Disability Sport - Come & try days

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| **Sport** | **Details** | **Dates & Times** | **Location** | **Contact** |
| **Wheelchair Basketball Come & try** | Weekly training sessions runs February – November unless specified. No experience is necessary, and we will provide you with equipment.  Register via the website | Wednesdays 6-7:45pm | Daceyville  PCYC Eastern Suburbs | **Sports Co-ordinator**  Marta Myhill E: [Martam@wsnsw.org.au](mailto:Martam@wsnsw.org.au) P: 0408 358 605  **Head of Sport**  David Pope E: [davidp@wsnsw.org.au](mailto:davidp@wsnsw.org.au) P: 0488 980 203  Website: <https://www.wsnsw.org.au/play-sport/wheelchair-basketball> |
| Saturdays 3-5pm | Darlington  Sydney Uni Sports & Aquatic Centre |
| **Abilities**  **Unleashed**  **(kids)** | **Register via website**  These events are come-and-try sport days designed to promote the pathways for inclusion sports and active recreation programs in local community areas and encourage people living with disabilities to participate in community sport and active recreation on a regular basis.  Multiple sports are available at each event. Visit the website to register for an upcoming event. | **Fairfield**  Sep 02, 2025, 10:00 AM – 1:00 PM | Fairfield High School, 405 The Horsley Dr, Fairfield NSW 2165, Australia | Website: <https://www.activateinclusion.com.au/events-1>  Phone:  +61 2 8763 1223  Email:  [aisd@sports.org.au](mailto:aisd@sports.org.au) |
| **Blacktown**  02 Apr 2025, 10:00 am – 1:00 pm | Blacktown Leisure Centre, Stanhope Pkwy &, Sentry Dr, Stanhope Gardens NSW 2768, Australia |
| **Bankstown**  11 June 2025, 10:00 am – 1:00 pm | Bankstown Basketball Stadium, 2 Third Ave, Condell Park NSW 2200, Australia |
| **Alexandria**  28 Nov 2025, 12:30 am – 2:30 pm | Perry Park Recreation Centre, 1B Maddox St, Alexandria NSW 2015, Australia |
| **Paralympics Australia**  **-**  **NSW multi-sport Come & try day** | Use the events calendar linked below to find a sport your interested in trialling. Events a held regularly throughout the year and include activities such as wheelchair basketball, wheelchair fencing, wheel chair racing & athletics, para-canoe training plus many more activities.  Website: [www.paralympic.org.au/events-cal/](http://www.paralympic.org.au/events-cal/) | | | |
| **Adaptive tennis**  **Come & Try** | Play, Connect and Socialise! A weekly group social tennis session for players of all ages and levels of ability run by professional tennis coaches. Bookings essential.  Cost: Non-member: $56Members: $46 | Saturdays, 10am to 12pm  Saturday 29 June to Saturday 28 June 2025 | Park Rd Alexandria, NSW 2015, Australia  Alexandria Park Tennis Courts | Website: <https://www.citycommunitytennis.com.au/adult-coaching/adaptive-tennis>  Phone:  0433 899 644  Email: [marita@citycommunitytennis.com.au](mailto:marita@citycommunitytennis.com.au) |
| **International Day of People with a Disability**  **-**  **Adaptive Tennis** | In celebration of International Day of People with Disability we are hosting a come and try tennis day. This event is for anyone with a disability who would like to try tennis in a fun and inclusive environment.  This event will include:  Blind and low vision tennis Wheelchair tennis Adaptive standing tennis (ambulant people with physical disabilities) Tennis for people who are deaf or hearing impaired Tennis for people who are intellectually impaired. | 30/11/2024 11am-1pm | Alexandria Park Tennis Courts Alexandria Park Road Alexandria NSW 2000. | Email: [marita@citycommunitytennis.com.au](mailto:marita@citycommunitytennis.com.au) Phone:  0433899644 |
| **Special Olympics** | Special Olympics is a global movement that empowers people with intellectual disabilities through the joy of sports. We provide year-round training and competition in a variety of sports, helping individuals build confidence, improve health, and create lasting friendships.  You can register your interest in non-competitive or competitive sport via the website.  [www.specialolympics.com.au/participate/playing-for-all](http://www.specialolympics.com.au/participate/playing-for-all) | | | |