leicester Cobras 1 (9pm-10:30pm)

Cost? Membership fees - £25 per month for
adults over 19 and £22 per month for juniors
under 19

What?

- Improve individual skills
- Chair skills
- Ball / dribbling skills
- Passing skills
- Social skills

Contact:

Thurlaston Airgun and Archery Centre

Normanton Shooting Ground

Earl Shilton Road

Thurlaston

Leicestershire

LE9 7TG

info@airgunsthurlaston.co.uk

Tel: 07823555276

<http://www.airgunsthurlaston.co.uk>



Archery can be done as the physical part of the DofE certificate

What? Air Rifle Marksmanship as a skill and Archery as a Physical activity

How? In each case the DofE candidate must complete 12 hours for each activity and we do this as follows:

Session 1 is a two hour introduction to the activity

This is followed by ten further structured sessions which are ideally done once a week (the activity must be completed over a three month period)

We complete the candidates weekly progress sheet and their final assessment write up at the end

Cost? DofE activities are charged at £10 per hour



THE DUKE OF
EDINBURGH'S AWARD



Archery

Where? Normanton Shooting Ground, Earl Shilton Road, Thurlaston, Leicestershire, LE9 7TG (see website for directions)

When? Everyday except Thursdays (10am – 3pm)

Age 10+

Adult must be present for Under 18s

Offer two different sessions:

- An introduction lasting 90 minutes, designed for individuals and groups who want to come back and use our equipment un-supervised if over 18
- A one-hour taster for those who just want to have a go.

Cost? A junior Archery introduction session costs £25 and the one-hour session cost is £15.

(Do offer special rates for organised groups such as schools, scouts, cadets etc)

What?

- Archery
- Equipment included provided for the session
- Expert tuition and supervision throughout session
- Learn new skills

Contact:

Waterfront Sports and Education Academy

Unit 15
Lister Building
Marjorie Street
Leicester
LE4 5GY

Charlotte.Cooper@waterfrontsea.org
Tel: 0116 2511221

www.waterfrontsea.org

Boxing

Where? Waterfront Sports and Education
Academy, Unit 15 Lister Building, Marjorie Street,
Leicester, LE4 5GY

When? Junior session: Wednesdays (4:30pm –
5:30pm), Saturdays (9:10am – 10:45am)
Ages 4 - 10 years

REC sessions: Monday, Tuesdays, Wednesdays
and Thursdays (5:30pm – 6:30pm)
Ages 11+ years

Cost? Junior Session £5 per session
REC session £4 per session

We can offer 1 off taster sessions, weekly block
programmes or continuous programmes
depending on their requirements or wants of the
session.

What?

- Our junior session takes a more multi sports approach with elements of boxing embedded
- It is a great way for young people to make friends
- Gain confidence and most importantly have fun!
- Our REC session allows 11+ participants to gain more skills within boxing techniques and stances
- Along with multisport games and activities
- We can split into a couple of groups depending on the ability of the class



BOXING | FITNESS | EDUCATION | ARTS | MUSIC | YOUTH CLUB
WATERFRONT
SPORTS & EDUCATION ACADEMY
CHARITY NO. 1153993

Contact:

Leicester Outdoor Pursuits Centre
Loughborough Road
Leicester
LE4 5PN

info@lopc.co.uk
Tel: 0116 2681426

<https://www.lopc.co.uk>



Inclusive Canoeing

There are a variety of different canoes and kayaks to suit different needs and group sizes:

- Bell boat
- KataKuna
- Rafted Canoes
- Sit on top Kayak
- Open Cockpit Kayak

Inclusive Fencing

There are different sets of kit to use:

- Metal kit
- Lighter plastic kit
- Foam foils

Wheelchair Fencing is also accessible here that involves target practice, learning the movement and matches

Inclusive Archery

Accessibility arrangements:

- This can be done sitting down or standing up
- Wheelchair lift for indoor archery in the sports hall or for outdoor there is a track people can drive along
- A trigger system for those who may struggle with gripping hold of the string and releasing it

Inclusive Ropes

There are different activities which all include **Harness Padding:**

- Wheelchair Abseil
- Assisted Tandem Abseil
- Rope climbing using the rope (pulley system to get to the top)



