

LOTHIAN DISABILITY SPORT IS VERY KEEN TO INCREASE THE NUMBER OF SPORTING OPPORTUNITIES AVAILABLE TO PEOPLE WITH ANY DISABILITY IN THE LOTHIAN AREA SO WE WOULD LIKE TO HEAR FROM ANYONE WHO WOULD LIKE TO AFFILIATE WITH THE ORGANISATION AS A CLUB, ATHLETE, COACH OR VOLUNTEER. WE WOULD ALSO LIKE TO HEAR ANY IDEAS OR SUGGESTIONS AS TO HOW WE CAN BEST TAKE FORWARD SPORT IN THE LOTHIAN AREA FOR PEOPLE WITH A DISABILITY. PLEASE CONTACT GARY FRASER ON 01875 619070 OR [GFRASER1@EASTLOTHIAN.GOV.UK](mailto:GFRASER1@EASTLOTHIAN.GOV.UK) TO PASS ON YOUR COMMENTS OR TO REQUEST FURTHER INFORMATION AND ASSISTANCE.



**SPORTS & ACTIVITIES ACROSS**  
**LOTHIAN FOR PEOPLE WITH A**  
**DISABILITY**

## MULTISPORTS

ALLSTARS SPORTS CLUB, BEESLACK HIGH SCHOOL  
TUESDAYS 6.45PM-8.45PM & SUNDAYS 1PM-3PM

NO LIMITS CLUB, LINLITHGOW LEISURE CENTRE, WEST LOTHIAN  
SATURDAY 11AM-1PM, ALL DISABILITIES AGED FROM 5 TO 18 PLUS



MUSSELBURGH SPORTS CENTRE, EAST LOTHIAN  
WEDNESDAYS 6.30PM-8PM, ALL AGES & DISABILITIES

MEADOWMILL SPORTS CENTRE, TRANENT, EAST LOTHIAN  
MONDAYS 6PM-7PM, JUNIORS ONLY

DAY CENTRE MULTISPORT CLUB  
MEADOWMILL SPORTS CENTRE, TRANENT, EAST LOTHIAN  
THURSDAYS 11AM-1PM



EDINBURGH AFTER-SCHOOL MULTISPORTS,  
MEADOWBANK SPORTS CENTRE,  
MONDAYS 4PM-5.30PM,  
AGE 5 - 18 ALL DISABILITIES

EDINBURGH AFTER SCHOOL MULTISPORTS  
ST NICHOLAS SCHOOL, GORGIE  
WEDNESDAYS, 3.45PM-5PM  
S1-S4 WITH MILD LEARNING DISABILITY



PHAB (PHYSICALLY HANDICAPPED ABLE BODIED)  
LASSWADE HIGH SCHOOL, MIDLOTHIAN  
WEDNESDAYS 6.30PM-8.30PM

CHERRY ROAD ACTIVITY CLUB  
LASSWADE HIGH SCHOOL, MIDLOTHIAN  
THURSDAYS 7PM-9PM

PENICUIK TOWN HALL, MIDLOTHIAN  
TUESDAYS 6.30PM-8PM  
ALL ABILITIES, 16+



MAYFIELD LEISURE CENTRE, MIDLOTHIAN  
FRIDAYS 10.30AM-12PM  
ALL ABILITIES, 16+

ACTIV8  
GRACEMOUNT LEISURE CENTRE,  
EDINBURGH  
SATURDAYS 9.30AM-12.30PM  
PRIMARY AGE WITH A DISABILITY  
SATURDAYS 1PM-4PM  
SECONDARY AGE WITH A DISABILITY  
0131 658 1940

MOTIV8  
GRACEMOUNT LEISURE CENTRE,  
EDINBURGH  
TUESDAYS 5.30PM-7PM  
12-18 YEARS WITH A DISABILITY  
0131 658 1940



## SWIMMING

AUBIGNY SPORTS CENTRE, HADDINGTON, EAST LOTHIAN  
TUESDAYS 7.30PM-8.30PM  
ALL AGES, ALL ABILITIES (NB NOT A COACHED SESSION)



LOTHIAN WAVES  
BRAIDBURN SCHOOL, EDINBURGH  
THURSDAY 4.15PM-6PM  
JACK CALDER 0131 669 3162  
SCHOOL AGED CHILDREN WITH DISABILITY

