



PROGRAM: Fitness/Swimming

TIME: 1300 – 1500

DAY: Wednesday

FACILITATOR: Hanah Wendt

AIM: Our program is all about moving, splashing, and feeling amazing while building strength, confidence, and independence! Through a mix of fitness and swimming activities, we create a safe, supportive, and exciting space where everyone can enjoy being active and proud of their progress.

We aim to:

- Make exercise fun and rewarding with engaging workouts and swimming sessions.
- Boost strength, flexibility, and endurance to help with everyday life and overall health.
- Build confidence and happiness by celebrating achievements big and small.
- Create friendships and a sense of community in a positive, welcoming environment.

Our mission is simple: Move, Swim, Thrive – because fitness should feel good and be fun for everyone.

GOALS: (Relates to NDIA goals of clients)

- Develop daily living skills through activities that support physical health and confidence.
- Increase independence by improving strength and mobility for everyday tasks.
- Build confidence and self-esteem by achieving personal fitness and swimming milestones.
- Create healthy habits that support long-term independence and quality of life.
- Learn new skills such as swimming techniques or safe exercise practices

OUTCOMES:

- Improved physical health-increased strength, flexibility, balance and cardiovascular fitness.
- Skill development – learning safe exercise techniques and swimming skills.
- Social connection – building friendships and feeling part of a supportive community.
- Enhanced mobility and independence – greater ability to complete everyday tasks with confidence
- Achievement of personal and NDIS goals – progress toward independence, community participation, and improved quality of life

RESOURCES:

Supportive staff	Accessible spaces
Water bottle	Visual guides and plans
Hat	First aid support
Sunscreen	Equipment
Enclosed shoes	



❖ Please find attached Risk Assessment

WEEK	TOPIC	WHAT TO BRING	COST
WEEK 7 DATE: 18.2.26	Swimming – Swimming Strokes practice	Swimwear (Comfortable and appropriate for the pool), towel water bottle, change of clothes (for after swimming), and any personal items (e.g., goggles, swim cap, if preferred).	NIL
WEEK 8 DATE: 25.2.26	Swimming – Swimming skills development	Swimwear (Comfortable and appropriate for the pool), towel water bottle, change of clothes (for after swimming), and any personal items (e.g., goggles, swim cap, if preferred).	NIL
WEEK 9 DATE: 4.3.26	Swimming – fun & fitness Circuit	Swimwear (Comfortable and appropriate for the pool), towel water bottle, change of clothes (for after swimming), and any personal items (e.g., goggles, swim cap, if preferred).	NIL
WEEK 10 DATE: 11.3.26	Swimming – Swimming Strokes practice	Swimwear (Comfortable and appropriate for the pool), towel water bottle, change of clothes (for after swimming), and any personal items (e.g., goggles, swim cap, if preferred).	NIL
WEEK 11 DATE: 18.3.26	Swimming – Aqua Aerobics Party	Swimwear (Comfortable and appropriate for the pool), towel water bottle, change of clothes (for after swimming), and any personal items (e.g., goggles, swim cap, if preferred).	NIL
WEEK 12 DATE: 25.3.26	Swimming Carnival Celebration	Swimwear (Comfortable and appropriate for the pool), towel water bottle, change of clothes (for after swimming), and any personal items (e.g., goggles, swim cap, if preferred). Possible group colours!	NIL