

Sports and activities in Roehampton and surrounding areas



■ Bank of England Sports Centre

Bank Lane, Roehampton, SW15 5JQ

Tel: 020 8392 4360

▶ Swimming - private lessons available for any age

Visit: www.bankofenglandsportscentre.co.uk

To note: Disabled access and pool hoist available.



■ Frensham Pond Sailing Club

Pond Lane, Churt, Farnham, Surrey, GU10 2QA

Tel: 01252 792859

Visit: www.sailfrensham.org.uk/index.php/sailability/welcome-to-sailability

To note: Accessible sailing for all.

■ Putney Clinic of Physical Therapy

266 Upper Richmond Road, Putney, SW15 6TQ

Tel: 020 8789 3881

- ▶ Tai Chi - a mixture of moving, standing and sitting exercises. Suitable for all levels of skill and experience
- ▶ Seniors' fitness - low-impact exercise classes to focus on strength and balance

Visit: www.putneyclinic.co.uk/classes



■ Putney Lawn Tennis Club

Balmuir Gardens, Putney, SW15 6NG

Tel: 020 8788 4344

Visit: www.pltc.co.uk

To note: Individual coaching is available. All ages and levels are welcome.

■ Putney Leisure Centre

Dryburgh Road, SW15 1BL

Tel: 020 8785 0388

- ▶ Gym and swimming pool with hoist and disabled access
- ▶ Yoga and tai chi, and Forever Active sessions for beginners

Visit: www.placesleisure.org/centres/putney-leisure-centre



■ Putney Town Bowling Club

Bowling Green, Comondale, Putney, SW15 1HP

Tel: 020 8788 9370

Visit: www.putneytownbowlingclub.co.uk/index

To note: A great sport for all regardless of age, gender or physical ability.

■ Roehampton Club

Roehampton Lane, SW15 5LR

Tel: 020 8480 4200

- ▶ Gym available - catering for a range of abilities
- ▶ Golf - age ranges from 5-95 for all abilities

Visit: www.roehamptonclub.co.uk



■ Roehampton Sports and Fitness Centre

Laverstoke Gardens, Roehampton, SW15 4JB

Tel: 020 8785 0535

- ▶ Gym available
- ▶ Disabled parking and disabled changing rooms available

Visit: www.placesleisure.org/centres/roehampton-sports-and-fitness-centre

■ Southfields Archery Club

Aspire Centre, 377 Merton Road, Southfields, SW18 5JU

Visit: www.southfields-archery.org.uk/club

To note: The club caters to all abilities.



■ Sutton Tennis Centre

Rose Hill Recreation Ground, Rose Hill, Sutton, SM1 3HH

Tel: 020 8641 6611

▶ Wheelchair tennis

Visit: www.sutton.gov.uk/info/200458/sports_and_leisure_centres/1151/tennis/2

■ Wey Valley Indoor Bowls Club

Lido Road (off Stoke Road), Guildford, Surrey, GU1 1HB

Tel: 01483 560844

▶ Disability bowls - disabled access

Visit: www.veyvalleyibc.com



■ Wimbledon Park Rifle Club

Lord Roberts Centre, Bisley Camp, Woking, Surrey, GU24 0NP

Tel: 01483 485502/485503

Visit: www.nsra.co.uk/index.php/home/clubfinder/details/13/285

To note: Caters to disabled patrons.



Available resources

www.tfl.gov.uk/transport-accessibility

www.parasport.org.uk

www.nhs.uk/live-well/exercise/get-active-with-a-disability

www.limbpower.com/index.php/exercise

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.