



Tuesdays
Jan, Feb & Mar 2022



Futures Sports Academy
The Entrance, Central Coast



NDIS funding
+ activity costs

Step up to Summer with a series of sporting challenges designed to improve your strength, fitness and physical agility.

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!

SUMMER FITNESS CHALLENGE

IMPROVE YOUR STRENGTH, FITNESS
& PHYSICAL AGILITY
PLUS FUN EXCURSIONS



Topics, Outcomes & Excursions:

BOXING FITNESS

CRACKNECK POINT BUSH WALK

SKILLS CHALLENGE AT
MINGARA POOLS

STEPS CHALLENGE PREP FITNESS WALK
AT TERRIGAL HAVEN

FITNESS DRILLS

BEACH WALK & SWIM

WALK ALONG GOSFORD WATERFRONT

SWIMMING AT MINGARA POOLS

RELAXATION SKILLS AND WALK

THE ENTRANCE BATHS

COME JOIN US

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