SPLASH CLUB BROXBURN  
BROXBURN SWIMMING POOL  
WEDNESDAY 8PM – 9PM  
ALL AGES, ALL DISABILITIES  
[JIMANDERSON\\_SWIM@HOTMAIL.COM](mailto:JIMANDERSON_SWIM@HOTMAIL.COM)

LOANHEAD DOLPHINS  
LOANHEAD LEISURE CENTRE, MIDLOTHIAN  
THURSDAYS 6PM-8PM  
DON MCFARLANE 01968 675 131  
ALL AGES, ALL DISABILITIES

LIVINGSTON AND DISTRICT  
DOLPHINS CLUB  
[LOUISE\\_PENDER@HOTMAIL.COM](mailto:LOUISE_PENDER@HOTMAIL.COM)

AINSLIE PARK DOLPHINS  
AINSLIE PARK LEISURE CENTRE, EDINBURGH  
TUESDAYS 5.45PM-7PM  
STROKE DEVELOPMENT FOR THOSE WHO CAN SWIM 25M+



PORTOBELLO HIGH SCHOOL, EDINBURGH  
WEDNESDAYS 7PM-8PM & 8PM-9PM &  
PORTOBELLO SWIM CENTRE, EDINBURGH  
FRIDAYS 8PM-9PM  
[CATH.FLEMING5@BTOPENWORLD.COM](mailto:CATH.FLEMING5@BTOPENWORLD.COM)

EASTLOTHIAN OTTERS  
AUBIGNY SPORTS CENTRE, HADDINGTON  
MONDAYS 5-6PM  
MERCAT GAIT CENTRE, PRESTONPANS  
THURSDAYS 3.30PM  
AGE 3 - 14YRS. ALL DISABILITIES  
[WALEXANDER@EASTLOTHIAN.GOV.UK](mailto:WALEXANDER@EASTLOTHIAN.GOV.UK)

MERCAT GAIT CENTRE, PRESTONPANS  
TUESDAY AM. ADULTS, ALL DISABILITIES  
[WALEXANDER@EASTLOTHIAN.GOV.UK](mailto:WALEXANDER@EASTLOTHIAN.GOV.UK)

MUSSELBURGH SWIMMING CLUB  
ALL AGES, ALL DISABILITIES  
VARIOUS SESSIONS  
CAROL DOUGLAS 07768 142 466  
[CAROLNEWHAILES@HOTMAIL.CO.UK](mailto:CAROLNEWHAILES@HOTMAIL.CO.UK)

ECAS SWIMMING  
LEITH WATERWORLD, EDINBURGH  
WEDNESDAYS 6PM – 8PM  
BOOK VIA JANICE (0131 4752344)  
PHYSICAL DISABILITIES

ECAS SWIMMING  
THISTLE FOUNDATION, EDINBURGH  
THURSDAYS 2PM – 4PM  
BOOK VIA JANICE (0131 4752344)  
PHYSICAL DISABILITIES

EDINBURGH LEISURE RUN SWIMMING SESSIONS FOR PEOPLE WITH A DISABILITY AND THEIR CARERS  
AT DRUMBRAE LEISURE CENTRE AND DALRY SWIM CENTRE. TIMETABLES ARE SUBJECT TO  
CHANGE SO PLEASE CONTACT THE CENTRE DIRECT FOR FURTHER DETAILS.

## POWERLIFTING



MEADOWMILL SPORTING CLUB  
MEADOWMILL SPORTS CENTRE, TRANENT, EAST LOTHIAN  
SATURDAYS 10AM-12PM  
PHYSICAL & LEARNING DISABILITIES

ELIBURN POWERLIFTING CLUB, LIVINGSTON  
ATHLETES WITH LEARNING DISABILITIES  
DAVID.HAMMOND@WESTLOTHIAN.GOV.UK



## HORSE RIDING

RIDING FOR THE DISABLED ASSOCIATION  
CONTACT MRS G MORRISON (01620 842154)

THORNTON ROSE RIDING FOR THE DISABLED  
ANN JOHNSTON (0131 654 2993) OR  
[RDA.THORNTONROSE@J5863.FSNET.CO.UK](mailto:RDA.THORNTONROSE@J5863.FSNET.CO.UK)



## SAILING

PORT EDGAR MARINA, EDINBURGH LEISURE, CAN PROVIDE  
SAILING SESSIONS TO PEOPLE WITH DISABILITIES BY ARRANGEMENT.  
CONTACT [ADMIN.PE@EDINBURGHLEISURE.CO.UK](mailto:ADMIN.PE@EDINBURGHLEISURE.CO.UK) OR  
0131 331 3330 FOR FURTHER INFORMATION.



