

no limits

Inclusive Sport for All



Did you Know...?

Active Luton's leisure centres all have **accessible** and **adaptable** gym equipment and qualified Exercise and Disability instructors?

Inspire: Luton Sports Village and Lewsey Sports Park also have the **Inclusive Fitness Initiative (IFI)** 'Registered Level' accreditation.

The IFI is run by the **English Federation of Disability Sport** to recognise a commitment to providing a wide range of fully inclusive facilities.

Email us or ask in the centres to arrange an appointment to assess your needs – we look forward to seeing you.

Email: info@activeluton.co.uk

Tel: **01582 400272**

Why not Go4Less?

The **Go4Less discount card** for sport and leisure in Luton gives discounts and benefits at Active Luton's leisure centres.

Concessionary rates are available to people who receive disability living, attendance allowance or personal independent payment.

Carers receive a **FREE Go4Less card** and carers who attend Active Luton sessions purely to provide support and assistance can attend free of charge.

Apply for a Go4Less card in our centres or download an application form at www.activeluton.co.uk/go4less.

Activity	Venue	Days	Description
Adapted Bikes	Athletics Centre	Mondays Wednesdays Fridays	Adapted bikes available for hire to groups or for drop-in sessions. The bikes are adapted for all kinds of disabilities. Height restrictions apply. Call the Athletics Centre.
MS Stars (Chair/Mat Exercise & Pilates)	Hightown	Wednesdays Thursday	Chair/mat based exercises and Pilates designed for all abilities and fitness levels.
MS Stars (Core Stability, Gym and Swim)	Lewsey	Saturdays	Core stability work, gym and swimming sessions for people with neurological condition and other disabilities.
Football	Inspire	Thursdays	Disability football session for 6 – 16 year olds.
Gym	Inspire Lea Manor Lewsey	Normal opening hours	Ask at our centres for a gym induction with our Exercise & Disability Gym Instructors. All of our gyms have disabled access and adaptable equipment.
Multi-sports	Woodlands Secondary School Hightown	Mondays Fridays	Aimed at children from Year 7+, a fun session to develop coordination and sports skills. A fun multi-sports session for over 14s with learning and physical disabilities.
No Limits Disability Learn to Swim	Inspire Lea Manor	Wednesdays Tuesdays & Fridays	Swimming lessons for people with disabilities. Bookable in 10 blocks x 30 min lessons - ask in centres.
No Limits Disability Swimming	Inspire Lea Manor Lewsey	Tuesdays Fridays Saturdays	Ask in centres about times of swimming sessions for people with disabilities.
Public Swimming	Inspire Lea Manor Lewsey	Normal opening hours	Our pools welcome all swimmers at public swimming sessions and all have pool hoists. Call ahead if assistance required.
Stroke Rehab (REFERRAL ONLY)	Inspire Lea Manor	Wednesdays & Thursdays Thursdays	One-to-one and group gym & studio sessions (referral only) to promote recovery and self-reliance after a stroke.

For enquiries about any of these sessions or other inclusive sport in Luton, contact:
Claire.Hawes@activeluton.co.uk or call **01582 400272**

Venue Key

Inspire: Luton Sports Village Tel: **01582 393230** | Lea Manor Recreation Centre Tel: **01582 599888**
Lewsey Sports Park & Pool Tel: **01582 604244** | Hightown Community Sports & Arts Centre Tel: **01582 419548**
Stockwood Park Athletics Centre Tel: **01582 722930**

Contact Information

For general enquiries about inclusive sport in Luton

Email: claire.hawes@activeluton.co.uk

If you have an idea or need help setting up a new group for people with disabilities in or around Luton

Email: alison@teambedsandluton.co.uk

Other Opportunities

Search No Limits activities on

www.teambedsandluton.co.uk/nolimits

Football sessions for adults with disabilities (age 17+)

Luton Town Community Trust

Email: community@lutontown.co.uk

Tel: **01582 737568**

Sports and physical activities for people with learning disabilities

New Horizons

Email: ian.buckley@luton.gov.uk

Tel: **07770 925801**

