

Variety
**ACTIVATE
INCLUSION**
SPORTS DAYS

A FREE, FUN & INCLUSIVE DAY OF ACTIVITIES TO TRY!



FOR PHYSICAL, SENSORY & INTELLECTUAL DISABILITIES



Tuesday, 3rd May 2022

10:00am - 1:00pm

North Melbourne Community Centre

49-53 Buncle St, North Melbourne VIC 3051

**Limited places available.
To register attendance [CLICK HERE](#)**

Hosted by:



CITY OF MELBOURNE

Delivered by:



Contact:

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VARIETY ACTIVATE INCLUSION SPORTS DAYS

**Enabling kids to be
more active, more
often!**

Variety Activate Inclusion Sports Days (AISD) give kids the opportunity to try sports they might otherwise miss out on. Aimed at kids aged 5-18 with learning difficulties, intellectual, sensory and physical disabilities, the days are an opportunity to have a go in a fun and inclusive environment.

Each day involves:

- a range of sports to try
- specialised coaching
- adaptive equipment
- showbags
- water and fruit
- local sporting club exhibitors
- access to community services
- opportunities to network with other families and teachers



BENEFITS OF THE DAY

Activate Inclusion Sports Days encourage and empower kids to explore sporting opportunities in their local community.

Benefits of attending the day include:

- the health benefits of physical activity
- building social wellbeing and friendship
- strengthening balance, coordination and mobility skills
- working as part of a team, collaborating and planning
- increased self-esteem through a sense of achievement



www.variety.org.au



www.sports.org.au



<https://dsr.org.au>

Variety - the Children's Charity believes all kids deserve a fair go. They provide practical and essential support to kids who are sick, disadvantaged or have special needs. **Disability Sports Australia** aims to get more Australians with a disability more active, more often while working nationally to support sport and active recreation participation. **Disability Sport & Recreation** Everything we do is to help Victorians with disability live happier, more active lives.