

## SwimAbility

Swimability provides swimming lessons for children with autism, auditory processing delay, communicating difficulties, sensory processing difficulties and development delay. For further information regarding class times and days please contact BALC on 9205 2670 or SPLASH 9356 6800.

## Specialised Programs

If you are wanting a specialised program to be arranged for a group or for yourself, please contact Leanne Cacoymiannis 0417 114 132 or email [Leannec@hume.vic.gov.au](mailto:Leannec@hume.vic.gov.au)

### We can accommodate programs for:

- Swimming
- Indoor Sports (Eg: Basketball, Tennis, Soccer, Volleyball, Badminton)
- Self Defence
- Gym
- Exercise Programs
- Performing Arts Programs
- Singing

The more notice you can give, the better chance we have of accommodating your request.

## Hume Leisure Centres

### Broadmeadows Aquatic and Leisure Centre (BALC)

41-85 Tanderrum Way, Broadmeadows  
Phone: 9205 2670

### Sunbury Aquatic and Leisure Centre (SALC)

20 Ligar Street, Sunbury  
Phone: 9356 6820

### Splash Aqua Park and Leisure Centre (SPLASH)

60 Central Park Avenue, Craigieburn  
Phone: 9356 6800



### Chair Dance | \$5

A great fun workout, learning dance routines whilst sitting or with the aid of a chair.

**BALC:** Monday 11.30am–12.30pm, Friday 11.30am–12.30pm

### Work-It | \$5

Work-it is an exercise program that provides the opportunity for people with a disability to get active.

**SPLASH:** Monday 10.30am–11.30am

### Swim, Sauna, Steam and Spa | \$5

A time to relax and chill at either the pool, sauna or spa.

**BALC & SALC:** Monday–Friday, 2pm–3pm

### Crafty Sisters | \$2

A fun and exciting way to keep your mind and fingers working while having a friendly chat at the same time. Includes cuppa, biscuits and all materials.

**BALC:** Monday 10am–12pm, Friday 11am–2pm

### Hip Hop for all | \$5

Hip Hop taught in a fun and rewarding way whilst listening to your favourite tunes..

**BALC:** Tuesday 5pm–6pm Juniors and 6pm–7pm Seniors

### Aqua Fit | \$5

Blind Sports and Recreation Victoria have partnered with Hume City Council to offer adults who are blind or vision impaired to get fit in our Aqua exercise class.

Free Coffee/tea provided after class. Carers are free of charge.

**BALC:** Monday 2.30pm–3.30pm

### Gym Fit | \$5

A gym class for adults who are blind or vision impaired to get fit in personalized Gym class just for them. Carers are free of charge.

**BALC:** Wednesday 1pm-2pm

### Dance, Move and Groove | \$5

Dance, move and groove is a fun exercise program that provides the opportunity for people with a disability to get active in a fun and creative way.

**SPLASH:** Friday 10.30am–11.30am

### Discomania | 18+ Years

Groovy hip hop DJ will keep you dancing through the night. This is an alcohol and smoke free event for 18+ years of age participants

**Where:** BALC

**Time:** 7.30pm to 10pm

- 24 February (Welcome back everyone)
- 31 March
- 21 April (Fluro colour night) - dress to impress - prizes to be won)
- 26 May
- 30 June (Pride night - dress to impress - prizes to be won)
- 28 July
- 25 August (Footy theme- dress to impress - prizes to be won)
- 29 September
- 27 October (Halloween night - dress to impress - prizes to be won)
- 24 November
- 15 December (Dress in red & white and be creative - prizes to be won)

**Where:** SALC

**Time:** 7.30pm to 10pm

- 24 March
- 21 July Super hero night - dress to impress - prizes to be won)
- 17 November

**Cost:** \$15 per person - Including a light supper. (Companion card & Carer card welcome)