

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 begins on Wednesday 11 June from 12.30pm to 1.30pm.

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



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.

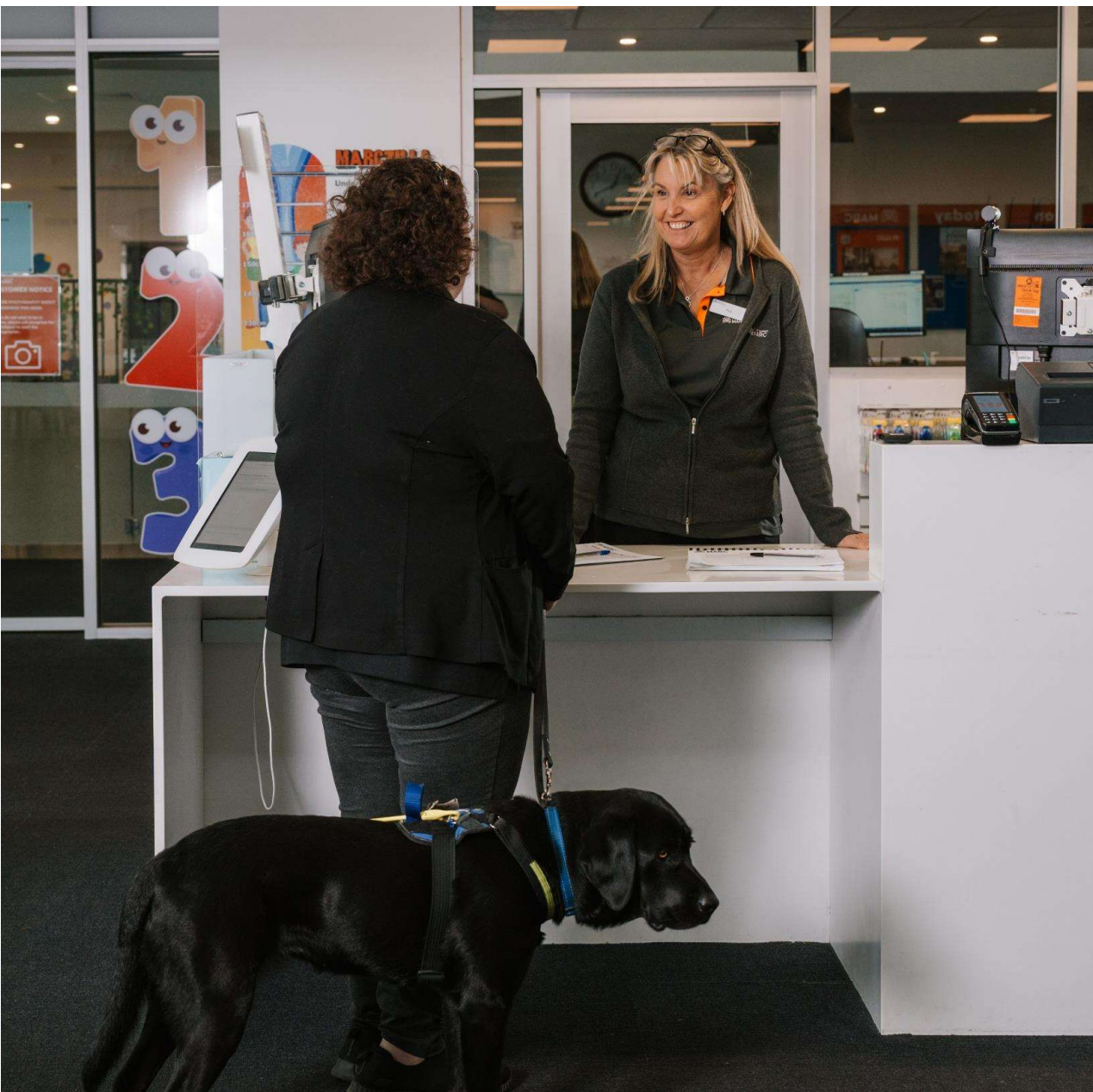
I can check the Transperth Journey Planner for more information.

<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 find the activity space and be ready for the session.

The first four weeks of the program are free. Attending all four sessions is encouraged where possible.



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 a team member 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.

