

chill. sport



About

Chill Sport is an innovative, coaching program that focuses on exercise through games to achieve improved physical and cognitive abilities. Physical exercise enhances physical and emotional well-being, and, in this program, participants learn a variety of exercises and games that promote physical strength, mobility, balance and stability. Games include indoor soccer, netball, basketball, and touch football. This is a highly fun program for all levels of fitness. All participants receive a customised Chill jersey to wear throughout the term.

Program features

- Stability & strength
- Balance
- Mobility
- Hand-eye coordination
- Teamwork & camaraderie
- How to be a good winner & a good loser
- Generosity
- Perseverance
- Social skills gold!

Benefits

- Improved fitness
- Improved cognitive ability
- Increased self-confidence
- Peer mentor driven
- Improved mood & self-esteem
- Team friendships
- Reduced stress & anxiety
- Improved memory
- Find your tribe
- Fun!

Dates 2024

Term 1

22 January - 28 March

Term 2

15 April - 21 June

Term 3

8 July - 13 September

Term 4

30 September - 6 December

Session times

2 hour workshop | once a week for 10 weeks

Thursdays

10:00am - 12:00pm

Venue

Brisbane City Indoor Sports
8 Castlemaine Street
Coorparoo Q 4151

Fee

\$2,220 per term

Enrol online



codeblueforautism.com/enrol



07 3154 2300



admin@codeblueforautism.com.au



[/codeblueforautism](https://www.facebook.com/codeblueforautism)



[/code_blue_for_autism](https://www.instagram.com/code_blue_for_autism)

find
your tribe!



Registered NDIS provider

**CODE
BLUE**
FOR AUTISM