## KAYAKING

PORT EDGAR MARINA, EDINBURGH LEISURE, CAN PROVIDE KAYAKING SESSIONS TO PEOPLE WITH  
DISABILITIES BY ARRANGEMENT. CONTACT [ADMIN.PE@EDINBURGHLEISURE.CO.UK](mailto:ADMIN.PE@EDINBURGHLEISURE.CO.UK) OR 0131 331  
3330 FOR FURTHER INFORMATION.

## MOUNTAIN BIKING



PORT EDGAR MARINA, EDINBURGH LEISURE, CAN PROVIDE MOUNTAIN BIKING  
SESSIONS TO 8-15 YEAR OLDS WITH NO MOBILITY PROBLEMS BY  
ARRANGEMENT. CONTACT [ADMIN.PE@EDINBURGHLEISURE.CO.UK](mailto:ADMIN.PE@EDINBURGHLEISURE.CO.UK) OR 0131  
331 3330 FOR FURTHER INFORMATION.

## YOGA

FIRHILL DAY CENTRE, EDINBURGH  
TUESDAYS 1PM – 3PM

NORTON PARK, ALBION ROAD, EDINBURGH  
THURSDAYS 2.30PM – 4.30PM

BOTH SESSIONS ARE ORGANISED BY ECAS  
(ORGANISATION SUPPORTING PEOPLE WITH  
PHYSICAL DISABILITIES IN EDINBURGH)  
AND PLACES SHOULD BE BOOKED IN ADVANCE  
BY CONTACTING JANICE ON 0131 475 2344



## ARCHERY

DAY CENTRE CLUB  
MEADOWMILL SPORTS CENTRE, TRANENT, EAST LOTHIAN  
WEDNESDAYS 10AM-12PM

BALBARDIE ARCHERS (01506 200690)

FOR DETAILS OF CLUBS THAT WELCOME ANYONE WITH A DISABILITY CONTACT RICHARD VALLIS  
([RSVALLIS@HOTMAIL.COM](mailto:RSVALLIS@HOTMAIL.COM))

PORT EDGAR MARINA, EDINBURGH LEISURE, CAN PROVIDE ARCHERY SESSIONS TO AGE 8+ BY  
ARRANGEMENT. CONTACT [ADMIN.PE@EDINBURGHLEISURE.CO.UK](mailto:ADMIN.PE@EDINBURGHLEISURE.CO.UK) OR 0131 331 3330 FOR  
FURTHER INFORMATION



## FOOTBALL



LOTHIAN FOOTBALL TEAM  
MEADOWBANK SPORTS CENTRE, EDINBURGH  
WEDNESDAYS 4.30PM-6PM  
MALE & FEMALE ATHLETES WITH A LEARNING DISABILITY AGED 14+



FIRHILL HIGH SCHOOL, EDINBURGH  
SATURDAYS 10AM – 12NOON

BOYS UNDER 18 WITH LEARNING DISABILITY  
DAVIDSHELDON@SPORTINEDINBURGH.COM

MUIRESTON UNITED FC  
WEST LOTHIAN  
ALL AGES WITH AMBULENT PD & LD  
CONTACT ANDREW SMYTH (01506 776185)  
FOR FURTHER INFORMATION

## BOCCIA

NO LIMITS BOCCIA  
BATHGATE ACADEMY, BATHGATE  
FRIDAYS 6PM – 8PM  
ALL AGES, ALL DISABILITIES



BEESLACK HIGH SCHOOL  
PENICUIK  
SUNDAYS 3PM – 4.30PM  
ALL AGES, ALL DISABILITIES

## WHEELCHAIR TENNIS



CRAIGLOCKHART TENNIS CENTRE, EDINBURGH  
SUNDAYS 7PM-8.30PM  
ADULTS ONLY  
ANNA MYATT: 0131 444 1969  
[ANNAMYATT@EDINBURGHLEISURE.CO.UK](mailto:ANNAMYATT@EDINBURGHLEISURE.CO.UK)



