

Sports and activities in Leicestershire and Rutland



■ Asfordby Hill

St. Johns Road, Asfordby Hill, Melton Mowbray, LE14 3RD

- ▶ Holwell Rifle Club

Visit: www.facebook.com/HolwellIRC.22

■ Aylestone Leisure Centre

2 Knighton Lane East, Leicester, LE2 6LU

Tel: 0116 233 3040

- ▶ Swimming Club (for those who are able to swim 4 lengths without aid)

Visit: www.knightonswim.weebly.com

- ▶ Fencing Club

Visit: www.leicesterfencingclub.co.uk

■ Barwell Indoor Bowls Club

Kirby Road, Barwell, LE9 8FQ

Tel: 01455 844 683

Visit: www.barwell-indoorbowls.co.uk

■ Blaby and District Baptist Church

Northfield Road, Blaby, LE8 4GU

Tel: 0116 272 7703

- ▶ Steady steps class

■ Blaby and District Social Centre

Leicester Road, Blaby, LE8 4GQ

Tel: 07975 906 405

- ▶ Steady steps class

■ Braunstone Civic Centre

209 Kingsway, Leicester, LE3 2PP

Tel: 0116 289 0045

- ▶ Seated exercise



■ Braunstone Leisure Centre

2 Hamelin Road, Leicester, LE3 1JN

Tel: 0116 229 3229

- ▶ Swimming pool and gym available
- ▶ Walking football

■ Braunstone West Social Centre

St Mary's Avenue, Braunstone, Leicester, LE3 3FT

Tel: 0116 289 0401

- ▶ Indoor curling

Visit: www.lrsport.org/directory/indoor-kurling

■ Catmose Sports

Huntsmans Drive, Oakham, LE15 6RP

Tel: 01572 490 030

- ▶ Swimming pool and gym available - wheelchair and hoist access

■ Clarence House

46 Humberstone Gate, LE1 3PJ

Tel: 0116 299 2233

- ▶ Seated exercise (Age UK class)

Visit: www.ageuk.org.uk/leics/our-services/support-in-the-community/community-resource-centres/clarence-house

■ Cosby Village Hall

Park Road, Cosby, LE9 1RN

Tel: 07939 307 513

- ▶ Indoor curling
- ▶ Tai chi

■ Cossington Street Sports Centre

Cossington Street, Leicester, LE4 6JD

Tel: 0116 233 3060

- ▶ Swimming pool available



■ Enderby Leisure Centre

Mill Lane, Leicester, LE19 4LX

Tel: 0116 275 0234

- ▶ Swimming pool and gym available

■ Evington Leisure Centre

132 Downing Drive, LE5 6LP

Tel: 0116 299 5575

- ▶ Disability swim - hoist access

■ **Harborough Leisure Centre**

Northampton Road, Market Harborough, LE16 9HF

Tel: 01858 410 115

- ▶ Swimming club for the disabled

Visit: www.everyoneactive.com/centre/harborough-leisure-centre

- ▶ Indoor bowls club

Visit: www.bowlsclub.org/club/3270

■ **Hinckley Leisure Centre**

Argents Mead, St Mary's Road, Hinckley, LE10 1BZ

Tel: 01455 610 011

- ▶ Swimming pool and gym available - pool hoist available and wheelchair access

■ **Humberstone Heights Golf Course**

Gipsy Lane, Leicester, LE5 0TB

Tel: 0116 299 5570

Visit: www.humberstoneheightsgc.co.uk/contact-us

■ **Leicester Archery Academy**

Madani High School, 77 Evington Valley Road, Leicester, LE5 5LL

Tel: 07865 544 409

Visit: www.leicesterarcheryacademy.com/index

To note: Suitable for lower limb amputees who are mobile with a prosthetic limb and for people in wheelchairs.

■ Leicester Community Sports Arena

31 Charter Street, Leicester, LE1 3UD

- ▶ Leicester Cobras Wheelchair Basketball

Visit: www.leicestercobras.org.uk

- ▶ Walking basketball

Visit: www.leicesterarena.co.uk/community-sports



■ Leicester Leys Leisure Centre

Beaumont Way, Leicester, LE4 1DS

Tel: 0116 233 3070

- ▶ Bliss Disabled Family Swim

To note: A carer would be required. A ramped approach is used where a waterchair is wheeled into the water.

