Directory of Inclusive Sports in WA

‘Sports participation is a powerful force. It can shift the focus from disability to ability, from isolation to involvement.’
Special Olympics Australia
About this Directory

The value of sporting activity for people with Autism should not be underestimated. Apart from the well documented benefits of physical activity for all of us, for those with Autism the positive, physical engagement with others can be life changing. Participation builds confidence and self-esteem. Motor skills, not always strong in people with Autism, may be developed through physical activity; and extensive research shows how physical activity can alleviate stress and anxiety—so often experienced with Autism.

In acknowledging the value of sports in the lives of people with Autism, we have reached out to the WA sports community and identified a wide array of wonderful sports clubs and groups creating supportive and inclusive environments for those with Autism.

This directory will provide names, locations and contact details for all these amazing supports.
All Abilities Rugby Union
Website: http://www.southernlionsrufc.com
Contact: Southern Lions Rugby Union Club President Michael Penhaligon - 0439 845 867
Email: michaelpenhaligon@gmail.com
Address: Success Sports Complex, 359 Hammond Road, Success WA 6164

A new ‘All abilities’ rugby team is in the making and players are currently building their skills. Based at Southern Lions RUFC, the fledgling team is not yet playing against other sides; when that happens they will play with modified rules—a form of touch rugby. The plan is for the team (aged 16 plus) to play on Saturdays following the club’s Champion A Division game—a great initiative for community engagement. “Touring with the team is not beyond the realms of possibility”.

See also Sense Rugby—Rugby based Occupational Therapy.

Basketball WA
Website: http://basketballwa.asn.au/athletes-with-disabilities/
Email: nigel.esau@basketballwa.asn.au

There are numerous basketball clubs throughout the Perth metropolitan area. Use the search tool at http://www.dsr.wa.gov.au/portal/find-a-club to find a club in your locality.

Basketball WA hosts four ‘Everyone’s Game Carnivals’ for athletes with an intellectual disability at the Bendat Basketball Centre each year.

The Ivor Burge Junior Basketball Championships is a competition run by Basketball Australia for players (aged 15 plus) with an intellectual disability. For further information, contact Community Basketball Administrator Jackie Keepa.
Contact: (08) 6272 0750
Email: jackie.keepa@basketballwa.asn.au

FIBA 3 x 3 rules is a modified basketball game for children and adults. Described as ‘urban, short and exciting’, each team consists of four players, three on court and one substitute. See rules of the game at: https://www.bwastreetball.com/3x3-rules. Played on a half court, each game is for 10 minutes only. Through liaison with local councils and other organisations, portable courts can be established to meet your community. An established team of four players could present themselves ready to play. Alternatively, individuals could join with others of similar ability to form a team on the day. For further information, including costs involved and possible locations, contact 3x3 Streetball and Community Programs Officer, Krittika Divadkar:
Contact: (08) 6272 0758
Email: krittika.divadkar@basketballwa.asn.au
Beatty Park Swim School
Website: www.beattypark.com.au use the search tool for ‘Angelfish’
Contact: (08) 9273 6082
Email: swimschool@vincent.wa.gov.au
Address: Beatty Park Leisure Centre, 220 Vincent Street, North Perth WA 6006

Beatty Park’s Angelfish is an award winning inclusive and integrated swimming program for people with disabilities. Angelfish has been supportive of children and young adults with Autism over a number of years.

BowlAbility – Lawn Bowling
Contact: 0449 619 841 - Denise McMillan
Email: denise@bowlswa.com.au
Address: Kardinya Bowling Club
Morris Buzacott Reserve (off Williamson Road)
Kardinya WA 6163

Hosted by Bowls WA and Kardinya Bowling Club, “An Inclusive Bowls Experience”, is run year round from February to December. Bowling takes place most Fridays from 11.00am to 1.00pm. To register or enquire about other inclusive bowls opportunities contact Denise McMillan.

