

AUSTSWIM Aotearoa

PRESENTS



AKWA MATE Have A Go Day



An innovative, interactive and affordable aquatic program for people who present with a medical condition and/or disability and/or mobility condition aged 10 to 25 years old to experience enjoyable and achievable physical activity

- ✓ **Meet others in a friendly environment**
- ✓ **Learn new water safety skills**
- ✓ **Conducted by a trained and licensed AUSTSWIM Instructor**
- ✓ **Improve fitness and water confidence**



**Halberg
Disability Sport
Foundation**

