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Sports and exercise activities in Blackpool

Last Modified October 02, 2024



These are some of the sports and exercise groups for young people and adults with SEND in Blackpool.

Together We Can Do

[Together we can do website](#)

Sport activities for people 16 plus with declared disabilities. Sports include: netball, football, multi-sports, 10 pin bowling and green bowling.

Multi-sports and bowling are £5 per session, netball and football £3 per session. First session is free. Membership is £10 for the year. Parent and carers can attend. Should the person have additional needs for one-one support, it is advised for a carer of professional to attend with the person.

Together we can do are looking for other groups and clubs to compete with for their above sports.

Mondays 12.30pm to 3.00pm at Active Blackpool, Stanley Park Sports Centre

- Netball at 12.30pm
- Bowling sessions 1.30pm

Thursdays 10.00am to 3.00pm at Active Blackpool, Stanley Park Sports Centre

- 10.00am to 2.00pm multi sports
- 2.00 to 3.00pm football

Saturdays 10.30am to 12.30pm at St Anne's YMCA

- 10.30am to 12.30pm multi sports

Social evening at Norbreck and Bispham Bowling Club on alternative Wednesdays

Contact: www.togetherwecando.org

Telephone 07859 916181

Email: info@togetherwecando.org

Get Out Get Active - for young people over 16

Mondays

Inclusive Multi Sports session, Blackpool Sports Centre, 1.00 to 2.30pm

Tuesdays

Brian Rose Boxing, Blackpool Sports Centre, 11.30 to 12.30pm

Wheels 4 all cycling, Palatine Leisure Centre, 2.00 to 3.00pm. £3 fee.

Wednesdays

Get Out Get Active activity group, Spencer Court Community Centre, 9.30 to 11.00am

Gym session, Blackpool Sports Centre, 1.00 to 11.45am

Volleyball, Blackpool Sports Centre, 1.00am to 12.00pm

Wellbeing Walk, Blackpool Sports Centre, 12.00 to 1.00pm

Thursdays

Walking Rugby, Blackpool Sports Centre, 12.30 to 1.30pm

Fridays

Walking and social group, @The Grange, Dinmore Avenue, 10.00am to 12.00pm

Badminton and Table tennis activity session, Blackpool Sports Centre, 1.00 to 2.00pm

Football, Blackpool Sports Centre, 2.00 to 3.00pm

Volleyball, Blackpool Sports Centre, 3.00 to 4.00pm

Blackpool Football Club Community Trust

[Disability sessions](#)

[Stars holiday camp](#)

[Pan ability and mental health football](#)

Blackpool Polar Bears Swimming Club

Multi-disability swimming club for members of the community with a physical or learning disability based at Moor Park Swimming Pool.

The club operates both learner and competitive swimming lessons allowing disabled members and families with disabled children to participate.

Call 07948 208765

Tiggers Autism Centred Trampolining

[Tiggers website](#)

Trampolining sessions for children and young adults living with autism. They also provide activities and events during school holidays and offer autism training for parents and volunteers.

Tiggers is a place where families can meet, have fun and socialise in a relaxed, autism-friendly environment.

For more details email Office@blackpooltiggers.co.uk

Active Blackpool Wheels For All Cycling

We offer public Wheels For All sessions at Palatine leisure Centre cycle track on Tuesday 2.00 to 3.00pm and Thursday 10:30 to 11:30am. All are welcome to attend these sessions and we provide a range of adapted bicycles for use from two wheeled bikes, to trikes and quads. We also have wheelchair accessible bikes and hand cycle bikes. Sessions are £3 per person. Private group bookings available.

For more details email: activetravel@blackpool.gov.uk





[Tell us if you know of any groups that we're missing.](#)

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