



**Mondays**  
9.00am - 3.00pm



**3 McAuley Place, Waitara**



**NDIS funding**

If you are full of energy, wanting to improve your cardio fitness or just want to get active with friends this program is for you.

Each week you will visit an indoor recreational location and learn the basics of rockclimbing, or practise your trampolining.

Sports activities will alternate each week and are open to all.

# ACTIVE SPORTS

**BURN SOME ENERGY AT INDOOR RECREATIONAL LOCATIONS**

Program code: **AS01**



## Topics & Outcomes:

TRAVEL SKILLS

FITNESS

GROSS MOTOR SKILLS

FINE MOTOR SKILLS

COMMUNITY ENGAGEMENT

## COME JOIN US

### Disability Futures

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