



HOLIDAY EXERCISE CLUB

Facilitated by our SWAT Physios, Beach CLUB will include both land-based and water-based exercise designed to meet clients health and fitness goals, followed by snack/lunch and social support.

This CLUB is suitable for clients who are able to swim and move safely in the water for approx. 15 mts with or without a floatation device.

DATES: 4th, 11th, 18th, 25th January 2023

DAY & TIME: Wednesdays 10am -12pm

WHERE: Koombana Bay (in front of Cafe)

Register your Expression of Interest with your SWAT Key Worker or via the SWAT CLUB Calendar by 7th Dec