

**PROGRAM: Fitness Program****TIME: 1pm – 3pm****DAY: Wednesday****FACILITATOR:****AIM:**

For clients to get exposure to various types of exercise and be able to do it in a group setting which is beneficial to their health and social skills.

**GOALS: (Relates to NDIA goals of clients)**

- To participate in exercise to benefit their health and promote a healthy lifestyle.
- To socialise with other participants to increase their social skills

**OUTCOMES:**

- Exposure to different type of exercise to potentially find a type of movement they enjoy doing
- Maintain and form new friendships with other participants
- Promote and/or inspire a healthier lifestyle
- Building community networks and relationships
- Increased fitness and wellbeing (physical and mental)

**RESOURCES:**

Water Bottle	
Towel	
Hat	
Sunscreen	
Togs	
Kickboard	
Pullbouys	
Pool Noodles	
Soft balls	
Diving Sticks	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
<b>WEEK 1</b> <b>DATE: 01.10.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH
<b>WEEK 2</b> <b>DATE: 08.10.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH
<b>WEEK 3</b> <b>DATE: 15.10.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH
<b>WEEK 4</b> <b>DATE: 22.10.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH
<b>WEEK 5</b> <b>DATE: 29.10.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH
<b>WEEK 6</b> <b>DATE: 05.11.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH
<b>WEEK 7</b> <b>DATE: 12.11.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH
<b>WEEK 8</b> <b>DATE: 19.11.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH
<b>WEEK 9</b> <b>DATE: 26.11.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH
<b>WEEK 10</b> <b>DATE: 03.12.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH
<b>WEEK 11</b> <b>DATE: 09.12.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH
<b>WEEK 12</b> <b>DATE: 17.12.25</b>	Swim Squad – Emerald Aquatic Centre	Water bottle, togs, towel, change of clothes	\$5 - CASH