

Active sport options

All Day Bushwalking - \$5.00 per session

All Day Bushwalking involves hiking in pathed national parks and requires people to wear comfortable clothing to suit the weather and activity, to wear the correct footwear and stick to an activity for the entire day. Participants are to bring a picnic lunch



Wed

Basketball - \$7.50 per session

The community-based Basketball program promotes team work and fitness and supports movement and coordination through a competitive game of basketball, against other persons with a disability. Participants are in a team matching their skill against similar skilled persons with a disability. Competition based at GEASAC.



Bowling - \$7.00 per session

The community-based Ten Pin Bowling program is held at AMF Clayton. Participants play in teams against their friends. It is a great activity for hand-eye coordination and in a fun environment.



Bush walking - \$2.00 per session

Bush walking takes clients on walks with staff through local bushland parks, introducing more walking into their weekly routine. Clients must have suitable footwear and clothing for the weather, and be prepared to walk at a reasonable pace over an hour.



Golf - \$8.00 per session

The Golf program gives participants experience in going to a driving range, using a token in a ball machine, and effectively setting up and hitting 50 balls.



Gym A- \$8.00 per session

Our community-based Gym program provides opportunities for participants to increase fitness, hand-eye coordination and social skills. Participants are given the opportunity to utilise different areas of the gym. This program is based at Ashburton YMCA. Achieve your personal goal of a healthy lifestyle and improved fitness.



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Gym M- \$4.00 per session

Our community-based Gym program provides opportunities for participants to increase fitness, with our equipment of treadmills, exercise bikes, weights and a rowing machine. This program is based at the May Armstrong Centre. Achieve your personal goal of a healthy lifestyle and improved fitness.



Fri

Monash Access Gym - \$5.00 per session

Held at Monash University Gym in Caulfield, this weekly program provides low-impact weight movement, cardio workouts and indoor games such as basketball and soccer. This session is run by staff at Monash University Gym.



Sports Options - \$2.00 per session

Sports Options is a community-based program which allows participants to choose sports they are interested in and play a different team sport each week at various community parks in the local area. Ideas for future sport options include cricket, football, soccer, tee ball and bocce.



Step Challenge - \$2.00 per session

Participants go on walks with staff through local bushland & parks, introducing more walking into their weekly routine. Participants must have suitable footwear and clothing for the weather, and be prepared to walk at a reasonable pace for over an hour. "Steps" are counted with a pedometer provided by mecwacare, with a goal of physical fitness and increasing physical activity. On wet weather days the group will access treadmills at an indoor venue.



Swimming - \$6.50 per session

Our community-based Swimming program helps participants to increase fitness, strength and muscle tone. Participants are given the opportunity to utilise different areas of the pool with the support of staff.



Tennis Clinic - \$2.00 per session

Our community-based tennis clinic promotes health and fitness through tennis. Tennis skill development, including playing and scoring games will be encouraged.



Walking for Pleasure - \$2.00 per session

Walking for Pleasure provides an opportunity for those that love a leisurely stroll and to go out and enjoy the scenery and fresh air with some passive exercise in local parks.

