

**PROGRAM: Swimming and Fitness Program****TIME: 1300 - 1500****DAY: Wednesday****FACILITATOR: Hannah Wendt**

AIM: This program is all about good vibes, big smiles, and getting active in ways that feel fun, exciting, and rewarding. From fitness sessions and swimming to games, sports, and team challenges, every activity is designed to help participants move their bodies, build confidence, and enjoy trying new things.

We believe fitness should never feel boring or intimidating – it should feel supportive, encouraging and something people genuinely look forward to each week. Whether someone is stepping into the gym, jumping into the pool, or joining a team activity, our goal is to create a space where everyone feels included, capable, and celebrated for their progress.

GOALS: (Relates to NDIA goals of clients)

- Building confidence, fitness, and independence through fun and active experience.
- Supporting participants to stay active, connected, and confident in everyday life
- Encouraging movement, social connection, and personal growth through fitness and recreation
- Developing strength, wellbeing, and life skills in a supportive and inclusive environment
- Creating opportunities for participants to build confidence through movement and teamwork
- Promoting healthy lifestyles, community participation, and positive wellbeing

OUTCOMES:

- More confidence to try new things and step outside comfort zones
- Bigger smiles, stronger friendships, and more social connection
- Feeling proud of personal achievements – big or small
- Improved fitness, movement, coordination, and everyday wellbeing
- Creating positive routines and building healthy habits
- Turning “maybe later” into “let’s do it”

RESOURCES:

Supportive staff	Water bottle
hat	Sunscreen
First aid	Enclosed shoes
Visual aids and plans	Gym towel
Sports gear (balls, cones, rackets/bats)	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 26 DATE: 1.7.26	Align Fitness and Wellness in Emerald is a welcoming gym that supports people to stay active, healthy, and confident through a variety of fitness activities. We will be visiting the gym from 1:30 pm to 2:30 pm, where we will take part in a Pilates class. This session will focus on gentle movement, strength, flexibility, and overall wellbeing in a supportive environment.	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, towel, sunscreen, any required medications, and personal items often forgotten such as socks, hair ties, and deodorant and a positive attitude ready to give things a go.	\$20
WEEK 27 DATE: 8.7.26	Align Fitness and Wellness in Emerald is a welcoming gym that supports people to stay active, healthy, and confident through a range of fitness activities. We will be visiting the gym from 1:30 pm to 2:30 pm, where we will take part in a Zumba class. This session will be a fun and energetic way to exercise, improve fitness, and enjoy movement in a positive and supportive environment.	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, towel, sunscreen, any required medications, and personal items often forgotten such as socks, hair ties, and deodorant and a positive attitude ready to give things a go.	\$20
WEEK 28 DATE: 15.7.26	Align Fitness and Wellness in Emerald is a welcoming gym that supports people to stay active, healthy, and confident through a range of fitness activities. We will be visiting the gym from 1:30 pm to 2:30 pm, where we will take part in a Movement with Racheal (Exercise Physiologist) class.	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, towel, sunscreen, any required medications, and personal items often forgotten such as socks, hair ties, and deodorant and a positive attitude ready to give things a go.	\$20
WEEK 29 DATE: 22.7.26	Align Fitness and Wellness in Emerald is a welcoming gym that supports people to stay active, healthy, and confident through a range of fitness activities. We will be visiting the gym from 1:30 pm to 2:30 pm, where we will take part in a Yoga class.	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, towel, sunscreen, any required medications, and personal items often forgotten such as socks, hair ties, and deodorant and a positive attitude ready to give things a go.	\$20
WEEK 30 DATE: 29.7.26	Align Fitness and Wellness in Emerald is a welcoming gym that supports people to stay active, healthy, and confident through a range of fitness activities. We will be visiting the gym from 1:30 pm to 2:30 pm, where we will take part in a Booty Bands and dance party class.	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, towel, sunscreen, any required medications, and personal items often forgotten such as socks, hair ties, and deodorant and a positive attitude ready to give things a go.	\$20
WEEK 31 DATE: 5.8.26	Netball , during this activity, we will play games of netball, practise passing and shooting skills, and work together as a	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, hat and	NO COST



	team.	sunscreen, any required medication	
WEEK 32 DATE: 12.8.26	Tennis , during this activity we will play tennis games, practise serving and rallying skills, and work on teamwork and communication	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, hat and sunscreen, any required medications, and if possible, tennis racket	NO COST
WEEK 33 DATE: 19.8.26	Football , during this activity we will play football games, practise passing and kicking skills, and work together as a team while staying active and having fun.	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, hat and sunscreen, any required medication	NO COST
WEEK 34 DATE: 26.8.26	Basketball , during this activity we will play basketball games, practise shooting, passing, and dribbling skills, and work together as a team while staying active and having fun.	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, hat and sunscreen, any required medication	NO COST
WEEK 35 DATE: 2.9.26	Table tennis/Ping Pong , during this activity we will ply table tennis games, practise serving and rallying skills, and improve coordination and reaction time while staying active and having fun.	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, hat and sunscreen, any required medication, and if possible, tennis table racket	NO COST
WEEK 36 DATE: 9.9.26	Cricket , during this activity we will play cricket games, practise batting, bowling, and catching skills, and work together	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, hat and sunscreen, any required medication	NO COST
WEEK 37 DATE: 16.9.26	Volleyball , during this activity we will play volleyball games, practise serving, passing and teamwork skills.	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, hat and sunscreen, any required medication	NO COST
WEEK 38 DATE: 23.9.26	Orienteering , participants will complete an orienteering course by using maps, clues to find check points, while improving teamwork, navigation, and problem-solving skills in a fun and active way.	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, hat and sunscreen, any required medication	NO COST
WEEK 38 DATE: 30.9.26	YB athletics carnival , during this activity participants will participate in a mini Yumba Bimbi athletic carnival by taking part in a range of fun track and field events, while improving fitness, teamwork and sportsmanship	Participants are encouraged to bring comfortable activewear, enclosed shoes, a water bottle, hat and sunscreen, any required medication	NO COST