



Activate Inclusion Sports Day

Encourage. Empower. Explore.

Details

Wednesday 15 March 2023

10 am - 1 pm

Devonport Recreation Centre

134 Forbes St

Devonport TAS 7310

A fun and inclusive day of activities connecting people with disability to local sport and active recreation opportunities.

Click or scan the QR code to register:



Contact:

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Activate Inclusion Sports Days

Activate Inclusion Sports Days (AISD) give people the opportunity to try sports they might otherwise miss out on. Aimed at people 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 attending the day:

- 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

Impact of the day

Encourage and empower people with disability to explore sporting opportunities in their local community.

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.

ParaQuad Tasmania is committed to providing people with physical disability independence, through improved choices, strong partnerships, community engagement and education opportunities.



Enabling people with disability to be more active, more often!