



**ACTIVE  
KIDS**

CLAIM YOUR \$100 VOUCHER TODAY  
SPORT.NSW.GOV.AU/ACTIVEKIDS



**\$35**  
PER SESSION



# ACTIVE KIDS PROGRAM

An inclusive and fun fitness program designed for all children.

**Every Thursday  
commencing 13 October  
from 4:30pm - 5:30pm.**

Week 1 – Obstacle Course  
Week 2 – Ball Games  
Week 3 – Ninja Warrior  
Week 4 – Mini Olympics  
Week 5 – Novelty Games  
Week 6 – Expressive Dance  
Week 7 – Balance Games  
Week 8 – Balloons Galore

## Are you looking for a fitness program that the kids will love?

This 8-week Active Kids Program has been specifically designed by our Diversional Therapist to encourage children to have fun whilst working to improve their fitness, confidence, co-ordination and social skills. The weekly sessions are aimed to support your child's balance, gross motor skills, core strength and hand-eye and foot-eye co-ordination in a fun and positive environment.

The program is adaptable in order to meet individual needs. Select as many activity sessions that suits your child best. NSW Active Kids vouchers accepted. Each Active Kids Fitness Session is \$35 and has a duration of 1 hour. NDIS payments and supported options are available.



SCAN ME



**Bookings are essential as  
places are limited.  
Scan the QR code to book  
online or call 1300 19 55 78.**

For more details visit  
[sharemyability.org.au/events](https://sharemyability.org.au/events)



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