■ Leicester Outdoor Pursuits Centre

Loughborough Road, Belgrave, LE4 5PN

Tel: 0116 268 1426

- ▶ Archery

Visit: www.lopc.co.uk/about/activities/archery-shooting

To note: Archery for sitting in a chair or standing. Wheelchair friendly centre.

■ Loughborough Lawn Tennis Club

Ingle Pingle Lane, Forest Road, Loughborough, LE11 3NW

Tel: 07910 835 174

- ▶ Wheelchair tennis

Visit: www.clubspark.lta.org.uk/loughboroughlawntennisclub

■ Loughborough Leisure Centre

Browns Lane, Loughborough, LE11 3HE

Tel: 01509 611 080

- ▶ Swimming pool and gym available

Visit: www.fusion-lifestyle.com/centres/loughborough-leisure-centre

- ▶ Charnwood Swimming Club for the Disabled

Visit: www.cscdfoxes.org

- ▶ Loughborough Fusion Sitting Volleyball Club

To note: You can take a carer to assist you in the pool if you wish but there will be someone who can help. Wheelchair access and hoist.

■ Market Bosworth

Wellsborough Road, Market Bosworth, CV13 6PD

Tel: 01455 291 876

- ▶ Sailing club

Visit: www.bosworthwatertrust.co.uk/sailing-kayaking

■ The Mount Group

Lambert Close, Melton Mowbray, LE13 1PR

Tel: 01664 564 629

- ▶ Horse riding

Visit: www.mountgrouprda.org.uk

■ New Parks Leisure Centre

St. Oswalds Road, LE3 6RJ

Tel: 0116 233 3080

- ▶ Swimming pool and gym available - disabled access

■ Nuffield Gym

1 Byford Way, Leicester, LE4 0DZ

Tel: 0116 261 2333

- ▶ Swimming pool and gym available

To note: Hoist and disabled access to changing rooms.
Lifeguard can assist.

■ Parklands Leisure Centre

Washbrook Lane, Wigston Road, Oadby, LE2 5QG

Tel: 0116 272 0789

- ▶ Swimming pool and gym available

To note: Pool hoist and graduated stepped pool access.
Life guard can assist.

■ Queen Elizabeth II Diamond Jubilee Leisure Centre

50 Duns Lane, Leicester, LE3 5LX

Tel: 0784 5809 340

- ▶ Wheelchair rugby

Visit: www.leicestertigers.com/community/foundation/wheelchair-rugby

■ Ramgarhia Hall

Ulverscroft Road, LE4 6BY

Tel: 0116 253 1986

- ▶ Seated exercise

Visit: www.ramgarhiacentre.com/facilities

■ Robert Smyth Academy

Burnmill Road, Market Harborough, LE16 7JG

Tel: 01858 466 159

- ▶ Swords Fencing Club

■ Soar Valley Leisure Centre

Kingfisher Road, Mountsorrel, Leicester, LE12 7FG

Tel: 0116 237 5367

- ▶ Swimming pool and gym available - hoist access to pool

■ Spence Street Sports Centre

Spence Street, North Evington, LE5 3NW

Tel: 0116 299 5584

- ▶ Swimming pool available - disability access

■ South Charnwood Leisure Centre

Parkstone Road, Syston, LE7 1LY

Tel: 0116 264 0057

- ▶ Swimming pool available - hoist access to pool and ramp access to building

■ Waterfield Leisure Centre

Dalby Road, Melton Mowbray, LE13 0BG

Tel: 01664 563 550

- ▶ Swimming pool available - splash and swim sessions for those with a disability

■ Wenlo Riding for the Disabled (RDA) Group

Bowleys Barn Farm, Stanford Road, Loughborough, LE12 5ER

Tel: 07860 245 675

Visit: www.facebook.com/wenlorda

■ Wigston Swimming Pool

Station Road, Wigston, LE18 2DP

Tel: 0116 288 5346

- ▶ Swimming pool and gym available

To note: Portable steps and hoist for pool access. Lifeguard can assist.

Available resources

www.leicester.gov.uk/sports

www.ableize.com/disabled-groups-and-clubs-by-county/leicester-and-leicestershire/

www.disabledgo.com

www.lrsport.org/programmes/the-leicestershire-disability-athletics-development-group-ldadg

www.getyourselfactive.org

www.limbpower.com/index.php/exercise

LimbPower organises events that can help young people who have amputations or limb impairments get into sport.

Visit: www.limbformation.com to find out more.

