

# Inclusive Sport and Recreation Guide



## Introduction

The City of Mandurah is committed to creating a more accessible and inclusive community where everyone feels valued, included, and has opportunities to engage and contribute, including in sports and clubs.

The clubs, groups, and organisations in this booklet champion inclusion, offering diverse programs that bring people together through shared interests. Details were correct at the time of printing; please contact groups and clubs directly to confirm details.

## KidSport

The KidSport program offers financial assistance of up to \$500 per financial year for eligible Western Australian children aged 5 to 18 years, which can be used towards community sport club fees.



**Scan the QR code** for more information about eligibility and how to apply for KidSport.



# Clubs

## HALLS HEAD CROQUET CLUB

The Halls Head Croquet Club provides an accessible and welcoming space for people with disability.

**Contact:** Sheila Twine  
**Phone:** 0419 504 353  
**Email:** hallsheadcroquet26@yahoo.com.au  
**Website:** hallsheadcroquet.teamapp.com  
**Facebook Page:** fb.com/hallsheadcroquetclub

## HALLS HEAD FOOTBALL AND NETBALL CLUB

Starkick all abilities football program for boys and girls from 5-18 years old. Starkick promotes inclusion, equality and opportunity.

**Email:** starkickhhfc@outlook.com  
**Facebook Page:** fb.com/HallsHeadJuniorFC

## MANDURAH BASKETBALL ASSOCIATION

Basketball All Abilities Mandurah (BAM) offers weekly sessions for people with disability aged 12+. Focus on skills, fun, and social connections, with an option to join a domestic team. Currently held during school hours—contact to express interest in out-of-school hours.

**Phone:** 9550 3849  
**Email:** development.officer@mandurahmagic.com.au  
**Website:** mandurahmagic.com.au/home  
**Facebook Page:** fb.com/mandurahbasketball

## MANDURAH CRICKET CLUB

The Belt Up Integrated Cricket League (ICL) offers people over 16 the chance to play community cricket in a format suited for those facing barriers in traditional cricket.

**Contact:** Tash Hazel  
**Email:** Tash.hazell@live.com  
**Facebook Page:** fb.com/MandurahCC

## MANDURAH MIXED BADMINTON CLUB

A fun and welcoming badminton program for all ages and abilities. Enjoy playing, learning, and being part of the Mandurah Mixed Badminton Club.

**Contact:** Irene  
**Phone:** 0409 103 488  
**Email:** mmbc.committee@gmail.com  
**Facebook Page:** fb.com/Allinclusivebadminton

## MANDURAH MUSTANGS FOOTBALL CLUB

The Mandurah Mustangs Integrated Football team provides people with disability the opportunity to play AFL and to be included in a football club.

**Contact:** Jamie Hunter  
**Phone:** 0439 398 336  
**Email:** integrated.mmjfc@outlook.com  
**Facebook Page:** fb.com/profile.php?id=100057621092004

## MANDURAH SURF LIFE SAVING CLUB

Starfish Nippers is a program designed for children and young adults with disability, 6 years and older, and provides safety and water awareness skills.

**Contact:** Natasha Gollan  
**Phone:** 9518 1419  
**Email:** administration@mandurahslsc.asn.au  
**Website:** mandurahslsc.asn.au/  
**Facebook Page:** fb.com/mandurahstarfishnippers/

## MANDURAH WATER POLO ASSOCIATION

Stroll O Polo is a modified version of water polo played in the shallow end of the pool. It is perfect for a wide range of people including people with disability and seniors.

**Email:** mandurahwaterpolo@gmail.com  
**Website:** revolutionise.com.au/mandurah/home/  
**Facebook Page:** fb.com/mandurahwaterpolo

## NORTH MANDURAH JUNIOR FOOTBALL CLUB

The Starkick program aims to cater for all abilities and runs by a simple mantra – “If you want to play we’ll find a way”.

**Contact:** Pauric Doherty  
**Phone:** 0450 997 007  
**Email:** auskicknmjfc@hotmail.com  
**Website:** northmandurahfc.com.au/starkick  
**Facebook Page:** fb.com/starkicknmjfc

## PEEL BOWLING AND SOCIAL CLUB

Located in Halls Head, the club offers modified bowls programs with accessible facilities and equipment, welcoming everyone to give bowls a try.

**Contact:** Faye Smythe  
**Phone:** 0438 070 940  
**Email:** patnfaye@erskinevillage.com  
**Website:** hallsheadbowls.com.au  
**Facebook Page:** fb.com/Halls-Head-Bowling-Recreation-Club-Inc-736977879727545

## PORT BOUVARD YACHT CLUB

The Sailability program supports participation of people with disability into the sport of sailing.

