

Active and Inclusive

SPORT + FITNESS
unigym
FOR EVERYBODY

Active and Inclusive is all about encouraging children and adults with disabilities to get involved and participate in sport and physical activity. This program is supported by specialised equipment, staff training and resources.



Active and Inclusive will provide a variety of sessions including modified traditional fitness classes and Sports Ability Hub Activities.

The Sports Ability Hub is a national initiative which is based around five games:

Boccia - A bowls-type target game played at the Paralympics.

Goalball - A Paralympics sport developed for players who have a vision impairment.

Sitting Volleyball - A Paralympics sport for players for whom standing volleyball may not be an option.

Polybat - An accessible version of table tennis, particularly useful for young people who have coordination and control impairments.

Table Cricket - a dynamic table version of cricket for players of all abilities, but specifically those with complex or higher support needs.

Through a partnership between UTAS Faculty of Education, UNIGYM and Sport and Recreation Tasmania, Active Launceston were proud to be the first in Australia to offer the Sports Ability activities.

When is it on?

1.30pm to 2.30pm on the last Thursday of the month.

31st Mar	30th Jun	29th Sep
28th Apr	28th Jul	27th Oct
26th May	25th Aug	24th Nov

How much does it cost?

It's FREE - the program is fully subsidised by Active Launceston.

Who can participate?

Active and Inclusive caters for all ages and all spectrums of abilities and there are no restrictions. Support Workers must be present and assist where necessary.

How do I book or get more information?

Group bookings are essential by phoning the UNIGYM on 6324 3490

For general information contact Active Launceston on 6324 4027, or visit www.activelaunceston.com.au