



YMCA OnSide is being rolled out nationally to increase sporting opportunities for young adults with disabilities with the aim of challenging old fashioned perceptions of sport, particularly for those with a disability.

Participants will be asked to complete an essential Information Pack to ensure we can meet participants' specific needs and tailor activities accordingly.

Activities run across East Surrey in youth centres, schools and sport centres. For information on days, times, location and booking, please visit www.ymcaredhill.com/



Sport for everyone



For an Information Pack or further details please contact the YMCA OnSide Coordinator.

John Brunswick
01737 222859
OnSide@ymcaredhill.com

Reigate and Redhill YMCA
The Sovereign Centre
Slipshatch Road
Reigate, RH2 8HA



Charity No. 1075028

A programme of sporting activities for young adults aged 14 to 30 with complex needs or disabilities across East Surrey.



The YMCA OnSide's sporting programme will help you experience the fun in sport,

- Feel more confident
- Increase your social skills
- Get active
- Develop your physical and sporting skills
- Work as a team.

For up to date information on our weekly timetable visit www.ymcaredhill.com

Dance

Enjoy a range of different dance styles each week in our fun and energetic classes. The sessions are led by a qualified and experienced instructor who is able to make the dance style inclusive for all.

Cricket

Learn all about cricket: from fielding to bowling, batting to catching; our staff will teach you different skills and techniques. Indoor and outdoor options depending on weather.

Cycling or Bikeworks

Learn how to ride a two wheel bike in a safe, enclosed environment. Participants also learn about road safety, group riding and bike maintenance. There are also opportunities to lead rides on one off events.

Table Cricket

Table cricket is an exciting indoor team game using miniature bats and table fielding. Players learn new skills, increase their communication and it's a great opportunity to improve hand/eye coordination.

Boccia

Boccia is a game of seated bowls for all abilities. Participants can develop their team work and hand/eye coordination skills. It's an ideal sport for wheelchair users and those with more profound disabilities.

Multisports

Participants can choose from a range of mixed team activities such as football, cricket, kurling, badminton, basketball or Boccia. Activities are tailored to participant's ability and preference and are table-based or held within a sports hall.

Cost: from £3 a session.

Please note, carers are welcome for those who require additional assistance to access the activity.

Leadership and Coaching

For those who want to develop their interests and skills in sport even further, young people can achieve a leadership award. There will be training for those wanting to lead sessions as well as coaching opportunities.

