

Access All Abilities Swim & Social Program

Join in the FREE Swim and Social program, engaging people of all abilities to enjoy water activities, followed by a chance to socialise afterwards and enjoy a tea / coffee.

WHO IS THIS FOR?

The Access All Abilities (AAA) program is open to all people with disabilities, aged 18 years and over.

WHERE IS THE PROGRAM HELD?

The AAA program will be held at both Ascot Vale Leisure Centre, and Keilor East Leisure Centre. Venue information can be found below.

WHEN ARE THE SESSIONS HELD?

Sessions are held on Tuesdays and Saturdays and run from 1:00pm - 3:00pm. Check the timetable on the right to find the sessions that best suit you.

DO I HAVE TO PARTICIPATE IN EACH SESSION?

No. You have the freedom to choose which sessions and locations you participate in! We recommend attending at least one session per week.

HOW DO I REGISTER?

Contact Jaye Hansford - Community Engagement & Inclusion Coordinator,
MOVE Moonee Valley
jhansford@belgravialeisure.com.au | 0431 998 792



Cnr Epsom Road & Langs Road, Ascot Vale, 3033
P: 9283-6402
E: avlcentquiries@movemv.com.au



Quinn Grove, Keilor East, 3032
9283-6402
kelcinfo@movemv.com.au

KELC Tuesdays 1pm - 3pm	Program	AVLC Saturdays 1pm - 3pm
Water Safety Activities Tuesday 25 April	WEEK 1 24/04/23 - 30/04/23	Water Safety Activities Saturday 29 April
Water Sports Tuesday 2 May	WEEK 2 1/05 - 7/05	Aquacise Saturday 06 May
Aquacise Tuesday 9 May	WEEK 3 8/05 - 14/05	Water Sports Saturday 13 May
Water Safety Activities Tuesday 16 May	WEEK 4 15/05 - 21/05	Water Safety Activities Saturday 20 May
Water Sports Tuesday 23 May	WEEK 5 22/05 - 28/05	Aquacise Saturday 27 May
Water Safety Activities Tuesday 30 May	WEEK 6 29/05 - 4/06	Water Safety Activities Saturday 3 June
Aquacise Tuesday 6 June	WEEK 7 5/06 - 11/06	Water Sports Saturday 10 June
Water Sports Tuesday 13 June	WEEK 8 12/06 - 18/06	Aquacise Saturday 17 June
Water Safety Activities Tuesday 20 June	WEEK 9 19/06 - 25/06	Water Safety Activities Saturday 24 June
Aquacise Tuesday 27 June	WEEK 10 26/06 - 2/07	Water Sports Saturday 1 July

Water Safety Activities	Water introduction and familiarisation skill development
Aquacise	Aqua aerobics in water - low-impact exercise
Water Sports	Beginner-level introductory water polo activities

SCHEDULE

1:00pm - 1:30pm	Arrival / get changed / instructor introduction
1:30pm - 2:00pm	Activity participation
2:00pm - 2:30pm	Activities conclude - shower / get dressed. OPTIONAL - Free swim
2:30pm - 3:00pm	Social tea / coffee