Bowling—Ten Pin
Website: www.tenpin.org.au/index.php?id=1339

ZONE bowling (previously known as AMF) has centres in:
Cannington–Tel: (08) 8451 4792
Morley–Tel: (08) 9275 1258
Joondalup–Tel: (08) 9300 3844
Rockingham–Tel: (08) 9557 0998

Superbowl is at:
Melville–Tel: (08) 9330 7466
Warwick–Tel: (08) 9246 5088

The visual aspect of ten pin bowling suits many people with Autism. The environment clearly shows what’s required, the game is repetitive and the aim is obvious—seeing the pins knocked down. Sound protection e.g. ear muffs, might be helpful if the person is likely to be sound sensitive. League bowling, at all centres, provides opportunity for joining a team with people of similar ability and competing within the league.
**Department of Local Government, Sport & Cultural Industries**  

Use the search tool to find a club in your area. Name the sport you are interested in and the area in which you live to find the clubs closest to home. This website also provides a list of sport and recreation associations in and around Perth, covering a wide range of activities: [www.dsr.wa.gov.au/contact-us/find-a-sport-or-recreation-association](http://www.dsr.wa.gov.au/contact-us/find-a-sport-or-recreation-association).

See also **KidSport** for eligibility for funding assistance for community sporting activities.

**Empower Golf**  
**Contact:** 0439 486 889 - Tom Hughson  
**Email:** tom@empowergolf.com.au  
**Address:** Wembley Golf Course, 200 The Boulevard, Wembley Downs WA 6019

Empower Golf is for all abilities—enabling an introduction to golf, or reintroduction to the game. Join a friendly and relaxed Come and Try Clinic; golf clubs, balls and tees will be provided. No one is ever ‘compelled’ to participate but all are encouraged. Friends, family, partners or carers are always welcome at a Come and Try. Currently, Empower is running only at Wembley Downs but it’s anticipated another club will be opening up in the not-too-distant future.

**Football West**  
**Contact:** 0410 659 422 - Gordon Duss, Football West’s Inclusive Participation Officer  
**Email:** Gordon.duus@footballwest.com.au  
**Address:** Unit 94, 262 Lord Street, Perth WA 6000

Football West, member clubs and partner organisations are working to improve access and inclusion within the community through football—aiming to ensure that people of all abilities can fully participate in football and football related social activities. Football West works with Special Olympics WA in the drive for wider community inclusion in sport. (See also Special Olympics WA).

**Fremantle Leisure Centre**  
**Contact:** (08) 9432 9541  
**Email:** swimschool@fremantle.wa.gov.au  
**Address:** 10 Shuffrey Street, Fremantle WA 6160

‘Access for All’ offers swimming lessons for children and adults with special needs. One-on-one classes are offered and integration into a class can be made following an assessment. The instructor may work with an instructor in a mainstream class, as needed.
Gold Martial Arts
Website: http://goldmartialarts.com.au
Contact: Administrator Amanda Golding: 0407 446 271
Email: info@goldmartialarts.com.au
Address: Unit 9/199 Balcatta Road, Balcatta WA 6021

Tailored programs, guided by Sensei Mark Taylor and the family focused team, cater for all ages and abilities from 3 years to adulthood. Programs are delivered through an engaging and stimulating learning environment allowing every student to reach their full potential.

Gymnastics WA
Website: www.gymnasticswa.asn.au - Club Search
Contact: Participation Coordinator Abid Imam - (08) 9228 9399
Email: participation@gymnasticswa.asn.au
Address: State Gymnastics Centre, 99 Loftus Street, Leederville WA 6007

All Gymnastics WA clubs deliver programs to meet the needs of children and adults with a disability; and most clubs provide a free come ‘n’ try opportunity if a person wants to have a go for one class before potentially signing up. For further information contact Abid Imam; see also GymAbility below.

