

# Inclusive Sport and Recreation in Mandurah





## ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation, the City of Mandurah acknowledges the Traditional Custodians of the land on which we meet today, the Bindjareb people. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

## Message from Mayor Rhys Williams

Whether you're an athlete, participant, volunteer or spectator, sport has a special and unique way of bringing people together.

I am so proud of the local sporting clubs who have made amazing efforts over the years to ensure the magic of sport can be felt by everyone, no matter their abilities.

As the winner of WA's Most Accessible Community Award in 2021, we know the importance of creating communities that are inclusive and accessible for everyone, and we're proud to be leaders in this space.

The City of Mandurah is committed to ensuring people with disability have the same opportunities as others in all areas of community life, and participation in sport and clubs is no different.

Congratulations to our local clubs for taking the lead in embracing inclusivity, learning new skills and offering a range of programs and activities that bring everyone together through shared interests.

We hope that others can learn and discover through your experiences.









The following clubs and groups provide opportunities for people with disability to participate in sporting and recreation activities. People with disability are valued members of our Mandurah community and may choose to participate in any of the sport and recreation programs available in Mandurah. There are over 100 sport and recreation clubs in the Mandurah area offering a variety of sports for all ages. To find a club please visit the City of Mandurah's website [mandurah.wa.gov.au](http://mandurah.wa.gov.au).

## 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](mailto:hallsheadcroquet26@yahoo.com.au)  
**Website:** [hallsheadcroquet.teamapp.com](http://hallsheadcroquet.teamapp.com)  
**Facebook Page:** [fb.com/hallsheadcroquetclub](https://fb.com/hallsheadcroquetclub)

### MANDURAH CRICKET CLUB

The Belt Up Integrated Cricket League (ICL) is a competition that offers people over 16 years the opportunity to play community cricket, in a format and environment that is suitable for people who have found barriers in traditional formats of cricket.

**Contact:** Jamie Hunter  
**Phone:** 0439 398 336  
**Email:** [auszav@y7mail.com](mailto:auszav@y7mail.com)  
**Website:** [waca.com.au/play/cricketers-with-a-disability](http://waca.com.au/play/cricketers-with-a-disability)  
**Facebook Page:** [fb.com/IntegratedCricketLeague](https://fb.com/IntegratedCricketLeague)

### MANDURAH MIXED BADMINTON CLUB

Swing into action with Mandurah Mixed Badminton program. 'All Inclusive Social Badminton' – Whether you have a disability or not, everyone is welcome.

**Contact:** Irene  
**Phone:** 0409 103 488  
**Contact:** Nang  
**Phone:** 0416 123 655

### 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](mailto:integrated.mmjfc@outlook.com)  
**Website:** [perthfootball.com.au/programs/integrated-football](http://perthfootball.com.au/programs/integrated-football)  
**Facebook Page:** [fb.com/Mandurah-Mustangs-Integrated-Football-Team](https://fb.com/Mandurah-Mustangs-Integrated-Football-Team)

### 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:** (08) 9518 1419  
**Email:** [mhslsc.nippercoordinator@gmail.com](mailto:mhslsc.nippercoordinator@gmail.com)  
**Website:** [mandurahslsc.asn.au/www/home](http://mandurahslsc.asn.au/www/home)  
**Facebook Page:** <https://www.facebook.com/mandurahstarfishnippers/>



## 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 provides modified bowls programs with accessible facilities and equipment to encourage everyone to give bowls a go.

**Contact:** Paul Dutton  
**Phone:** 0498 690 033  
**Email:** peelbowling@gmail.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:** Kathleen McCauley  
**Phone:** 0438 127 058  
**Email:** pbycsecretary@gmail.com

## SOUTH MANDURAH TENNIS CLUB

The South Mandurah Tennis Club provides an inclusive tennis program for people with disability. The club does not currently have a compliant bathroom for access by wheelchairs.

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

## Programs and Groups

### ACT ONE DRAMA GROUP

Act One is an inclusive drama group for people with disability who love to perform. Weekly sessions during term time at the Mandurah Performing Arts Centre. Please get in touch for sessions dates and times.

**Phone:** (08) 9550 3900  
**Email:** manpac@manpac.com.au  
**Website:** <https://www.manpac.com.au/the-art-of-wellbeing/>  
**Facebook Page:** <https://www.facebook.com/artofwellbeing6210>

### BALLROOM FIT - MANDURAH

Ballroom Fit is about fun and exercise and is inclusive for people with disability, providing both a casual environment and opportunities to progress to competitions.