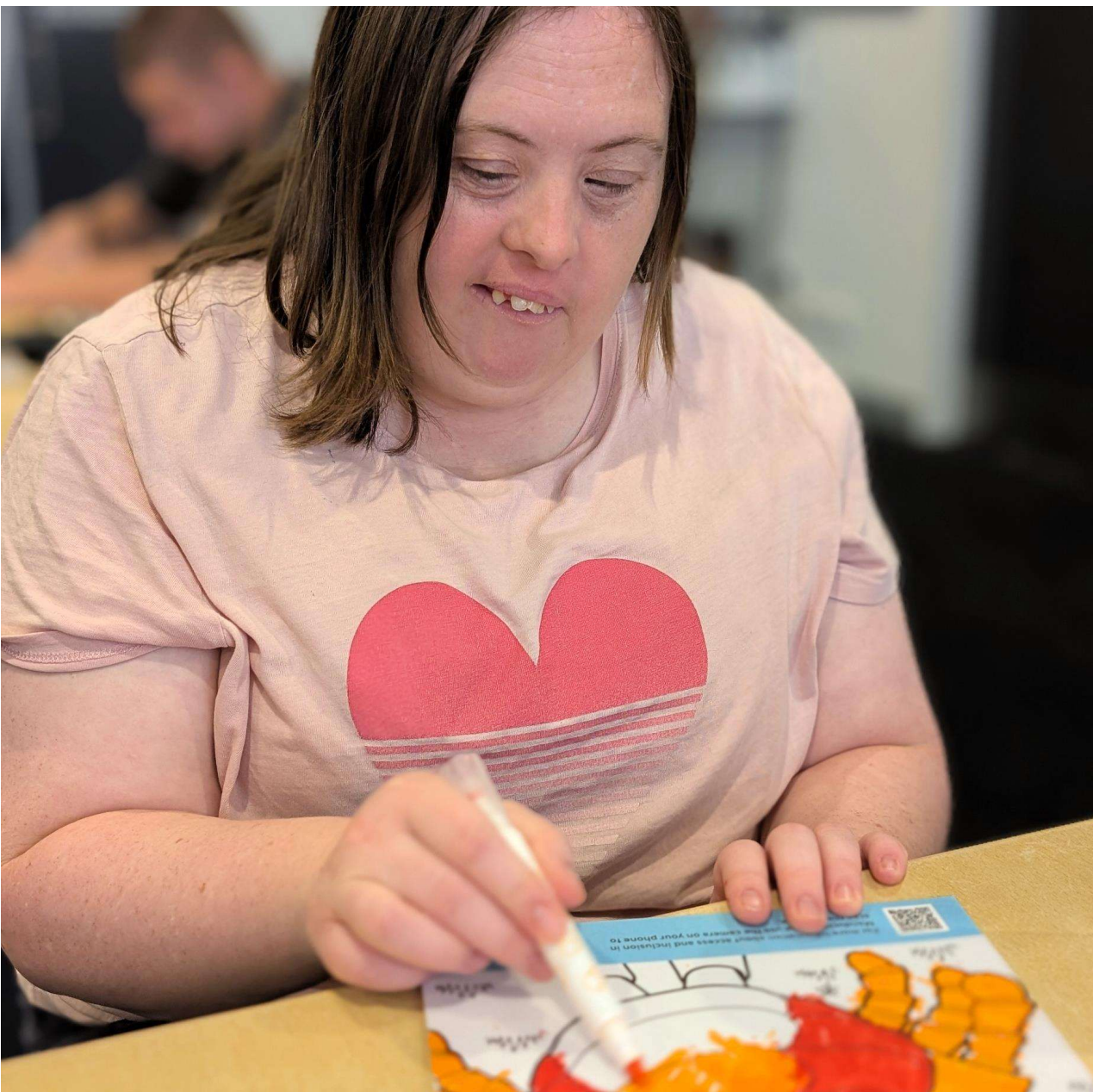
Activities are designed to be accessible for all abilities. Modifications will be available for people who use a wheelchair so that everyone can take part.



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.



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.



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.

The first four sessions are free. If people enjoy the trial, it might become a regular program at the MARC. After the trial, each session will cost \$10.

Contact

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If you need help to speak or listen on the phone
you can use the National Relay Service on
1300 555 727

For more information visit: relayservice.gov.au



Scan code for more information
about access and inclusion at
the City of Mandurah.

