

Back To Sport

Who is Back To Sport?

Back To Sport is an association founded in 2016, aiming to bring together people, adults or children, with a physical handicap who, in solo or in team, surpass themselves during sports events, to achieve their objectives. The integration of members (persons with reduced mobility and able-bodied) is achieved through participation in challenges and sports challenges. Finally, Back To Sport serves as a relay between manufacturers and the public for the testing, rental and provision of specific and advanced equipment for disabled and able-bodied people, during training sessions or activities.



Offer in the way of physical activity

Back To Sport offers a weekly football training for young people with cerebral palsy. Back To Sport also offers weekly discovery workshops and training adapted to each participant's abilities. Activities are varied (running, cycling, swimming) and are offered indoors or outdoors depending on weather conditions. Adequate equipment is made available so that everyone can participate according to its abilities. Back To Sport participates and organizes several sports events in the Grande-Région.

Types of exercises offered

Numerous exercises are offered and are supervised by passionate sports volunteers (physiotherapists, occupational therapists, etc.): running, cycling, swimming, walking, etc. The intensity and level of difficulty of the exercises are adapted to the capacities of each participant. The proposed equipment makes activities feasible regardless of disability. The integration of able-bodied people increases motivation.

Who can participate?

All persons (adults and children) with physical disability as well as able-bodied people.

Where and when are the sessions held?



Football

Tuesday
5.15 - 6.15 pm

Rehazenter
Luxembourg



Triathlon

Wednesday or
Thursday
5.00 - 6.30 pm

Different sites

Information & registration

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What are the costs?

The annual fee is 20 € per person to become a member of the association.