



INCLUSIVE SPORT COME AND TRY SESSIONS

Every Wednesday from 1st November to 6th December 2023
Seymour Sports and Aquatic Centre,
Pollard Street, Seymour VIC 3660

Come along to the Seymour Sports and Aquatic Centre to try lots of different sports and find out what you like! This is a **FREE** inclusive sporting event.

Wednesday 1st November		Zumba	Under 18's Over 18's	11:30am - 12:30pm 1:00pm - 2:30pm
Wednesday 8th November		Basketball & Wheelchair Basketball	Under 18's Over 18's	11:30am - 12:30pm 1:00pm - 2:30pm
Wednesday 15th November		Athletics	Under 18's Over 18's	11:30am - 12:30pm 1:00pm - 2:30pm
Wednesday 22nd November		Netball & Wheelchair Netball	Under 18's Over 18's	11:30am - 12:30pm 1:00pm - 2:30pm
Wednesday 29th November		Pickleball	Under 18's Over 18's	11:30am - 12:30pm 1:00pm - 2:30pm
Wednesday 6th December		Games Day to celebrate International Day for People with Disability	Under 18's Over 18's	11:30am - 12:30pm 1:00pm - 2:30pm

For people with disabilities – Maximum 25 people per session – please register.



This is a COVID-safe, all-ages, alcohol-free event. We aim to make this event accessible and inclusive to all of the community. If you would like to attend this event and have specific access needs, please contact Wendy Kelly (details below) and we will do our best to accommodate you.

For further information or to register, contact:
Wendy Kelly of Nexus Primary Health
wendyk@nexusprimaryhealth.org.au
0488 541 439