

SPORT 4 ALL

2019 INCLUSIVE SPORT CALENDAR

Access
for
All Abilities



SPORTS CENTRAL

MONDAY

Pinarc Sports Hub

Sport activities for children and teens aged 6-18 years. Participants are supported by staff and volunteers.
4:00pm - 6:00pm
Ballarat Grammar Gymnasium
Forest St, Wendouree
Session funded from NDIS plan
Contact: 5329 1343

Access All Gymnastics

An inclusive class for gymnasts with special needs to learn a range of gymnastics skills based on ability.
4:00pm - 5:00pm
Other days by arrangement
Ballarat Aquatic & Lifestyle Centre
Gilles Street North, Lake Gardens
\$16.40 per class (term enrolment) or
\$27.40 (fortnightly direct debit)
Contact: 5330 4113
balc@ballarat.vic.gov.au

Wheelchair Basketball

5:45pm - 7:00pm
Ken Kay Badminton Stadium
407 Dowling St, Wendouree
\$6 per session
Contact: 5338 1220

Special Olympics Aquatics

6:00pm - 7:00pm
Ballarat Aquatic & Lifestyle Centre
Gillies St, Lake Gardens
Steve Grant: 0423 790 961

Adult Gymnastics - Open to All

Inclusive fitness alternative for adults of all skill level with a coach adapting a personal program to reach goals. Suitable for 16+ years.
7:00pm - 9:00pm
Ballarat Aquatic & Lifestyle Centre
Gilles St, Lake Gardens
\$21.80 per casual class
Contact: 5330 4113

TUESDAY

The Big Issue Community Street Soccer

1:00pm - 3:00pm
Morshead Park
Pleasant St Sth, Redan
Free (16+ years old)
ballaratcoordinator@bigissue.org.au

Sailability

Runs 3.5 days per week during Term 1 and Term 4.
Ballarat Yacht Club
Wendouree Parade, Lake Wendouree
Sue Simmonds: 0418 427 366
simmsue@aapt.net.au

All Terrain Wheelchair

Borrow the TrailRider all terrain wheelchair from the Ballarat Information Centre. It is ideal for bushwalking and hiking.
Parks Victoria even operate a volunteer program to help people get around local parks.
Contact: 5337 4337

WEDNESDAY

6 A Side Football

Modified 6-a-side football for boys and girls with a disability aged 7-16 years. An 8 week inclusive introduction to AFL football.
4:15pm-5:30pm
White Flat Oval, Moyle Street, Ballarat
\$80 per season
Kellie Tait - AAA Sport Ballarat
0416 504 314

Ballarat Bulldogs FNC

All Abilities Football

Weekly football training for mixed gender team aged 14+ years
4:30pm-5:30pm (March - August)
White Flat Oval
Moyle St, Ballarat
Olivia Nam: 5331 6966

Ballarat Bulldogs FNC

All Abilities Netball

Netball training for mixed gender team aged 14+ years
Time TBC
Eastern Oval Netball Courts
Scott Pde, Ballarat
Olivia Nam: 5331 6966

Badminton Social Night

6:00pm - 9:00pm
Ballarat Badminton Assoc.
Ken Kay Badminton Stadium
407 Dowling St, Wendouree
\$4 (member) or
\$7 per session (non-member)
Includes court hire, stadium entry and equipment use
Contact: 5339 4601

Martial Arts

Self-defence for Beginners

6:30pm - 8:00pm
Ballarat Taekwondo
Victorian Railway Institute
Lydiard & Seymour St, Ballarat
\$8 per session
Ron Parkinson: 0412 936 978

THURSDAY

Indoor Cricket

From 5:30pm
Major League Indoor Sports
Howitt St, Ballarat
\$8 per session
Contact: 5331 4000

All Abilities Netball

5:00pm - 6:00pm
Llanberris Reserve
Barkley St, Ballarat
\$2 per session
Rhonda: 0418 130 660

