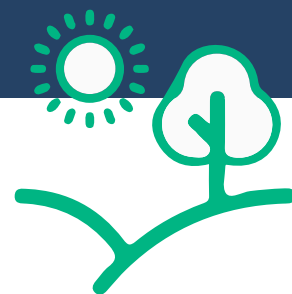


OUTDOOR FITNESS

ENJOY THE BEAUTY OF
LIFE ON THE COAST
PLUS FUN EXCURSIONS



Topics, Outcomes & Excursions:

BOXING FITNESS

CRACKNECK POINT BUSH WALK

SPORTS DRILLS AT THE OVAL

FITNESS WALK AROUND TERRIGAL

WATER ACTIVITIES AT MINGARA POOLS

BEACH FITNESS WALK & SWIM

WALK ALONG LONG JETTY FORESHORE

WALK ALONG GOSFORD WATERFRONT

VISIT THE ENTRANCE BATHS



Tuesdays
Oct, Nov & Dec 2021



Futures Sports Academy
The Entrance, Central Coast



NDIS funding
+ activity costs

Share fitness experiences on our beaches and across our parks and ovals.

CatholicCare's Futures Sports Academy is for young people with mild to moderate intellectual or physical disabilities who are inspired to improve their fitness and learn real sporting skills.

You'll be a valued player in our team games and enjoy the benefits of working on your individual skills in ball sports and outdoor recreation activities. With a wealth of beautiful natural resources here on the Coast, our sports programs make the best of our beaches, parks and ovals. Why not work with our sports staff to set yourself a sporting challenge to be fitter, stronger and faster for the year ahead? There's a place here waiting for you!

COME JOIN US

Michelle Cuneo

Area Coordinator

P: 0409 658 476

E: michelle.cuneo@catholiccaredbb.org.au

Disability Futures

P: (02) 9488 2500

E: disabilityfutures@catholiccaredbb.org.au

W: catholiccaredbb.org.au