GymAbility
Currently, five suburban clubs affiliated with Gymnastics WA offer GymAbility, which provide more specific programs to suit all levels of physical and mental ability. See:

High Flyers Trampoline and Gymnastics Academy
Website: www.highflyerswa.com
Contact: (08) 9309 3500
Email: admin@highflyerswa.com
Address: 29 Dellamarta Road, Wangara WA 6065

Offer Special Needs or Integrated classes in indoor trampolining.

Peak Trampoline
Website: www.peaktrampoline.com.au
Contact: 0431 409 575
Email: nic.russell@peaktrampoline.com.au
Address: Lords Court 10, 5 Wembley Court, Subiaco WA 6008

Roleystone Gymnastics Club
Website: www.roleystonegymnastics.com.au/
Contact: 08) 9496 1484
Email: roleystonegymnastics@hotmail.com
Address: Old Station Road, Karragullen WA 6111

Armadale Gymnastics Club
Website: www.activeactivities.com.au or, further information from Gymnastics WA Abib Imam (as above).
Contact: 08) 9228 9399 or 0400 732 966
Email: participation@gymnasticswa.asn.au
Address: 2 Townley Street, Armadale WA 6112

Spirit GymSports
Website: www.spiritgymsports.com.au
Contact: (08) 6364 0334
Email: egymnastics@iinet.net.au
Address: 28 Belgravia Street, Belmont WA 6104
Inclusion WA
Website: www.inclusionwa.org.au
Contact: (08) 9201 8900
Email: Info@inclusionwa.org.au
Address: Unit 4, 61 Walters Drive, Osborne Park WA 6017

Inclusion WA provides a point of contact to connect individuals with disabilities and others to mainstream activities in the wider community. Talk to them about the various avenues to inclusive sport and many other recreational activities. See website above for contact details for Midland and Cockburn Offices.

KidSport
Contact: (08) 9492 9911
Email: kidsport@dlgsc.wa.gov.au

KidSport enables eligible Western Australian children age 5 to 18 years to participate in community sport and recreation by offering financial assistance of up to $150 per calendar year towards club fees.

Little Athletics WA
Website: www.walittleathletics.com.au
Contact: Member Services Manager, Emma Pass on (08) 6280 1075 or 0401 357 130
Email: emma@walittleathletics.com.au
Address: 15 Harrogate Street, Leederville WA 6017

Little Athletics WA, for age 5–16 years, is a fun, family oriented program that runs across the state—including Esperance and Broome. State-wide, there are 37 centres. A key focus is on inclusion and disability in athletics.

Loftus Recreation Centre
Website: www.loftusrecreationcentre.com.au
Contact: Programs Manager Jess Godwin: (08) 9227 6526
Email: loftusbookings@belgravialeisure.com.au
Address: 99 Loftus Street (Corner Vincent), Leederville WA 6007

Two new weekly programs for adults with disabilities (from upper teenage) are being to be introduced at Loftus Recreation Centre soon:

Sports Court Fun! This provides opportunity for people with disabilities to acquire sport skills through a range of modified games e.g., basketball, badminton, netball and soccer. The various games will be set up and participants are able to move freely from one game to another.

Music and Movement classes involve free dance and/or to routines with musical instruments and general exercise through the dance. Watch yourself dance—lots of mirrors round the room!
Luke Hallam - Personal Training

Contact: 0431 452 514

Luke provides individual gym-based training for children and adults in Claremont and Shenton Park. He has worked with children and young adults on the Autism Spectrum since 2008 through his personal training business.

See also Ocean Heroes. Luke is co-founder of this Western Australian initiative, enabling people with Autism to experience the thrills of surfing.

