



Tuesdays
9.00am - 3.00pm



3 McAuley Place, Waitara



\$5.00/session
+ NDIS funding

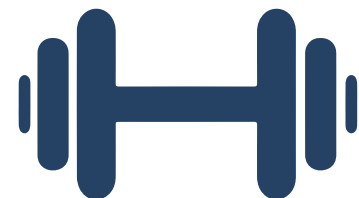
This program incorporates a number of fitness and sports activities at local venues. Improve your physical wellbeing while socialising with friends. Fitness activities may include swimming, cardio, gym sessions, outdoor sports and classes such as yoga.

Each week activities will be picked based upon clients goals, interests and individual fitness plans. Visiting local venues gives clients the opportunity to practice and develop their travel training. Ratios will be assessed at the beginning of the program and for all swimming activities ratios are individually assessed.

FITNESS FANS

**IMPROVE PHYSICAL WELLBEING
WHILE HAVING FUN WITH FRIENDS**

Program code: **FF01**



Topics & Outcomes:

SWIMMING SKILLS

GENERAL FITNESS

TRY NEW SPORTS

GROSS MOTOR SKILLS

PERSONAL FITNESS PLANS

WATER SAFETY

COORDINATION

COMMUNITY ENGAGEMENT

COME JOIN US

Disability Futures

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