‘Adventurous outdoor activity experiences designed to stimulate, educate and motivate young people and others at affordable prices in a challenging and safe environment’



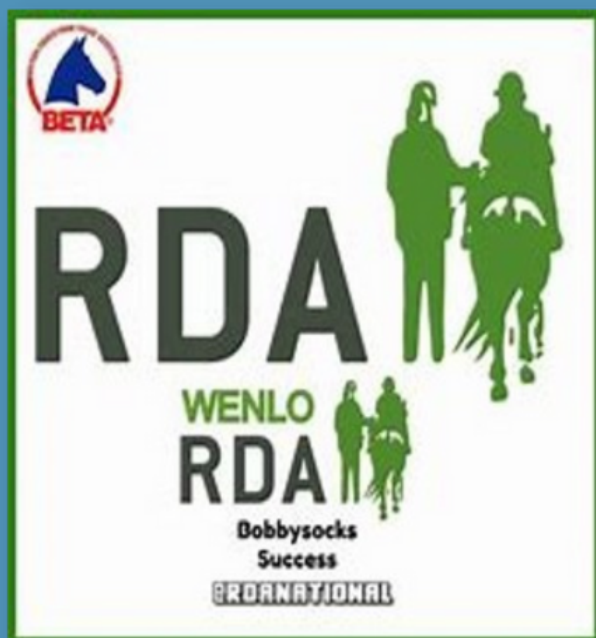
Contact:

Wenlo Riding School Meadow school of Riding

Bowleys Barn Farm
Stanford Road
Normanton-on-Soar
Loughborough
LE12 5ER

wenlo.rda@hotmail.co.uk
Tel: 01509891690

<http://www.wenlorda.org>



Wenlo RDA Riding School

Where? Meadow school of Riding, Bowleys Barn Farm, Stanford Road, Normanton-on-Soar, Loughborough, LE12 5ER

When? Contact the organisation

Cost? Contact the organisation

What?

- Disability Sport
- Opportunity to ride
- Look after horses
- Increase confidence
- Self esteem boost
- Teaching new skills
- Promoting independence
- Social and emotional wellbeing



Contact:

Fusion Re-Inclusive Multi-Sports
Loughborough Leisure Centre Browns Lane
LE11 3HE

nick.evatt@fusion-lifestyle.com
Tel: 01509611080

<http://www.charnwoodsport.org.uk/disability-multi-sports-sessions>

Inclusive Multi-Sports

Where? Loughborough Leisure Centre, Browns Lane, LE11 3HE

When? Wednesdays (11:10am – 11:55pm)
Age 18+

Cost? £1 per session (carers go free)

What?

- Para sports
- Boccia
- Inclusive Tennis
- Dance
- Gymnastics
- Parachute games
- All abilities welcome

Contact:

Shepshed Dolphin Swimming Group
Iveshead School Swimming Pool Shepshed
Leicestershire
LE12 9DB

admin@shepsheddolphins.org.uk
Tel: 07739760725

www.shepsheddolphins.org.uk



Swimming sessions

Where? Iveshead School Swimming Pool,
Shepshed, Leicestershire, LE12 9DB

When? Saturdays (10:30am – 12:30pm)
AquaFit at 11:15am

Cost? Adults £2.50, Under 18s £1

What?

- Pool hoist available
- Variety of swim aids
- AquaFit, swim, walk or socialise
- Safe friendly environment with no membership fees
- Open to friends, family and carers too
- Exercise and pool activity



Contact:

Loughborough Lawn Tennis Club
Ingle Pingle (Off Forest Road)
Loughborough
Leicestershire
LE11 3NW

jdb55@btinternet.com
Tel: 07910835174

<http://clubspark.lta.org.uk/loughboroughlawn-tennisclub>

Inclusive Tennis session

Where? Loughborough Lawn Tennis Club,
Ingle Pingle (Off Forest Road),
Loughborough, Leicestershire, LE11 3NW

When? Every Tuesday (10am – 11am)

Cost? Varied memberships (Under 5s go for free)

What?