Minigym, Unigym, Thriving, iFit and Uni-Active

Website: www.sseh.uwa.edu.au/community/pep/programs
Contact: (08) 6488 2361
Email: pep-sseh@uwa.edu.au
Address: The University of Western Australia, 35 Stirling Highway, Crawley WA 6009

UWA provides the Paediatric Exercise Program—comprising a range of programs for children and adolescents to assist with physical fitness and participation in sport. Prior to participation and to determine the most appropriate program, participants must undergo an initial assessment. Programs include:

Minigym
For children aged 3–5 years, this is a parent-participation program and suitable for any child, including those experiencing difficulty acquiring movement skills. Parents are helped to develop knowledge and skills to engage in gross movement–based activities with their child.

Unigym
Unigym is for children aged 5–9 years who have difficulty learning and performing fundamental movement skills at an age appropriate level. The program is designed for children who have motor learning difficulties including those with Autism.

Thriving
For children aged 5+ (can accommodate younger kids in special circumstances). An individualised exercise rehabilitation and activity program for children and teens affected by any conditions that limit their ability to participate in school and community based activity. The various conditions addressed by Thriving include those with intellectual/behavioural difficulties, depression/ anxiety and Autism.

iFit
iFit is designed for kids, 9–15 years to assist and facilitate their engagement in sport and other recreational activities in the community. Children work one-on-one with their trainer on fitness, strength, skills and strategies specific to their chosen sport before integration into community based activity. Community integration entails an eight week extension to the iFit program, with the final two weeks participating in the community (or school) activity supported by a Post Graduate student.

Uni–Active
This program from K to Year 3 runs at selected schools before or after school during term time. Uni–Active is a fun program that aims to improve children's movement skills to ensure every child has the opportunity to enjoy and participate in sport and exercise.

See also KidSport (above) about eligibility for funding to assist with payment for the various PEP programs.
NAB AFL Auskick
Website: www.play.afl/auskick
Email: aflauskick@afl.com.au

NAB AFL Auskick, popular for many years across Australia, provides weekly sessions for children to acquire football skills in a safe, small group setting with parent/guardian involvement. See also, Starkick.

Ocean Heroes
Website: www.oceanheroes.com.au
Contact: 0431 452 514 (Luke Hallam)
Email: info@oceanheroes.com.au

Ocean Heroes is enabling people with Autism to experience the joy of surfing in a highly supported and structured ocean environment. “No limits on age, size or swimming ability. As long as they fit into one of our lifejackets (we have every size) we will take them surfing!” Free monthly sessions take place from October to April each year. Visit their Facebook page https://www.facebook.com/OceanHeroes/ to check for upcoming events and see the excitement of children (and older) with Autism catching a wave.

Ready Steady Golf
Contact: Mark Tibbles at 0413 824 477
Email: mtigolfacademy@gmail.com
Address: The Vines Resort & Country Club, Verdelho Drive, The Vines, WA 6069

Situated at The Vines Resort & Country Club in Perth’s beautiful Swan Valley, Ready Steady Golf provides a pathway for children and adults with special needs. Classes coincide with each school term and are conducted by MTI Golf Academy, winner of the 2015 WA Golf Industry Council’s Outstanding Game Development Award. Participants will learn golf skills in a fun, friendly and supportive environment. In addition the program aims to help build confidence and friendships by providing healthy interaction.

Riding for the Disabled Association of Western Australia
Website: www.rda.org.au/rdawa.aspx
Contact: (08) 9296 4655
Email: info@rdawa.org.au
Address (Office location): State Equestrian Centre, 303 Cathedral Avenue, Brigadoon WA 6069

There are 16 horse riding locations around Perth and regional WA. RDA aims to enrich the lives of people with disabilities through horse riding. The various centres provide suitable horses, trained volunteer helpers, accredited RDA coaches and riding and safety equipment to run a range of equestrian activities.
A Social Inclusion Program providing access to a range of sporting activities aims to assist and support people with disability to access mainstream sport or recreation clubs in their local area. The program is supported and run by the Fremantle Table Tennis Club.

