

accessrec.org.au

providing support for people with disability in the Rockhampton area

*Information and pricing correct as at 1/7/2019. Prices are subject to change upon release of NDIS Price Guide on 1/7/2020.



\$51.16 per session from your NDIS plan
\$5 daily activity fee



3:30 pm-5:30 pm Wednesday
During school term



100 Jardine Street
Rockhampton

enquiries@accessrec.org.au

ACTIVE Afternoons

Access Recreation's Active Afternoons program is for children aged 8-15yrs and involves participants in a wide variety of sporting options and games encouraging health and fitness.

Participants are supported to get involved in physical, fun activities at their level to promote healthy active living. In addition, participants learn about how to exercise and use equipment safely, improve coordination and gross motor skills, work as a team and discuss and plan sports activities.

Depending on the weather and season, this 2 hour program will utilise community facilities for fun and fitness. This will include outdoor basketball and netball courts, soccer and football fields, swimming pools and Access Recreation's gym.

Active Afternoons is a great way for children to try new sports and have fun in a safe and supportive environment.



Access
RECREATION INC

access the life **you want**

100 Jardine Street, Rockhampton
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available at accessrec.org.au