

Extreme Ability

YEAR 3: SEPTEMBER 2010 – JUNE 2011

A sports and physical activity project designed for people aged 14 + with disabilities & additional needs

Activity	Day Time & Location	Dates	Additional Information
Multi-Sports (Boccia, New Age Kurling, Table Tennis & Polybat, Basketball)	Saturday's 10:00-11:30am: West London Academy Community Sports Centre, Bengarth Road, Northolt, UB5 5LQ	2010 18 th September 2 nd , 16 th October 6 th , 20 th November 4 th , 18 th December 2011 22 nd January 5 th , 19 th February 5 th , 19 th March 2 nd April 7 th , 21 st May	# The session offers a range of activities within the session for participants to take part in. #Activities may vary week to week # Siblings and friends welcome to attend
Indoor Wall Climbing	Saturday's 10:00-11:30am West London Academy Community Sports Centre, Bengarth Road, Northolt, UB5 5LQ	2010 11 th , 18 th September 2 nd , 9 th , 16 th , October 6 th , 13 th , 20 th November 11 th , 18 th December 2011 15 th , 22 nd January 5 th , 12 th , 19 th February 5 th , 12 th , 19 th March 2 nd , 9 th April 7 th , 14 th , 21 st May	# Fully qualified climbing instructors available # All indoor climbing and safety equipment provided. # Please note that Wall Climbing is currently not accessible for wheelchair users.
Multi-Sports (Tennis, Kwik Cricket, Basketball, Target based Games) School Holidays only	Wednesday's 10:30am-12:00pm Twyford Sports Centre, Twyford Crescent, Acton, W3 9PP	2010 27th October 2011 23rd February 13th & 20th April 1st June	# Siblings and friends welcome to attend # Activities may vary per session
Swimming	Saturday's 1:00-2:30pm Gurnell Leisure Centre, Ruislip Road East, Ealing, W13 0AL	2010 September 18 th , 25 th October 2 nd , 9 th , 16 th , 23 rd , November 6 th , 13 th , 20 th , 27 th , December 4 th , 11 th , 18 th 2011 January 8 th , 15 th , 22 nd , 29 th , Feb 5 th , 12 th , 19 th March 5 th , 12 th , 19 th , 26 th , April 2 nd , 9 th , 30 th May 7 th , 14 th , 21 st , 28 th	# Please note sessions will not take place during school holidays # Carers and support workers are welcome to attend. # Participants must be water confident and be familiar in a public swimming pool.

Aqua Fit	<p>Monday's Time TBC Acton Swimming Baths Salisbury Road Acton W3 8PW</p>	<p>2010 20th, 27th September 4th, 11th, 18th 25th October</p>	<p># Participants must be water confident and able to move to music in the water.</p>
<p>Table Tennis School Years 7-11 only</p>	<p>Wednesday's 3:30-5:00pm West London Academy High School, Bengarth Road, Northolt, UB5 5LQ</p>	<p>2010 Dates TBC</p>	<p># Polybat available and also offered at this session.</p>
Kayaking	<p>Acton Swimming Baths, Salisbury Road, Acton, W3 8NW & Brentford Boating Arch Unit 5, Kew Bridge Arches Strand on the Green London W4 3NG</p>	<p>Group sessions available, to book please contact Pete Shears on 020 8326 7030</p>	<p># Participants must be water confident and are advised to bring a change of clothes and shoes that can get wet, for sessions at Brentford Boating Arch. # Buoyancy aids and boating equipment will be provided.</p>
Dance	<p>Tuesdays & Thursdays 1:00-2:00pm School Holidays only Gurnell Leisure Centre Ruislip Road East W13 0AL</p>	<p>2010 26th & 28th October 2011 22nd & 24th Feb 12th & 14th April, 19th & 21st April 31st May & 2nd June</p>	<p># Fun and energetic dance and exercise sessions led by Dance and Cheer 49 tutors. # Friends and siblings welcome</p>
Wheelchair Basketball	<p>Saturdays 12:00-1:00pm West London Academy Community Sports Centre, Bengarth Road, Northolt, UB5 5LQ</p>	<p>This session take place every Saturday with the exception of Easter weekend.</p>	<p>This session is not directly run through the Extreme Ability Project however linked to it and led by Phoenicians Basketball Club. Contact: Alan Carroll: 07786 317931 Parents / siblings / friends welcome (a few spare wheelchairs are available for participants to use.).</p>

For more information on the above sessions or the Extreme Ability Project, please feel free to contact either of the project Co-ordinators;

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