

Inclusive Sport and Recreation Guide



Introduction

The City of Mandurah is committed to creating an accessible and inclusive community where everyone can take part in local sport and recreation activities.

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.



 Basketball All-Abilities by Mandurah Basketball Association at the MARC

Clubs

Halls Head Croquet Club

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

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

BAM offers weekly basketball sessions for people with disability, focusing on skills, fun and connection. Senior sessions run at the MARC during the day, and junior sessions after school at Halls Head Recreation Centre. Contact Mandurah Basketball for term dates and times.

Phone: 9550 3849
Email: opsdevelopment@mandurahbasketball.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

Peel Darts Club

Peel Darts Club is a friendly, inclusive group that welcomes players of all abilities. Based at Lane Group Stadium, it’s a great place to play, socialise, and build skills.

Phone: 0416 672 838
Email: peeldartsclub@mail.com
Website: peeldartsclub.com.au

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. A sports wheelchair is available to borrow. 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
Website: manpac.com.au/the-art-of-wellbeing/
Facebook Page: 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: inclusion@volleyballwa.com.au
Website: volleyballwa.com.au/adaptive-volley/

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
Website: mandurah.wa.gov.au/community/places/aquatic-and-recreation-centres/fitness/group-fitness
Facebook Page: fb.com/CityofMandurahMARC

AquaJets

An inclusive small-group program for girls aged 11 to 15 with medical, physical or other support needs. Led by an experienced physiotherapist and swimming coach, the squad provides a supportive environment to build fitness, confidence and social connection.


Contact: Carole Stacey
Phone: 0407 440 701

Ballroom Fit Ability Dance - 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
Website: ballroomfit.com.au/ability-dance/
Facebook Page: fb.com/BallroomFit



 Act One inclusive theatre group at the Mandurah Performing Arts Centre

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.

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 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.

Phone: 9550 3600
Email: recreationcentres@mandurah.wa.gov.au
Website: mandurah.wa.gov.au/community/places/aquatic-and-recreation-centres/fitness/group-fitness

Cycling Without Age - Mandurah

Cycling Without Age (CWA) in Mandurah offers free trishaw rides for older adults and people with disability, including a trishaw that can accommodate a wheelchair.

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

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, welcoming people with disability, support workers, and the wider community.

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

Fishability

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

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

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

Midway Dance, Drumming and Walking Groups

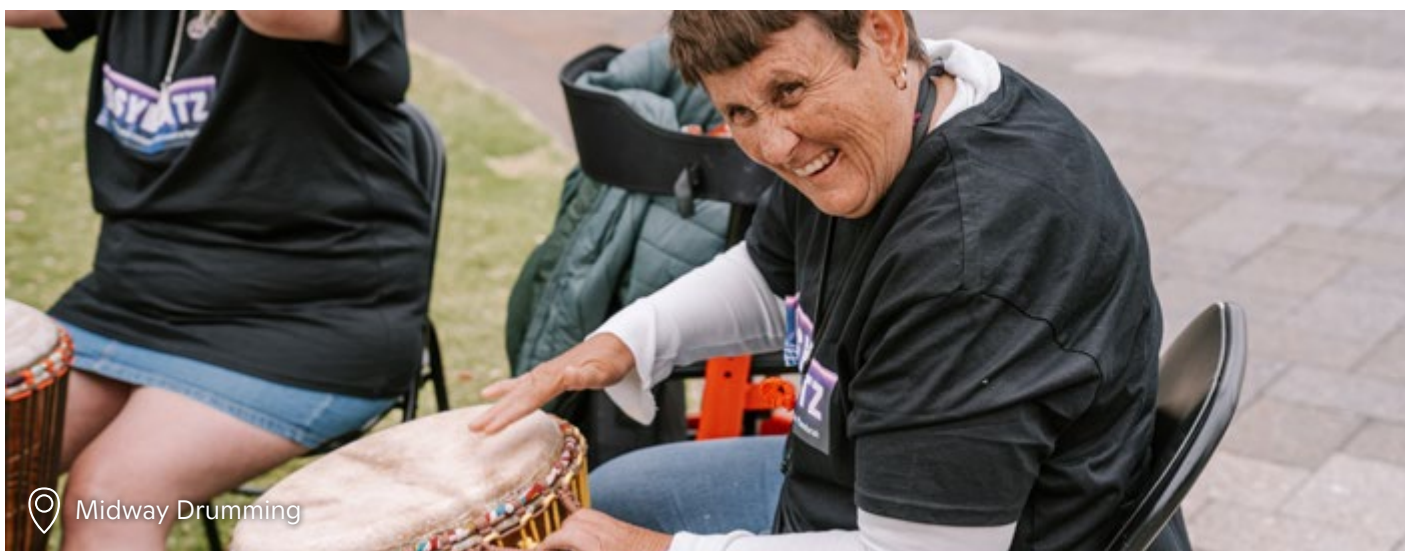
Midway offers dance, drumming, and walking groups for people with disability. These activities are open to the broader community and are not just people supported by Midway.


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

Pickleball at the MARC

Pickleball is an inclusive sport for all abilities — a fun activity to try solo or with a group.

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



 Midway Drumming

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.

Contact: Jemma Antao
Phone: 0422 664 776
Email: jemma.anta@reclink.org
Facebook Page: 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
Facebook Page: 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.

Contact: Brent and Jayne Parsons
Phone: 0498 508 644
Email: southwestrollers@gmail.com
Facebook Page: 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

Walkie Talkie Group

An inclusive walking group meets every Thursday from 10am to 11am outside Reading Cinemas 7 James Service Place, Mandurah.

Email: 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
Website: footballwest.com.au/walking-football
Facebook Page: fb.com/PeelRegionalFootballCouncil

My Community Morning Tea

My Community Morning Tea is held quarterly (four times a year) at the MARC and offers a welcoming space for people with disability and support workers to learn about local sport and recreation opportunities. Each session features guest speakers who share information about inclusive programs and activities available in Mandurah.



Scan the QR code for upcoming My Community Morning tea events.

Inclusive community activities


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

This information is a great starting point for anyone looking to get involved, connect with others, and take part in community life.



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



 My Community Morning Tea at the MARC

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.

Changing Places

Changing Places offer secure, clean facilities for people with disability 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). Keys can be purchased by completing the application form at masterlocksmiths.com.au/mlak/. A limited number of complimentary MLAK's are available by applying to the City of Mandurah. Email hcc@mandurah.wa.gov.au for more information.





 Outdoor gym equipment at Keith Holmes Reserve

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

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

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

Updated June 2025

