

Forth Valley 2024-2025 Disability Session Calendar

Day	Activity	Age group	Disability	Physical Disability Wheelchair User	Physical Disability Ambulant	Learning Disability	Visual Impairment	Hearing Loss	Time	Venue	Frequency	Contact
Mon	LTS L1 - Beginner Swimming	P1+	Fully inclusive	✓	✓	✓	✓	✓	3.30pm	Grangemouth Sports Complex	Term time	swimmingdevelopment@falkirk.gov.uk
Mon	Boccia	P4-S6	Fully inclusive	✓	✓	✓	✓	✓	4.45pm - 5.45pm	Grangemouth Sports Complex	Term time	Lisa.male@falkirk.gov.uk
Mon	Disability/ASN Multi-Sport	P1-P7	Fully inclusive	✓	✓	✓	✓	✓	4.45pm-5.45pm	Grangemouth Sports Complex	Term time	Lisa.male@falkirk.gov.uk
Mon	Milton All Stars Football Club	16+	Pan Disability		✓	✓	✓	✓	6.00pm - 7.30pm	Bluebellwood Park, Bannockburn	Year round (time and venue change in the winter)	Margaret Mckie 07708564800 (Chair) David Simpson 07359096993 (Head Coach)
Mon	Para-Climbing	8+	Various		✓	✓	✓	✓	4.00pm to 5 :00pm	The Peak, Stirling	Year round	nellistp@ActiveStirling.org.uk
Mon	Wheelchair Curling	16+	Visual Impairment / Blind				✓		3pm to 5pm	The Peak, Stirling	Sept - March	harveyg@activestirling.org.uk
Mon	Sportability Boccia	8+	Fully inclusive	✓	✓	✓	✓	✓	4:30pm to 5:30pm	The Peak, Stirling	Sept - Dec	harveyg@activestirling.org.uk
Tues	LTS L2 Swimming	P1+	Fully inclusive	✓	✓	✓	✓	✓	3.30pm	Grangemouth Sports Complex	Term time	swimmingdevelopment@falkirk.gov.uk
Tues	LTS L1 - Beginner Swimming	P1+	Fully inclusive	✓	✓	✓	✓	✓	7pm	Grangemouth High School	Term time	swimmingdevelopment@falkirk.gov.uk
Tues	LTS L2 and 3 - Swimming	P1+	Fully inclusive	✓	✓	✓	✓	✓	8pm	Grangemouth High School	Term time	swimmingdevelopment@falkirk.gov.uk
Tue	Indoor Bowling	Various	Various	✓	✓	✓	✓	✓	6:30pm -8:30pm	Falkirk Indoor Bowling Club	October-March	mrroncarthur@btinternet.com
Tue	Para-Climbing	16+	Various		✓	✓	✓	✓	12noon -2:00pm	The Peak, Stirling		nellistp@ActiveStirling.org.uk
Tue	Bikes Without Barriers	school age	Fully inclusive	✓	✓	✓	✓	✓	10 to 11am	The Peak, Stirling	Year round	bwb@activestirling.org.uk
Tue	Bikes Without Barriers	All	Fully inclusive	✓	✓	✓	✓	✓	11am to 2pm	The Peak, Stirling	Year round	bwb@activestirling.org.uk
Tue	Learn to Swim	8+	Fully inclusive	✓	✓	✓	✓	✓	5:30pm to 7pm	The Peak, Stirling	Year round	barrg@activestirling.org.uk
Tue	ASN Multisports	P1-S6	Fully inclusive	✓	✓	✓	✓	✓	5pm - 5.45pm	Lornshill Academy	Term time	clauder@clacks.gov.uk
Tues	ASN Multi-Sports	P1 - S6	Fully inclusive	✓	✓	✓	✓	✓	4pm - 5pm	Larbert High School	Term time	Lisa.male@falkirk.gov.uk
Tue	MATP (Motor Activity Training Program)	P1 - S6	Complex Needs						6pm - 7pm	Larbert High School	Term time	Lisa.male@falkirk.gov.uk
Tues	N Courage Martial Arts	All	ASN/Autism						various	Ward Street, Alloa	Year round	https://n-courage.co.uk/contact/
Wed	ASN Basketball	P4 - S4	Ambulant		✓	✓			4pm - 5pm	Larbert High School	Term time	Lisa.male@falkirk.gov.uk
Wed	VI Multi-Sport Club	P1 - S6	Visual Impairment / Blind				✓		6pm - 7pm	Grangemouth High School	Term time	Lisa.male@falkirk.gov.uk
Wed	ASN Gymnastics	P1 - S6	Fully inclusive	✓	✓	✓	✓	✓	5pm - 5.45pm	Lornshill Academy	Term time	clauder@clacks.gov.uk
Wed	Fun Fitness	16+	Fully inclusive	✓	✓	✓	✓	✓	2-3pm	Forth Valley College (Falkirk Campus)	Term time	coordinator@fvds.org.uk
Wed	N Courage Martial Arts	All	ASN/Autism						various	Ward Street, Alloa	Year round	https://n-courage.co.uk/contact/
Wed	Stirling Wheelchair Curling Club	All	Wheelchair users	✓					12.30pm - 2.30pm	The Peak, Stirling	Year round	jackymclaren@talktalk.net
Wed	Right on Target Boccia Club	All	Fully inclusive	✓	✓	✓	✓	✓	6.00pm - 7.30pm	Alloa Academy	Year round	jeand50@gmail.com
