

COASTAL ACTIVE ABILITY

Support | Learning | Social for Kids with Additional Needs and Disabilities



BACK 2 SCHOOL : TERM 1
STARTING 2 FEBRUARY 2026



MONDAY

3.00pm - 5.30pm

- **3D Printing**

Learning 3D printing can provide NDIS clients with valuable practical and creative skills that support independence and confidence. It encourages problem-solving, digital literacy, and fine motor skills while allowing participants to design and create personalised items that meet their individual needs. 3D printing can also open pathways to vocational skills, social engagement, and meaningful participation by offering a hands-on activity that is both empowering and adaptable to different abilities.

TUESDAY

3.00pm - 5.30pm

- **SWIMMING CLUB**

Terms 1 and 4

Recreational swimming offers a wide range of benefits for both physical and mental health. It provides a low-impact, full-body workout that improves cardiovascular fitness, muscle strength, and flexibility while being gentle on the joints. Swimming also helps reduce stress, boost mood, and improve overall well-being through relaxation and rhythmic movement.

- **MYSTERY TUESDAY**

Terms 2 and 3

Mystery Tuesday is an exciting program where support workers take kids on surprise outings to various locations across the Central Coast. Each adventure encourages connection with nature, exploration, and fun in the great outdoors. With activities ranging from scenic walks to play-based experiences, and the occasional outdoor BBQ, Mystery Tuesday creates memorable moments while promoting confidence, social skills, and a sense of adventure.

WEDNESDAY

3.00pm - 5.30pm

- **COOKING CLUB**

Learning to cook provides NDIS clients with essential life skills that support greater independence and daily living. It helps develop planning, motor, and safety skills while encouraging healthy eating and informed food choices. Cooking can also build confidence, promote routine, and create opportunities for social connection and meaningful participation at home and in the community.

- **GAMING CLUB**

Gaming can offer NDIS clients engaging and meaningful benefits by supporting cognitive skills such as problem-solving, memory, and attention. It can improve hand-eye coordination, encourage goal setting, and provide a safe space to build confidence and resilience. Gaming also promotes social connection through cooperative play and shared interests, while offering enjoyment, relaxation, and opportunities for inclusion.

- **PET CONNECTIONS**

Pet connections promote social connection, reduce stress, and enhance overall wellbeing through positive interaction with animals.

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