

Visual Story

Fun Fit for Everyone





About this visual story

This Visual Story has been created to support people attending the *Fun Fit for Everyone* program.

It includes information about the venue, and what to expect during the session.

A Visual Story is intended for anyone who prefers to know what will happen before attending. It can support a more comfortable and predictable visit.



Program information

The Fun Fit for Everyone program runs for eight weeks during school terms on Wednesdays from 12.30pm to 1.30pm.

It is held at the Mandurah Aquatic and Recreation Centre (MARC).

Please check the City of Mandurah website or contact the friendly team at the MARC for term dates.



Parking

There are ACROD and standard parking bays out the front of the MARC.

There are extra ACROD and standard parking bays in the overflow parking area on the other side of Cemetery Road.



Public transport

If I come to the Fun Fit for Everyone session by bus, there are stops near the MARC.

I can check the Transperth Journey Planner for more information.

<https://www.transperth.wa.gov.au/Journey-Planner>



Arriving at the MARC

I will enter through the main entrance of the MARC.



Booking into the Fun Fit for Everyone program

A staff member at the Customer Service desk can assist with booking into a Fun Fit for Everyone session.

Arriving early is helpful to allow time to book into the sessions and find the activity space and be ready for the session.

The program costs \$12 per session if I book in for the full eight week term. Or, \$14 per session if I pay one week at a time.



Fun Fit for Everyone - session location

The sessions will be on the multipurpose courts. This is a large indoor space with plenty of room for movement.

To find the courts, move past the café and through the large open doors. There is a sign above the doors that reads ' Multipurpose Courts 1 to 4'.



Fun Fit for Everyone team

The session will be led by two team members from the MARC. They will be wearing a MARC uniform in grey and orange colours like the person in the image on this page.



Support workers are welcome

Support workers are welcome and encouraged to attend the session.

Bringing a support worker can make it easier to take part and feel comfortable in the space.



What happens in the session

Each session will include fun activities to support fitness and movement. These may include ball games, dance-based movements, and group activities such as tabloid games.

Activities are designed to be accessible for all abilities.



During the session

The facilitator will explain each activity and demonstrate how it works.

Questions can be asked at any time, and each person can join in at a pace that feels comfortable.



Different Ways to Join In

At Fun Fit for Everyone, people enjoy moving in different ways.

Some people like activities that are more fast-paced and skill-based. Others prefer calmer, more relaxed movement.

Spaces will be set up for both styles of activities, so everyone can choose what feels comfortable.



Taking a break

The session will go for one hour.

If I need to take a break during the session, there will be a table set up with colouring activities and sensory resources.

I can return to the session whenever I am ready.



Public toilets

The venue has available:

- Unisex accessible toilets
- Male and female toilets
- A Changing Places facility in the aquatic area.



After the session

After the session, I might go to the MARC café with others from the group.

I can buy a drink or snack or have something I brought from home.

It's a good chance to relax and get to know other people after taking part in the Fun Fit for Everyone session.



Mindful Colouring Before and After

Mindful colouring pages and markers will be available for the hour before and the hour after Fun Fit for Everyone.

Reserved tables will be set up near Court One and Court Two, inside the entrance to the Multipurpose Courts.

This is a good way to join in with others, spend time colouring, and get to know people.



Looking ahead

I might enjoy being part of the Fun Fit for Everyone program. It could be a good way to have fun and meet new people.

Contact

City of Mandurah

PO Box 210, Mandurah WA 6210

council@mandurah.wa.gov.au

Mandurah.wa.gov.au

6550 3777

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you can use the National Relay Service on
1300 555 727

For more information visit: relayservice.gov.au



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