Badminton Social Night

6:30pm - 9:00pm
Ballarat Badminton Assoc.
Ken Kay Badminton Stadium
407 Dowling St, Wendouree
\$4 member or \$7 non-member
Includes court hire, stadium entry and equipment use.
Contact: 5339 4601

FRIDAY

RDA Horse Riding

From 9:15am
Appointment required
Federation University Equine Centre
Rosehill Rd, Mt Rowan
Annual fees apply
Bob Bath: 0427 322 657

All Abilities Master Blasters Cricket

A pathway cricket program with modified match game experience for children aged 7-17 years.
4:15pm-5:30pm
February - March
Eastern Oval, Peel St, Ballarat
\$99 per program
Kellie Tait - AAA Sport Ballarat
0416 504 314

Special Olympics

Tenpin Bowling

4:30pm - 6:00pm
Oz Tenpin Ballarat
901 Doveton St Nth, Ballarat North
Trudi Williams: 0421 330 061

Buninyong Little Athletics

5:00pm - 6:30/7:00pm
October - March
Royal Park, Buninyong
\$170 per season includes uniform
Shane Bicknell: 0418 573 436

Prospectors Basketball Team

(for players 16+ years with intellectual disability)
Friday night competition
Ballarat Basketball Stadium
403 Dowling St, Wendouree
Fees apply
Mark Valentine: 5338 1220

SATURDAY

Ballarat Park Run

8:00am
Victoria Park
1600 Sturt St, Ballarat
www.parkrun.com.au

Ballarat Little Athletics

8:30am - 12:00pm
Llanberris Reserve
York St, Ballarat
\$140 per season
Shane Bicknell: 0418 573 436

Fuzzy Gym for gymnasts with vision impairment

10:00am - 11:00am
Ballarat Gymsports
2B Michaels Dr, Alfreton
\$10 per session
Contact: 5336 2605

Wendouree Archery Club

Come & Try Sessions
10:00am - 12:00pm
Prince of Wales Park
Gillies St Nth, Lake Gardens
\$15 per session
John Blake: 0416 971 804

Martial Arts Self-defence for Beginners

10:00am-11:15am
Ballarat Taekwondo
Victorian Railway Institute
Lydiard & Seymour St, Ballarat
\$8 per session
Ron Parkinson: 0412 936 978

Tenpin Bowling Super Stars League

10:30am
Oz Tenpin Ballarat
901 Doveton St, Ballarat
\$13 per session
Contact: 5331 5610

StarBound

Designed for children and teens of all abilities with the aim of developing life skills, confidence, body awareness, movement foundations, strengths and flexibility

Saturday 12:00pm - 1:00pm
Ballarat Gymsports
2B Michaels Dr, Alfreton
\$10 per session
Contact: 5336 2605

YMCA Fun Skate

1:00pm - 4:00pm
Delecombe Stadium
16 Nandiriog Dr, Delecombe
\$11 per session
Contact: 4333 6400

SUNDAY

AAA Sport Ballarat

Auskick Football (Apr - Jun)
MiniRoos Soccer (Jul - Sept)
Junior Blastars Cricket (Oct - Dec)
Sunday 10:00am - 11:00am
Ballarat Grammar
Forest St, Wendouree
Varying costs per program
Kellie Tait: 0416 504 314

Special Olympics Golf

Fortnightly 3:00pm - 4:30pm
February - May
RACV Goldfields Resort
1500 Midland Hwy, Creswick
No cost
Contact: 5331 6966

Special Olympics Basketball

3:30pm - 5:00pm
Wendouree Sports & Events
Centre
Norman St, Wendouree
\$4 per training session
Amy Moore: 0432 665 584

Ballarat Batlers Cricket

All Abilities Cricket Carnivals in
Ararat and Cranbourne
Played in April and October
Margie lafrate: 5331 7778

Access for All Abilities Play (AAA) connecting people with a disability to sports and recreation opportunities across Victoria.

www.aaavic.org.au

Contact Sports Central for more information

5331 6966 | info@sportscentral.org.au

Contact the sport before attending as not all sports operate all year round