JUNIOR WHEELCHAIR SESSIONS COMING SOON!  
CONTACT [ANNAMYATT@EDINBURGHLEISURE.CO.UK](mailto:ANNAMYATT@EDINBURGHLEISURE.CO.UK) FOR FURTHER INFORMATION

## DANCE

LOANHEAD LEISURE CENTRE, MIDLOTHIAN  
TUESDAYS 4PM-5PM,  
ALL ABILITIES, 5-16 YEARS



## ATHLETICS

ATHLETICS CLUB  
DALKEITH CAMPUS, SALTERSGATE  
THURSDAYS 6.30PM – 8.00PM  
ALL AGES, ALL DISABILITIES  
GARY FRASER (01875 619070)



DAY CENTRE ATHLETICS  
WEST LOTHIAN  
PETRA LYNCH

## JUDO

EAST OF SCOTLAND SPECIAL NEEDS JUDO GROUP  
SIGHTHILL COMMUNITY CENTRE  
CONTACT JANICE GRAHAM ON 0131 453 1269 OR  
[JGRAHAM@STEVENSON.AC.UK](mailto:JGRAHAM@STEVENSON.AC.UK)



## JUITSU

CRAGS SPORTS CENTRE  
MONDAY AND FRIDAY 5:45PM – 7:00PM  
CONTACT ANDREA JAMES ON 07796 936 661 OR  
[ANDREAQJAMES@YAHOO.CO.UK](mailto:ANDREAQJAMES@YAHOO.CO.UK)

## BASKETBALL

EAST LOTHIAN PEREGRINES WHEELCHAIR BASKETBALL CLUB  
MEADOWMILL SPORTS CENTRE, TRANENT, EAST LOTHIAN  
MONDAYS 7PM-9PM  
ALL AGES & ABILITIES WELCOME!



MUSSELBURGH SPORTS CENTRE, EAST LOTHIAN  
TUESDAYS 5PM-6PM  
FOR THOSE 15 YEARS AND UP WITH A LEARNING DISABILITY

MAYFIELD LEISURE CENTRE, MIDLOTHIAN  
MONDAYS 6.30PM-7.30PM  
ALL ABILITIES, 8-16 YEARS

EDINBURGH THISTLES WHEELCHAIR BASKETBALL  
JACK KANE CENTRE, EDINBURGH  
[WWW.EDINTHISTLES.PWP.BLUEYONDER.CO.UK](http://WWW.EDINTHISTLES.PWP.BLUEYONDER.CO.UK)

WEST LOTHIAN WEREWOLVES WHEELCHAIR BASKETBALL CLUB  
ANDREW SMYTH (01506 776185)

LOTHIAN PHOENIX WHEELCHAIR BASKETBALL CLUB  
BATHGATE ACADEMY, BATHGATE  
THURSDAYS

## BOWLS

PRESTONPANS DISABLED BOWLING CLUB  
PRESTONPANS COMMUNITY CENTRE, EAST LOTHIAN  
WEDNESDAYS 1PM-3PM & THURSDAYS 11AM-1PM  
ALL WELCOME!



WEST LOTHIAN PHYSICALLY DISABLED BOWLING CLUB  
CRAIGSFARM COMMUNITY CENTRE, CRIAGSHILL, LIVINGSTON  
SUNDAYS 2PM-4PM

MUSSELBURGH SPORTS CENTRE, EAST LOTHIAN,  
SUNDAYS 10AM-12PM, ALL WELCOME!

MAYFIELD SPORTS CENTRE, MIDLOTHIAN  
THURSDAYS 10AM-12PM, AGES 16+

EAST LOTHIAN INDOOR BOWLING CLUB,  
MEADOWMILL, TRANENT  
MONDAYS 12PM-2PM  
ADULTS WITH PHYSICAL OR  
LEARNING DISABILITIES

WEST LOTHIAN VISUALLY IMPAIRED  
BOWLING CLUB  
JOHN MCCREIGHT (01501 733120)



## SKIING



ALTERNATIVE SKI CLUB  
SIT, BI AND TWO SKIS AVAILABLE  
HILLEND SNOWSPORT CENTRE, MIDLOTHIAN  
MONDAYS 6.30PM – 9PM  
CONTACT CENTRE PRIOR TO ATTENDING