- Tuesdays 12.00pm–1.00pm: Soccer Skills
- Wednesdays 9.30am–11.30am: Table Tennis, Badminton and Basketball (arrive at your leisure during these two hours on Wednesday).
- Cost: $5.00 per session

Please note: both programs are run through school term only.

Sense Rugby—Rugby based Occupational Therapy
Website: http://www.senserugby.com.au/sign-up-here
Contact: Katie Barnes 0488 990 083
Email: Katie.barnes@westernforce.com.au

Sense Rugby uses modified drills to help children process sensory information, focus on activities, work on their coordination, manage their emotions and have fun with other kids!

See also, All Abilities Rugby Union (for ages 16 plus)

Special Olympics WA
Website: www.specialolympics.com.au/wa

Special Olympics Australia offers regular training in a wide range of sporting activities. Each year there are also hundreds of competitions from local through to international. During competition, athletes are placed in divisions so that they compete against people of similar ability.

Starkick
Website: bombersjfc.asn.au OR www.facebook.com/bombersjfc

Starkick is an All Abilities football team for boys and girls aged between 5 and 12 years. Founded and launched by Coolbinia Bombers JFC in 2015, the program promotes inclusion, equality and opportunity. It runs as an integral part of the Clubs Auskick. Assistance from a team of volunteers provides the additional support some children may need. Starkick aims to cater for all disabilities and runs with the mantra—“if you want to play we will find a way”. 

Samson Recreation Centre
Website: www.fremantle.wa.gov.au/samsonrecreationcentre
Contact: Coach of Fremantle Table Tennis Club, Peter Jokic: 0421 499 027 or Samson, Recreation Centre: (08) 9432 9992
Address: 44 McCombe Avenue, Samson WA 6163
Superfins WA Inc. A swimming club for people with disabilities
Website: http://www.superfins.myclub.org.au/
Contact: superfinswalts@outlook.com
Address: Lords Sports Complex, 3 Price Street, Subiaco WA 6008

The Learn to Swim program is aimed at teaching the basics of swimming and water safety for school aged children with disabilities, with a maximum of three children per class. The 45 minute lessons are designed for children to progress from the basics to more advanced programs. See also Kidsport for eligibility for financial assistance for a Superfins program.

Stirling Leisure Centres - to learn to swim special needs
Website: www.stirling.wa.gov.au - use the Search tool: ‘Balga learn to swim special needs’
Email: learnto.swim@stirling.wa.gov.au

A wide range of swimming programs offered through the City of Stirling, including programs arranged to meet special needs at these two centres:

Leisure Park Balga
Address: 109 Princess Road, Balga WA 6061
Contact: (08) 9205 7340

and

Terry Tyzack Aquatic Centre
Address: 62 Alexander Drive, Inglewood WA 6052
Contact: (08) 9205 7724

Consider also your local shire which may provide similar programs closer to home. See Wanneroo Aquamotion.

The Simulation Centre
Website: www.thesimulationcentre.com.au
Contact: (08) 9494 2717
Email: info@thesimulationcentre.com.au
Address: 6 Sphinx Way, Bibra Lake WA 6163

The Simulation Centre is a family entertainment venue providing indoor rock climbing and lots more. School holiday and term time physical activity classes and workshops are offered for children aged 3 years to teens.

Touch Football
Website: touchfootball.com.au. See ‘Where can I play?’ Tap in a suburb or postcode to find a local club.
Contact: (08) 9319 4600
Address: Surf Life Saving WA Building, 7 Delawney Street, Balcatta WA 6021

The accessibility and inclusiveness of Touch Football make this a very popular sport in the Australian School Sport System. As there is little contact entailed, the sport may appeal to children with limited sporting experience, and especially to those with Autism who are likely to find the intense contact of some sports difficult. Touch Football provides modified games and events for specific abilities aiming for a positive experience for all players.
**Volleyball WA**  
**Website:** www.volleyballwa.com.au  
**Contact:** Schools and Junior Development Coordinator David Riddell on (08) 9228 8522  
**Email:** info@volleyballwa.com.au