**Contact:** Juliette McCauley  
**Phone:** 0438 127 058  
**Email:** pbycsecretary@gmail.com

## SOUTH MANDURAH TENNIS CLUB

South Mandurah Tennis Club offers an inclusive program for people with disability, including for people who are blind, have low vision, or intellectual disability. A sports wheelchair is available. The club does not currently have a wheelchair-accessible bathroom.

**Contact:** Corrine Ware  
**Phone:** 0439 979 666  
**Email:** southmandurahtennis@gmail.com  
**Website:** play.tennis.com.au/southmandurahtennisclub  
**Facebook Page:** fb.com/tennis4allaus

## Classes, groups and programs

### ACT ONE DRAMA GROUP

Act One is a drama group for people with disability who love to perform. Weekly term-time sessions at the Mandurah Performing Arts Centre. Contact for dates and times.

**Phone:** 9550 3900  
**Email:** [manpac@manpac.com.au](mailto:manpac@manpac.com.au)  
**Website:** [manpac.com.au/the-art-of-wellbeing/](http://manpac.com.au/the-art-of-wellbeing/)  
**Facebook Page:** [fb.com/artofwellbeing6210](https://fb.com/artofwellbeing6210)

### ADAPTIVE VOLLEYBALL

This inclusive volleyball program is designed for people with disability of all ages who want to learn sitting or standing volleyball. The activities are easily adaptable for people who use a wheelchair.

**Email:** [josh@volleyballwa.com.au](mailto:josh@volleyballwa.com.au)  
**Website:** [volleyballwa.com.au/adaptive-volley/](http://volleyballwa.com.au/adaptive-volley/)

### ALL ABILITY TENNIS

Enjoy fun, low-impact tennis at the Mandurah Aquatic and Recreation Centre (MARC), enhancing balance, mobility, and positive relationships. Tuesdays, 10:30–11:30am, \$15 per session.

**Phone:** 0498 856 794  
**Email:** [lusianat@hotmail.com](mailto:lusianat@hotmail.com)  
**Facebook Page:** [www.facebook.com/AllabilityTennis](https://www.facebook.com/AllabilityTennis)

### AQUA CLASS

Low-impact aqua class at the MARC. This is an inclusive class, with support workers welcome and Companion Cards accepted.

**Phone:** 9550 3600  
**Email:** [recreationcentres@mandurah.wa.gov.au](mailto:recreationcentres@mandurah.wa.gov.au)  
**Website:** [mandurah.wa.gov.au/community/places/aquatic-and-recreation-centres/fitness/group-fitness](http://mandurah.wa.gov.au/community/places/aquatic-and-recreation-centres/fitness/group-fitness)  
**Facebook Page:** [fb.com/CityofMandurahMARC](https://fb.com/CityofMandurahMARC)

### BALLROOM FIT - MANDURAH

Ballroom Fit is a fun, welcoming program for people with disability, offering a casual environment and opportunities to compete.

**Contact:** Darryl  
**Email:** [info@ballroomfit.com.au](mailto:info@ballroomfit.com.au)  
**Website:** [ballroomfit.com.au/ability-dance/](http://ballroomfit.com.au/ability-dance/)  
**Facebook Page:** [fb.com/BallroomFit](https://fb.com/BallroomFit)



## BLIND SPORTS WA (LET'S GET VISIBLE)

An after-school sports and recreation program for children aged 5-15 who are blind or have low vision. Activities enhance confidence, body awareness, and well-being, fostering a sense of belonging.

**Phone:** 0411 132 809  
**Email:** hello@blindsportswa.com.au  
**Website:** blindsportswa.com.au  
**Facebook Page:** fb.com/BlindSportsWA

## BOWL FOR FUN

Weekly indoor carpet bowling for people of all abilities provided at the Mandurah Bowling and Recreation Club.

**Contact:** Joy  
**Phone:** 9535 1438  
**Email:** info@mbrc.com.au

## CHAIR YOGA

Zen Chair Yoga is a gentle, slow-moving practice focusing on posture and breathing. It is suitable for beginners and accessible for people with injuries or disability.

