

SWIMMING PROGRAM

SWIMMING FITNESS & SAFETY

Program code: **SW01**



Topics & Outcomes:

WATER SAFETY

FITNESS

TRAVEL TRAINING

SOCIAL SKILLS



Mondays
9.00am - 3.00pm



3 McAuley Place, Waitara



\$10/session
+ NDIS fees

Our swimming program is great for those wishing to further their fitness skills in the water and explore local pools in Sydney. This program is open to all levels and abilities. Choose between programs focused on swimming for leisure, or swimming for exercise.

Water based exercise is great for those who have lower muscle tone or lose motivation quickly. Often the task of water play can distract from the task of exercising making it more enjoyable. As you progress your skills, you will collect badges of proficiency. An initial risk assessment will be performed for all individuals joining the program.

COME JOIN US

Disability Futures

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