Spikezone is a modified version of volleyball for primary school age children. Played on a smaller court, it is designed to introduce children to the core skills of volleyball in a fun, energetic way. There are currently three Spikezone venues across Perth:  
- Duncraig Leisure Centre  
- Lords Recreation Centre, Subiaco  
- Rossmoyne Senior High School

To date, there have been too few children to form teams, so the coach engages with basic skills, ending in a game. To meet the needs of those participating, drills and the game will be modified. A free ‘Come and Try’ session is offered, before (perhaps) registering for more.

**WAAFL Integrated Football**  
**Website:** www.wafl.com.au/programs/integrated-football  
**Contact:** Integrated Football Coordinator Greg Gilbee on (08) 9287 5500 or 0419 934 382  
**Email:** ggilbee@wafc.com.au

This is a vibrant community program underpinned by the clubs that field teams and support the program.

**WA Disabled Sports Association Inc**  
**Website:** www.wadsa.org.au  
**Contact:** (08) 9470 1442  
**Email:** reception@wadsa.org.au  
**Address:** The Leisure Life Centre, Corner Kent and Gloucester Street, East Victoria Park WA 6101

WADSA offers a range of camps and events throughout the year; they also provide an extensive directory of activities run by their member clubs and service providers. A prime focus of WADSA is on ensuring that people of all levels of ability are able to engage in sport and recreation.

**WA Swim and Survive**  
**Contact:** (08) 9383 8200  
**Email:** accessandequity@royallifesavingwa.com.au

Royal Life Saving Society provide innovative and targeted programs to support individuals with special needs and their families, by breaking down the barriers to their participation, with the aim of providing all West Australians with an opportunity to learn essential Swim and Survive skills.

Their WA Swim and Survive Fund has been created to assist children and adults affected by disabilities access vital swimming and water safety skills. This funding is also targeted towards families from lower social/economic environments, families from regional WA, and families from Indigenous or culturally and linguistically diverse backgrounds. For more information about this funding support please visit their website (listed above).
Wanneroo Aquamotion Swim School
Website: http://www.wanneroo.wa.gov.au/aquamotionswimschool
Contact: Dolphin Assistant Coordinator Robyn Grealy on (08) 9405 5999
Address: Wanneroo Aquamotion, 19 Civic Drive, Wanneroo WA 6065

The Dolphin program has been created for people with a wide range of disabilities. The main focus is on teaching the student to swim independently and enhance self-esteem. Extensive information is available on the website including download access to a range of flyers.

The Western Australian Cricket Association (WACA)
Contact: (08) 9265 7237 or 0404 038 026 (Madonna)
Email: madonna.blyth@waca.com.au - Multicultural & Disabilities Coordinator or the WACA

The Western Australian Cricket Association (WACA) welcomes all members of the community to cricket. Fundamental skill development programs and cricket carnivals are provided to schools and Education Support Centres free of charge. Community Cricket includes entry level programs through to National Inclusion Championships. Modified games are played in less than 90 minutes.

MILO in2CRICKET is for girls and boys aged 5 to 8. Basic cricket skills are taught through fun game based activities.

MILO T20 BLAST is for girls and boys aged 7 to 12. With all equipment provided and a maximum of 90 minutes playing time, the games take place at same venue each week, at a local cricket club or community centre. Both of the above programs are described as ‘super fun, safe, and social’. See the WACA website above for more information.

The Integrated Cricket League (ICL) is for people 16 years and older, primarily with an intellectual disability. Games are played every three weeks in a modified format suitable for all ability levels. To find your nearest club visit: www.facebook.com/Integrated-Cricket-League-292106791149085/ or contact the WACA's Multicultural & Disabilities Coordinator, Madonna Blyth (details above)

N.B. All contact details in this document were correct at time of printing but may be subject to change.