**Phone:** 9550 3600  
**Email:** recreationcentres@mandurah.wa.gov.au  
**Website:** mandurah.wa.gov.au/community/places/aquatic-and-recreation-centres/fitness/group-fitness  
**Facebook Page:** fb.com/CityofMandurahMARC

## CYCLING WITHOUT AGE - MANDURAH

Cycling Without Age (CWA) in Mandurah offers free trishaw rides for older adults and people with disability. Rides meet in front of the Mandurah Performing Arts Centre every Wednesday and Friday from 10am to 12pm, weather permitting.

**Phone:** 0493 566 400  
**Email:** bookings@cyclingswithoutage-mandurah.org.au  
**Facebook Page:** fb.com/profile.php?id=100092191580902

## DANCE INCLUSION

The Dance Inclusion program is a movement class for adults 17+ with varying abilities, providing a safe space for self-expression. Currently on hold in Mandurah, with the closest session in Cockburn.

**Email:** danceinclusion@outlook.com  
**Facebook Page:** fb.com/www.danceinclusion

## EMPOWER - DANCE, FITNESS AND PLAY

Inclusive dance programs, including Irish dance, are available for all ages and abilities.

**Email:** empower.df@outlook.com

## FALCON SENIORS CARPET BOWLS

Weekly carpet bowls at Falcon Pavilion, open to everyone, including people with disability and support workers. First three sessions are free, then \$30 annual fee and \$5 per session.

**Contact:** Galdys Shepley  
**Phone:** 0413 656 878  
**Email:** gladyshepley@hotmail.com

## FISHABILITY

Fishability offers support to children and adults with disability to enjoy the fun of fishing, with the help of experienced volunteers. Offshore and onshore programs for adults and schools. Check the website for details.

**Contact:** Dee Castillo  
**Phone:** 0439 916 721  
**Email:** info.mandurah@fishability.org.au  
**Website:** fishability.org.au/programs/mandurah/  
**Facebook Page:** fb.com/fisherswithdisabilities

## LIFESPAN DANCE

Endorsed by Dance for Parkinson's Australia and led by qualified dance professionals, these seated dance classes give participants a sense of freedom and fun in a supported and safe space.

**Contact:** Paige Gordon  
**Phone:** 0411 243 317  
**Email:** lifespan.dance@gmail.com  
**Website:** lifespandance.com/  
**Facebook Page:** fb.com/lifespan.dance/

## MANTA RAYS DISABILITY SWIM PROGRAM

This swim program helps people with disability learn to swim, promoting water safety awareness and social connections. Make contact to express interest in this program.

**Phone:** 9550 3610  
**Email:** swimschool@mandurah.wa.gov.au

## MATT'S WALKING GROUP

A walking group led by people with disability, supported by Midway. Everyone is welcome. Contact for more information.

**Phone:** 9535 5500  
**Email:** reception@midway.org.au

## MIDWAY DANCE INCLUSION

Community members are welcome to attend this activity run by Midway. Creating a safe and supportive space for dance expression, welcoming people of all abilities.

**Phone:** 9535 5500  
**Email:** reception@midway.org.au  
**Facebook Page:** fb.com/midwaycommunitycare

## PICKLE BALL

Pickleball welcomes people aged 14 and up, with inclusive sessions for all abilities. Presented in partnership with PickleBall WA and the City of Mandurah MARC.

**Phone:** 9550 3600  
**Email:** recreationcentresports@mandurah.wa.gov.au  
**Website:** mandurah.wa.gov.au/community/places/aquatic-and-recreation-centres/sports%20at%20the%20marc



## RECLINK AUSTRALIA (INCLUSIVE SPORT, GYM AND POOL PROGRAMS)

Explore a range of inclusive sports programs in Mandurah for both Reclink members and non-members. Reach out to discover the latest timetable of activities.

Reclink member agencies enjoy free access to the gym and pools at the MARC. Bookings must be made at least two hours in advance, with one support worker required per group. To reserve, email [recreationcentres@mandurah.wa.gov.au](mailto:recreationcentres@mandurah.wa.gov.au).

**Phone:** 0412 033 992  
**Email:** [kieran.birney@reclink.org](mailto:kieran.birney@reclink.org)  
**Facebook Page:** [fb.com/ReclinkAustraliaWA](https://fb.com/ReclinkAustraliaWA)

## SAIL-INTO-LIFE

Rotary Sail into Life Peel provides access to sailing for people of all ages and abilities. Operates within the sailing season (October - April).

