




**MIND.
BODY.
BEST.**

Mixed Mobility Sports Day at Kingswood

Get ready with your walker or sticks!



Want to play sport, improve your fitness and have fun? This sports day is designed for those in the GMFC3 class of mobility who use a walker or similar ambulant aid.




WHAT DOES THIS MULTI-SPORT PROGRAM INCLUDE?

- Develop your skills in *football, volley ball, t-ball, table tennis, and race running*
- Build up your endurance and fitness
- Continue to make some new friends and have some fun



WHEN DOES THIS PROGRAM RUN?



WHEN: Friday 12th October
TIMES: 9:00am - 3:00pm
LOCATION: Western Sydney University
Multi-purpose courts, Second Avenue, Kingswood
Right beside the CPA Kingswood Office
RSVP: To Sally at: swinchester@cerebralpalsy.org.au by
Friday 28th September to secure your place
COST: \$28.66 per hour. Use your NDIS funding (social & community participation) to purchase this service or pay privately