



# PHYSICAL ACTIVITY & SPORTS OPPORTUNITIES IN MORAY

For People with Physical, Sensory or Learning Disabilities

Activity/Contacts	Primary Aged (5-12yrs)	Secondary Aged (12-18yrs)	Adults (Working Age) 18- 65yrs	Older Adults 65yrs +
<b>Friendly Access SurfABLE &amp; SwimABLE sessions</b> - various sessions Contact – Glyn Morris on 07779 000203 - <a href="mailto:info@friendlyaccess.org">info@friendlyaccess.org</a> or Kev Anderson 07938 214165 - <a href="mailto:kev@friendlyaccess.org">kev@friendlyaccess.org</a>	✓	✓	✓	✓
<b>Goalball</b> - new sport for Moray - taster sessions starting soon Contact Hein Mijzen on 07966 120516	✓	✓	✓	✓
<b>Cycling Group for Children with Movement and Co-ordination Difficulties</b> West End Primary School, Elgin - Tuesday afternoons Contact Hein Mijzen – 07966 120516 or Occupational Therapy Dept on 01343 567365	✓	✓		
<b>Living Golf</b> - various sessions (focus on mental health and wellbeing using the sport of golf) Contact – Franz Rolinck on 07570 139657 or <a href="mailto:franz@livinggolf.com">franz@livinggolf.com</a>	✓	✓	✓	✓
<b>Elgin Amateur Athletics Club</b> - Tues and Thurs from 6.30-8.00pm Morrison Playing Fields, Elgin Contact – Violet Beattie on 01343 551021 or <a href="mailto:info.elginaac@gmail.com">info.elginaac@gmail.com</a>	✓	✓	✓	
<b>Elgin Judo Club</b> - Monday and Wednesday evenings - Elgin Community Centre Contact – Audrey Pirie on <a href="mailto:audrey.pirie@talktalk.net">audrey.pirie@talktalk.net</a>	✓	✓	✓	
<b>Tyock Gymnastics Club</b> - sessions on most days of the week at Fogwatt Contact – Pam Cantrill on 01343 543756	✓	✓		
<b>Moray Group Riding for the Disabled (Equestrian)</b> Cranloch Riding Centre, Nr Elgin - various days and times available Contact Denise on 01343 850310 or email <a href="mailto:info@morayrda.org.uk">info@morayrda.org.uk</a>	✓	✓	✓	
<b>Sfear Kickboxing, Health &amp; Fitness</b> - various sessions throughout the week Contact Jason on 07900 906316 or email <a href="mailto:sfear.lossie@gmail.com">sfear.lossie@gmail.com</a>	✓	✓	✓	
<b>Elgin &amp; District Indoor Bowling Club</b> - Wheelchairs available at venue Contact 01343 550133	✓	✓	✓	✓
<b>Moray Wheelchair Curling Club</b> - Moray Leisure Centre in Elgin Mon, Tues, Wed afternoons Contact Sandra MacIver on 01309 673855	✓	✓	✓	✓
<b>Boccia in Buckie</b> - Thursday nights from 6.30-8.30pm Contact – Hein Mijzen on 07966 120516	✓	✓	✓	
<b>Disability Sports Club</b> - Milnes High School, Fochabers - Mondays 5:30pm – 7:00pm Contact Hein Mijzen on 07966 120516	✓	✓		
<b>Dance Movement Group</b> - BodySurf Scotland 8-14yr olds - Kinloss Church Contact Gail on 01309 691661	✓	✓		
<b>Moray Table Tennis Club</b> - Elgin Academy Mondays 5.30-6.30pm - for ages 8yrs upwards Contact Stephen Gertsen on <a href="mailto:stephen.gertsen@hotmail.com">stephen.gertsen@hotmail.com</a>	✓	✓		