**Contact:** Phil Brown  
**Phone:** 0416 082 426  
**Email:** [phil.brown@qaplumbing.com.au](mailto:phil.brown@qaplumbing.com.au)  
**Facebook Page:** [fb.com/rotarysailintolifepeel](https://fb.com/rotarysailintolifepeel)

## SOUTH WEST ROLLERS

South West Rollers is a lawn bowls program designed for people who are blind or have low vision. No prior bowling experience is necessary and volunteers are available to assist.

**Contact:** Brent and Jayne Parsons  
**Phone:** 0498 508 644  
**Email:** [southwestrollers@gmail.com](mailto:southwestrollers@gmail.com)  
**Facebook Page:** [fb.com/profile.php?id=100074837273065](https://fb.com/profile.php?id=100074837273065)

## SWIM SCHOOL

Private one to one swim lessons at the MARC for children and adults with disability.

**Phone:** 9550 3610  
**Website:** [mandurah.wa.gov.au/community/places/aquatic-and-recreation-centres/swim-school/teens-and-adults](https://mandurah.wa.gov.au/community/places/aquatic-and-recreation-centres/swim-school/teens-and-adults)

## WALKIE TALKIE GROUP

An inclusive walking group meets every Thursday from 10am to 11am in front of Reading Cinema, 7 James Service Place, Mandurah.

**Email:** [tinajofrench@gmail.com](mailto:tinajofrench@gmail.com)

## WALKING FOOTBALL

Walking football is a soccer program for anyone over 50! Don't worry there is definitely no running involved and is a great way to keep fit and meet new people.

**Contact:** Terry  
**Phone:** 0413 758 273  
**Email:** [prfc2011@hotmail.com.au](mailto:prfc2011@hotmail.com.au)  
**Website:** [footballwest.com.au/walking-football](https://footballwest.com.au/walking-football)  
**Facebook Page:** [fb.com/PeelRegionalFootballCouncil](https://fb.com/PeelRegionalFootballCouncil)



## Inclusive community activities

In addition to the activities and clubs listed, the City of Mandurah, in collaboration with community groups and organisations, offers a variety of inclusive activities that welcome people with disability.

This information is a great place to start if you are looking for more ways to get involved and feel included.



**Scan the QR code** to find out more about inclusive activities in Mandurah.

## Accessible facilities and resources

Enhance your time enjoying sports and recreation in Mandurah with facilities accessible to everyone.

The City of Mandurah provides a range of accessible facilities, including beach wheelchairs, a beach walker, an All Ability Paddle Launch, and accessible parks.



**Scan the QR code** to discover more about accessible facilities, resources and activities in Mandurah.



## Public toilets

For details about public toilet facilities in Mandurah, **scan the QR code above** or visit the National Toilet Map website at [toiletmap.gov.au](http://toiletmap.gov.au).

## Changing Places

Changing Places offer secure, clean facilities for people with disabilities who require extra space and assistance to use the toilet while away from home. These facilities are equipped with a ceiling hoist, adult-size change table, and room for two support people. You can find Changing Places locations next to the Mandurah Visitor Centre, Mandurah Forum, MARC, and Mandurah's Eastern Foreshore.

Changing Places facilities are unlocked using a Master Locksmith Access Key (MLAK). Companion Card Holders qualify for a free MLAK. If you are not a cardholder, contact the National Disability Services to check eligibility.

**Email:** [changingplaces@nds.org.au](mailto:changingplaces@nds.org.au)

**Phone:** 1800 617 337





## **Mandurah Aquatic and Recreation Centre (MARC)**

The MARC provides comprehensive accessibility features, including ACROD parking, a mobility scooter recharge station, accessible toilets, a Changing Places facility, and pool ramp access. Noise reduction earmuffs can be borrowed from the front desk, Assistance Animals are welcome and Companion Cards accepted. The gym offers accessible equipment, and communication boards are available throughout the MARC.

## **Outdoor exercise equipment**

Outdoor exercise equipment can be found at various locations across Mandurah, offering a convenient way to stay active outdoors. It is recommended to visit beforehand to check if the equipment meets your needs, as not all options are universally accessible.



**Scan the QR code** for outdoor exercise equipment locations.



**City of Mandurah**

PO Box 210, Mandurah WA 6210

[council@mandurah.wa.gov.au](mailto:council@mandurah.wa.gov.au)

[www.mandurah.wa.gov.au](http://www.mandurah.wa.gov.au)

(08) 9550 3777

The National Relay Service (NRS) assists people who are Deaf or have difficulty hearing or speaking on the phone, offering various call services tailored to different needs and preferences.

**For more information visit:** [accesshub.gov.au](http://accesshub.gov.au)

This publication is available in other formats that can be requested at any time.

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