



Muscular Dystrophy New Zealand

Sport

If you are interesting in finding a particular sport in your area try Halberg Allsports. Stuck for ideas of something that you can participate in? Just enter your area, specify your particular disability and a list of options available will be created for you.

More links to specific sports that other members have found rewarding are below.
Got a sport that you love? Email info@mda.org.nz and we can add it to this list!

Boccia NZ

Boccia is a game of skill and strategy and is a truly inclusive sport for all. Similar to lawn bowls and petanque, Boccia is a non-contact target sport that is played indoors on a smooth rectangular court and can be played as individuals, in pairs or teams of three. Luke is very approachable and you can give it a try for free or start your own team! <http://www.boccia.org.nz/>

Halberg Trust

Halberg Trust is a charity that works to enhance the lives of disabled people by enabling them to participate in sport. We work with families, communities, clubs and national sports organisations to open doors and remove barriers to participation. <http://www.halberg.co.nz>

Disabled Surfers

Giving people of any disability the chance to experience a safe surfing and beach experience.
www.disabledsurfers.co.nz/

Sailability Online

Sailing, enriches the lives of people with any type of disability, the elderly, the financially and socially disadvantaged. <http://www.sailability.org/nz/newzealand/>

**419 Church Street East, Penrose, Auckland 1642 | P O Box 12063, Penrose, Auckland 1061
0800 800 337 | info@mda.org.nz | www.mda.org.nz**

Charity Registration Number CC31123



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Adaptive Snow Sports in New Zealand

Adaptive Snow Sports is about adapting equipment and lessons and providing accessible support systems to allow people with a wide range of disabilities to take to the snow and experience the freedom of snow sports
<http://www.disabledsnowsports.org.nz/>

Harbour Sport

Inspire and enable North Harbour People to enjoy regular sport& physical activity.
<http://www.harboursport.co.nz/Information/Disability+Sport/People+with+disabilities.html>

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