**Contact:** Darryl  
**Email:** info@ballroomfit.com.au

### BASKETBALL ALL-ABILITIES MANDURAH

B.A.M. is a basketball program for people with disability aged 12 and over which is run during the day by Mandurah Magic basketball players. Players have the option to transition into a domestic basketball team.

**Phone:** (08) 9550 3849  
**Email:** development.officer@mandurahmagic.com.au  
**Website:** [mandurahmagic.com.au/mandurah-basketball-association/development/](http://mandurahmagic.com.au/mandurah-basketball-association/development/)  
**Facebook Page:** [fb.com/DevelopmentMBA](https://fb.com/DevelopmentMBA)

### BOWL FOR FUN

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

**Contact:** Joy  
**Phone:** (08) 535 1438  
**Email:** info@mbrc.com.au

### CHAIR YOGA – INSPIRE A BEAUTIFUL LIFE

Holistic well-being chair yoga and resistance bands classes provided in Lakelands, Mandurah and Falcon.

**Contact:** Carissa Sims  
**Phone:** 0420 693 124  
**Email:** inspireabeautifullife@gmail.com  
**Website:** [inspireabeautifullife.com/](http://inspireabeautifullife.com/)  
**Facebook Page:** [fb.com/inspireabeautifullife](https://fb.com/inspireabeautifullife)





## CYCLING WITHOUT AGE - MANDURAH

Cycling without Age (CWA) - Mandurah provides free rides at scenic locations in the Mandurah area for older adults and people with disability. CWA helps prevent to loneliness and assists people to be active in the local community by taking people out on bike rides. CWA Mandurah meets next to Tods Cafe on the Eastern Foreshore between 9am and 12 noon each Friday (dependent on weather).

**Phone:** 0493 566 400  
**Email:** [bookings@cyclingwithoutage-mandurah.org.au](mailto:bookings@cyclingwithoutage-mandurah.org.au)  
**Facebook Page:** [fb.com/Cycling-Without-Age-Mandurah/](https://fb.com/Cycling-Without-Age-Mandurah/)

## DANCE INCLUSION

The Dance Inclusion program is a Dance movement class for adults 17 + with varying abilities where they can express themselves in a safe and supportive environment.

**Contact:** Tatam Rosato  
**Phone:** 0428 880 059  
**Email:** [danceinclusion@outlook.com](mailto:danceinclusion@outlook.com)  
**Website:** [danceinclusion.com.au](http://danceinclusion.com.au)  
**Facebook Page:** [fb.com/www.danceinclusion](https://fb.com/www.danceinclusion)









## FISHABILITY

Fishability assists children and adults requiring support to experience the joy of fishing with assistance from trained and experienced volunteers.

**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  
**Facebook Page:** fb.com/lifespan.dance/

## MANTA RAYS DISABILITY SWIM PROGRAM

The Manta Rays swim program assists people with disability to learn to swim, develop an awareness of personal safety around water, socially connect with others and supports a healthy lifestyle with optional pathways for competition. \$16.00 per lesson on a fortnightly direct debit of \$32.00. Tuesdays 4.40pm (7 yrs to 12yrs) and Wednesday 6pm (13yrs and over) at the MARC.

**Phone:** (08) 9550 3610  
**Email:** swimschool@mandurah.wa.gov.au

## PRO-ACTIVE DANCE 'N' MOVE

Fun and inclusive dance class incorporating movement and exercise, while interacting with others. \$15 per class.

**Phone:** (08) 9582 6105  
**Email:** communityaccess@diversitysouth.org.au  
**Website:** www.diversitysouth.org.au  
**Facebook Page:** fb.com/Pro-Active-Dance-N-Move

## SAIL-INTO-LIFE

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

**Contact:** Phil Brown  
**Phone:** 0416 082 426  
**Email:** phil.brown@qaplumbing.com.au  
**Facebook Page:** fb.com/rotarysailintolifepel

## 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

## STROLL O POLO

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, seniors, pregnancy exercise, postpartum exercise, rehabilitation or people who are not avid athletes but still enjoy a little healthy competition.

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

## UNSTEADY HAND MOB – BOXING

Boxing group for people who have Parkinson's Disease – boxing for an hour and then coffee and conversations.

**Contact:** Sue Edge  
**Email:** noosemum@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



Scan the QR code for more information about access and inclusion at the City of Mandurah







**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) 6550 3777

If you need help to speak or listen on the phone you  
can use the National Relay Service on 1300 555 727  
For more information visit: [relayservice.gov.au](http://relayservice.gov.au)

