



Activity Zone Schedule - Tuesday 3rd December 2019

Time	Activity Zone 1	Activity Zone 2	Activity Zone 3
10:00 - 10:45am	Gymnastics Victoria	AFL Victoria	Victorian Electric Wheelchair Sports Association
10:45 - 11:30am	Wheelchair Rugby	AFL Wheelchair Corporate Challenge	Victorian Goalball Association
11:30 - 12:15pm	Achilles Melbourne		Tennis Victoria
12:15 - 1:00pm	Race Running Australia		Football Victoria
1:00 - 1:45pm	Ability Para Badminton Club/Badminton Victoria		Lacrosse Victoria
1:45 - 2:30pm	Bowls Victoria	Mable	WCMX & Adaptive Skate Australia
2:30 - 3:00pm	-	Solve Disability Solutions	-

Exhibitor	What you can try
Ability Para Badminton Club/Badminton Victoria	Take a swing at Para-Badminton with Badminton Victoria - Badminton for all abilities!
Achilles Melbourne	Achilles Melbourne Incorporated will be demonstrating how we run with people with vision impairment to navigate obstacles in our environment. There will also be an opportunity for volunteers to go "under the blindfold" and experience what it is like to run without vision.
AFL Victoria	Jump in a sports chair and learn how to play AFL Wheelchair.
Bowls Victoria	Come and try Bowls with one of Australia's best para bowlers! We can easily adapt our activities to suit you!
Football Victoria	Come and join us for a kick and score some goals
Gymnastics Victoria	Gymnastics is for everyone! Improve your balance, strength, coordination and flexibility with our gymnastics challenges, supported by Gymnastics Victoria volunteers.
Lacrosse Victoria	Come and try TriBall Lacrosse with the support of lacrosse staff and volunteers.
Mable	Come join in the fun as the NRL joins us to run ball handling skills for people of all abilities!
Race Running Australia	Anyone can run! RaceRunning is an innovative sport for people with a physical disability who have impaired balance, who are not able to functionally run, regardless of age. A RaceRunner trike is a custom built three-wheeled frame where the runner is fully supported by a saddle and leans against a chest support, propelling themselves forward by the feet (one or both), while using the hands and/or arms to steer.
Solve Disability Solutions	Come and try Freedom Wheels bikes! Whether you're an experienced rider or have never ridden before, our Occupational Therapy team has a range of options to get you riding.
Tennis VIC	Come and Try Wheelchair Tennis with the support of Tennis staff and Coaches.
Victorian Electric Wheelchair Sports Association	Come and try Powerchair Football! Drawing inspiration from indoor soccer, Powerchair Football is played on an indoor court with a soccer ball 1.5x the size of a traditional soccer ball. Players dribble and kick the ball around the court with a specially designed bull-bar and powerchair, intended to get maximum power on the ball. It is fast-paced and dynamic sport for spectators and players alike!
Victorian Goalball Association	Our unique sport was specifically designed for people who are blind or who have low vision. Today Goalball is an inclusive sport played by people of all ages and abilities. Never heard of Goalball, don't worry we'll teach you. As we introduce you to Goalball, you will have the chance to listen to the bells inside the ball, testing your hearing and communication skills. As an added bonus, we'll even teach you how to throw a Goalball.
WCMX & Adaptive Skate Australia	WCMX (Wheelchair Motor-Cross) is a new sport where riders use specialised wheelchairs (WCMX wheelchairs) in skateparks instead of a skateboard, scooter or bike to perform tricks and ride ramps. Adaptive skating is using a skateboard in a way that differs from standard skateboarding. Some examples include: Sitting on a skateboard and using the hands to push, Using crutches to push and help maintain balance, or Using a support/white cane to guide the skater if they are visually impaired
Wheelchair Rugby Victoria	Come and try one of Australia's top Paralympic sports - wheelchair rugby.