



BCO OFFERS A FITNESS & RECREATION PROGRAM THAT IS HELD FIVE DAYS A WEEK OVER AN EIGHT WEEK BLOCK.

The program is designed to increase mobility, fitness level and to stay active.

The program includes:

- Learning about different muscles in the body
- Stretching and preventing injuries
- Trying different sports and activities
- Working together as a team
- Adaptations for people with disabilities
- Attending sports events and grounds
- Engaging with community sports teams.

FITNESS & RECREATION PROGRAM

Participants are then able to have fun and be active in a safe and supervised setting.

For more information, call and speak to Karina Piro (08) 8562 4855.