Wed	Sportability Junior Multi-sport	8+	Fully inclusive	✓	✓	✓	✓	✓	5:30pm- 6:30pm	The Peak, Stirling	10th May to 28th June	harveyg@activestirling.org.uk
Thur	L2 and L3 Swimming	P1+	Fully inclusive	✓	✓	✓	✓	✓	3.30pm	Grangemouth Sports Complex	Term time	swimmingdevelopment@falkirk.gov.uk
Thur	Inclusive Curling	16+	Fully inclusive	✓	✓	✓	✓	✓	5:30pm to 6:30pm	The Peak Stirling	Sept- March	mcmillanh@activestirling.org.uk
Thu	Adapted Cycling Sessions	All	Fully inclusive	✓	✓	✓	✓	✓	11-3pm	Zetland Park	May - Oct	coordinator@fvds.org.uk
Thu	Tennis/Multi Activities	All	Fully inclusive	✓	✓	✓	✓	✓	11-3pm	Zetland Park	May - Oct	coordinator@fvds.org.uk
Thur	Adult Multi-Sports	16+	Fully inclusive	✓	✓	✓	✓	✓	12:30-2:20pm	Grangemouth Sports Complex	November-April	coordinator@fvds.org.uk
Thu	Enable Arion Swimming Club	All	Learning Disability						7.15pm - 8.15pm	The Peak, Stirling	Year round	m28williamson3@hotmail.co.uk
Thu	ASN Adult Fitness	16+	Fully inclusive	✓	✓	✓	✓	✓	11-11:45am	Sauchie Hall, Alloa	Year round	sportsdevelopment@clacks.gov.uk
Thur	N Courage Martial Arts	All	ASN/Autism						various	Ward Street, Alloa	Year round	https://n-courage.co.uk/contact/
Fri	Braveheart Walking Session	16+	Fully inclusive	✓	✓	✓	✓	✓	11.30am -12:30pm	Camelon Sensory Centre	Year round	sensory@forthvalleysensorycentre.org
Fri	ASN Football Session	S1 - S6	Pan Disability		✓	✓	✓	✓	5pm - 6pm	Stenhousemuir Football Foundation	Term Time	abbie.trotter@stenhousemuirfc.com
Fri	Active Stirling Learn to Swim	school age	Fully inclusive	✓	✓	✓	✓	✓	6:00pm to 8:00pm Three sessions	Stirling High School	Term time	muirheadk@activestirling.org.uk
Fri	Forth Valley Flyers Athletics Club	All	Fully inclusive	✓	✓	✓	✓	✓	6:00pm - 7:15pm	Grangemouth Stadium	Year round	flyers.cto@hotmail.com
Fri	Learn to Swim	8+	Fully inclusive	✓	✓	✓	✓	✓	6 to 8pm	Stirling High School		muirheadk@activestirling.org.uk
Fri	Without Barrier Multi-sport	16+	Fully inclusive	✓	✓	✓	✓	✓	10:30am to 12:30pm	The Peak Stirling		harveyg@activestirling.org.uk
Fri	Ice Skating	All	Physical, Sensory & Learning Disabilities		✓	✓	✓	✓	10:30am to 11:15am	The Peak Stirling	September 8th	harveyg@activestirling.org.uk
Fri	Inclusive Walk Riverbank	16+	Fully inclusive	✓	✓	✓	✓	✓	1:15pm to 2:15pm	Riverbank Centre, Riverside Stirling	Year round	taylorl@activestirling.org.uk
Fri	Adult Multi-Sports	16+	Fully inclusive	✓	✓	✓	✓	✓	12:30-1:30	The Bowmar Centre, Alloa	Year round	coordinator@fvds.org.uk
Fri	Milton All Stars Football Club	16+	Pan Disability		✓	✓	✓	✓	6.00pm - 7.00pm	Bluebellwood Park, Bannockburn	Year round (time and venue change in the winter)	Margaret Mckie 07708564800 (Chair) David Simpson 07359096993 (Head Coach)
Sat	Learn to Swim L1	P1+	Fully inclusive	✓	✓	✓	✓	✓	9.40am	Grangemouth Sports Complex	Term time	swimmingdevelopment@falkirk.gov.uk
Sat	Indoor Bowling	Various	Fully inclusive	✓	✓	✓	✓	✓	12noon to 2:00pm	Falkirk Indoor Bowling Club	October-March	mrroncarthur@btinternet.com
Sun	Disability Cricket	Various	Various	✓	✓	✓	✓	✓	10am to 11am	Westquarter and Redding Cricket Club	Year round (moves venue in the Winter)	Stephen.Sutton@wrc.org.uk
Sun	LTS L1 - Beginner Swimming	P1+	Fully inclusive	✓	✓	✓	✓	✓	1.40pm	Grangemouth High School	Term time	swimmingdevelopment@falkirk.gov.uk
Sun	Clan Rugby	16+	Pan Disability		✓	✓	✓	✓	12-1:30pm	Bannockburn Rugby Club, Bannockburn, Stirling, FK7 0EN	Year round	bannockburnrfc@gmail.com
Sun	N Courage Martial Arts	All	ASN/Autism						various	Ward Street, Alloa	Year round	https://n-courage.co.uk/contact/

	Club/Group
	Local Authority
	FVDS
	Falkirk Active Schools
	Clacks Active Schools
	Stirling Active Schools