

Sports and activities in Greater Manchester



■ Abraham Moss Leisure Centre

Crescent Road, Crumpsall, M8 5UF

Tel: 0161 720 7622

- ▶ Swimming pool and gym available
- ▶ Disabled access, poolside hoist



■ Arcadia Library & Leisure Centre

Yew Tree Avenue, M19 3PH

Tel: 0161 641 9911

- ▶ Swimming pool and gym available
- ▶ Disabled access, poolside hoist

■ Belle Vue Sports Village

Kirkmanshulme Lane, M12 4TF

Tel: 0161 231 0754

- ▶ Gym with disabled access available
- ▶ Champion Sports Disability Group
- ▶ Giants Mavericks wheelchair basketball

Visit: www.mcractive.com/venue/belle-vue-leisure-centre

■ Bolton Arena

Bolton Arena, Horwich, Bolton, BL6 6LB

- ▶ Wheels 4 All cycling sessions

Visit: www.cyclinguk.org/cycle-centre/bolton-arena

To note: Focuses on people with adapted bikes and can help them develop.

■ Bolton Sailing Club

Belmont Reservoir, Belmont Village, Bolton, BL7 8BD

- ▶ Mobile hoist available to assist those getting in and out of the boats (suitable to hold up to 17 stone)
- ▶ Accessible shower and toilet in clubhouse

Visit: www.sail.org.uk

To note: Club premises are accessible for wheelchairs.



■ Broadhurst Community Centre

310 Lightbowne Road, M40 0FJ

Tel: 0161 769 2005

- ▶ Seated exercise

■ Bruntwood Park

Bruntwood Lane, Cheadle, Stockport, SK8 1HX

Tel: 0161 217 6111

- ▶ Archery – paved path for disabled access

Visit: www.bowmenofbruntwood.co.uk/index.php/about-us

■ The Hough End Centre

Greater Manchester Police Sports & Mauldeth Road West, M21 7SX

Tel: 07977 486 236

- ▶ Mancunians wheelchair rugby

To note: Coaching provided. Wheelchairs can be made available.

■ Hough End Leisure Centre

480 Princess Road, M20 1HD

Tel: 0161 641 6300

- ▶ Swimming pool and gym available
- ▶ Disabled access, poolside hoist

■ Langworthy Cornerstone

451 Liverpool Street, Salford, M6 5QQ

Tel: 0161 212 4400

- ▶ Tai chi

To note: Suitable for all ages and abilities.

■ **Leverhulme Park Community Leisure Centre**

Long Lane, Bolton, BL2 6EB

Tel: 01204 336 632

▶ Bolton Boccia Club

Visit: www.facebook.com/Bolton-Boccia-Club



■ **Longford Park**

Longford Park, Stretford, M21 9TA

Tel: 07968 694 745

▶ Disc golf

■ **Manchester Aquatics Centre**

2 Booth Street East, Ardwick, M13 9SS

Tel: 0161 641 6310

▶ Gym available

▶ Swimming sessions - Manchester Amputee Fitness Initiative (MANFIT)

To note: Disabled access and poolside hoist available.

■ The Manchester College

Openshaw Campus, Ashton Old Road, M11 2WH

- ▶ Gym available - Manchester Amputee Fitness Initiative (MANFIT) sessions



■ Manchester Regional Arena

Gate 13, Etihad Campus, Rowsley Street, M11 3FF

Tel: 0161 220 3800

- ▶ Disability athletics

■ Manchester Regional Tennis Centre

Sportcity Gate 2, Alan Turing Way, M11 3FF

Tel: 0161 220 3840

- ▶ Amputee and wheelchair tennis - Manchester Amputee Fitness Initiative (MANFIT)

■ Manchester Tennis and Football Centre

Gate 11, Alan Turing Way, Bradford, M11 3FF

Tel: 0161 438 7835

- ▶ Disability football sessions

Visit: www.hsm.manchester.gov.uk/kb5/manchester/directory

To note: Not suitable for wheelchair users, ages 8-18 only.

■ Moss Side Fire Station

9 Denhill Road, Moss Side, M15 5NR

Tel: 0161 608 5215

- ▶ Non-contact boxing sessions - Manchester Amputee Fitness Initiative (MANFIT)

Visit: www.mossidefirebox.com



■ Moss Side Leisure Centre

Hulme High Street, M15 5NN

Tel: 0161 226 5015/6

- ▶ Swimming pool and gym available
- ▶ Disabled access and poolside hoist

■ North Cheshire Equestrian Centre

Carrington Lane, M31 4AE

Tel: 07746 583 928

- ▶ Pegasus RDA (Riding for the Disabled)

Visit: www.pegasusrda.org.uk

■ North City Family and Fitness Centre

Upper Conran Street, Harpurhey, M9 4DA

Tel: 0161 302 0930

- ▶ Swimming pool and gym available
- ▶ Disabled access and poolside hoist

■ The Owls Disabled Sports Club

Hollinwood Business Centre, Albert Street, Oldham, OL8 3QL

Tel: 0161 672 7434

- ▶ Wheelchair basketball

Visit: www.theowls.org.uk



■ Sale United Powerchair Football Club

Moss Side Millennium Powerhouse, 140 Raby Street, M14 4SL

Visit: facebook.com/SaleUnitedPFC

■ Smithills Sports Centre

Smithills Dean Road, Bolton, BL1 6JS

Tel: 01204 467 200

- ▶ Disability football
- ▶ Bolton Bulls wheelchair basketball
- ▶ Powerchair football



■ Sugden Sports Centre

114 Grosvenor Street, M1 7HL

Tel: 0161 306 4026

- ▶ Gym with disabled access available

■ Trinity Sports Centre

Cambridge Street, M15 6HP

- ▶ 'Strictly Wheels' wheelchair dancing and para dance

Visit: www.strictlywheels.co.uk

■ Whalley Range Stadium

11-18 Wilbraham Road, M16 8GW

Tel: 0161 881 8442

- ▶ Gym with disabled access available

■ Whitebeck Court

Flat 1 Whitebeck Court, Moorway Drive, M9 7HR

Tel: 0161 682 4675

- ▶ Seated exercise

■ Woodhouse Park Lifestyle Centre

Portway, Wythenshawe, M22 1QW

Tel: 0161 436 0560

- ▶ Manchester Marvels Disability Sports Club
- ▶ Disability football for women

Visit: www.mcraactive.com/club

■ Wright Robinson's Sport College

Abbey Hey Lane, M18 8RL

▶ Manchester and North West Disability Swimming Club

Visit: www.mnwdsc.com/home



■ Wythenshawe Forum Leisure Centre

Simonsway, Wythenshawe, M22 5RX

Tel: 07599 496 840

▶ Walking football for over 50s

Visit: www.mcractive.com/club



Available resources

www.activityalliance.org.uk/get-active

www.limbpower.com/index.php/exercise

www.gmcdp.com

www.parasport.org.uk

www.manchesterfa.com/players/disability

LimbPower organises events that can help young people who have amputations or limb impairments get into sport.

Visit: www.limbformation.com to find out more.