- Inclusive Tennis session
- All year-round tennis for players of all abilities and ages
- Social and competitive settings
- Personal development
- Social skills
- Safe environment

Contact:

Walking Netball (Fusion Lifestyle)

Loughborough Leisure Centre Browns Lane
LE11 3HE

Soar Valley Leisure Centre, LE12 7FG

nick.evatt@fusion-lifestyle.com

Tel: 01509611080, 01162375267 (Nick),
07807055707 (Pauline)

<http://www.charnwoodsport.org.uk/netball>



Walking Netball

Where? Loughborough Leisure Centre, Browns Lane, LE11 3HE

Soar Valley Leisure Centre, LE12 7FG

When? Loughborough Leisure Centre Tuesdays (7pm-8pm) and Thursdays (10am – 11am), Soar Valley Leisure Centre Thursdays (4pm – 5pm)
Age 18+

Cost? £3 per session

What?

- Walking Netball
- Fun and accessible
- Improves fitness and flexibility

Walking Football

Where? Loughborough Leisure Centre, Browns Lane, LE11 3HE

Nanpantan Sports Ground, LE11 3YE

When? Loughborough Mondays (4pm – 5pm), Nanpantan alternative Fridays (3pm – 4pm)
Age 18+

Cost? £3 per session

What?

- Walking Football
- Social development
- Fun and accessible

Contact:

Walking Football

Loughborough Leisure Centre Browns Lane
LE11 3HE

Nanpantan Sports Ground LE11 3YE

Tel: 01509611080

<http://www.fusion-lifestyle.com/centres/Loughborough-leisure-centre/>



Contact:

Sporting Loughborough FC

Lodge Farm Playing Fields Oakley Drive
Loughborough
LE11 3LF

chairman@sportingloughboroughfc.co.uk
Tel: 07846892019

<http://www.sportingloughboroughfc.uk>



Inclusive Football

Where? Lodge Farm Playing Fields, Oakley Drive, Loughborough, LE11 3LF

Charnwood College 3G, Charnwood College, Thorpe Hill, Loughborough, LE11 4SQ

When? Twice a week (days depend on what age group you are)
Age 4+

Cost? Discussed after completing membership registration form

What?

- Football
- Social Skills
- Feeling a part of a team
- Physical & Personal Development



Contact:

Core Aquatics

5 Skipper Close
East Leake
Loughborough
LE12 6WQ

Tel:07505065184 / 07920687331

<http://coreaquatics.co.uk>

Swimming

Where? 5 Skipper Close, East Leake, Loughborough, LE12 6WQ

When? Contact organisation via their website for more information
Young people with Autism

Cost? Contact organisation via their website for more information

What?

- Swimming
- Personal development
- Flexibility
- Water therapy
- Water safety
- Learning to swim

Registration Link:

**The Loughborough Challenge
The Challenge Hub CIC**

<http://www.thechallengehub.org>



Contact:

**Safe, Well, Happy and Charnwood Action
group activities**

Jane Parr
jane.parr@me.com
Tel: 07956604842

<http://www.charnwood.org.uk/safe-well-happy>

The Loughborough Challenge

A challenge for those aged 25 - 54 years who are experiencing issues of mental health or mental, physical or sensory impairment.

Inspired by the Duke of Edinburgh's Award for young people this challenge asks you to learn something new, to take exercise and to make a social contribution by learning against your boundaries.

You must complete achievements within each of the three categories with points awarded depending on how demanding they are:

- **Learning** - this is not limited to academic subjects and we emphasise equal encouragement for learning new skills and crafts
- **Physical activity** - taking on a new sport or activity or those who radically upgrade their involvement in a particular activity
- **Making a social contribution** - making a valuable contribution to society by working as a volunteer for a qualifying organisation

To complete the challenge, complete one task from each category which together attracts at least 6 points.

Members have three years from registering to complete the challenge. **Register at the Challenge Hub CIC.**

Safe, Well and Happy

Working together to make communities better for people with learning disabilities.

Aims to support people with learning disabilities with a friendly and sociable get together where there is the opportunity to be active, play games, learn new skills and share thoughts on how the group can provide further help.

The group meet for activities with Charnwood Arts on the 1st Tuesday of the month (10:30am - 12:30pm) and for indoor group activities on the 3rd Thursday of the month.

Note: these activities take place at different venues so please check the website for this or contact Jane Parr.

