

Active Oceans

sport & recreation opportunities
for people with disabilities



Active Oceans seeks to promote and make accessible South West Victoria's most valuable asset, its coastline, as a recreational opportunity for people with disabilities.

Please Note

Wet weather / Total Fire Ban Days - In the event of wet weather or total fire ban, activities may need to be cancelled at short notice. Childcare will still be provided at Mpower at the program times.

Eligibility - People with physical, intellectual or sensory disabilities whose families are in the receipt of the Carers Allowance. Registration forms must be completed for each participant.

Age Groups - Activities are available to people of all ages, unless otherwise indicated on the timetable.

Medication - Must be discussed with the Active Oceans Coordinator prior to activity.

Be 'Sunsmart' - Bring a hat and apply sunscreen prior to each activity.

What to bring - Most equipment is provided. Wetsuits are required for snorkelling. Towels and a change of underwear are required for surfing and snorkelling. For further information on what to bring, please contact the Active Oceans Coordinator.

No Valuables.

Cancellations - Please advise the Active Oceans Coordinator if you are unable to attend an activity.

A Beach Access Wheelchair - Is available for hire.

Support - Participants will be supported by caring and professional staff from Mpower, Karingal and Kyeema. Volunteers including TAFE 'Sport and Recreation' students will also assist throughout the program.

Activities will be facilitated and supported by local sporting clubs and businesses including:

- Nestles Rowing Club
- Sailibility
- Camperdown Angling Club
- Daktari Surf/Dive
- Coastcare
- Warrnambool Fishing Club
- Port Fairy Sailing Club

For Bookings contact the Active Oceans Coordinator, Jessica Boyle

(03) 5561 8122

2012 Program

January - April

ACTIVE OCEANS IS A JOINT PROJECT OF



Coastcare 'Summer by the Sea' activities are available over the January school holidays. Additional support can be provided for children with disabilities to attend if required. For more information about activities contact Coast Action/Coastcare Facilitator on 5561 9955 or 0429 976 189, or visit the 'Activity Pavilion' at Lake Pertobe, or contact the Visitor Information Centres at Port Campbell, Warrnambool, Port Fairy or Portland.



Active Oceans Timetable January- April 2012 *Warrnambool*



2012 Program

Portland activities please contact

Barb Enscoe on 5523 5999

| Date | Activity | Time | Location | Cost |
|--------------------------------|-------------------------------|----------------------|-------------------------------------------------------|---------|
| Saturday 14th January 2012 | Sailing | 9.15am to 1.00pm | Port Fairy Yacht Club Drop off / pick up at Mpower | \$5.00 |
| Wednesday 1st February 2012 | Rowing | 4.00pm to 5.30pm | Nestles Rowing Club Dennington | \$5.00 |
| Saturday 4th February 2012 | Fishing | 9.30am to 11.00am | Warrnambool Fishing Club Hopkins River | \$5.00 |
| Saturday 11th February 2012 | Snorkeling | 9.15am to 1.00pm | Snorkeling Port Fairy Drop Off/Pick up at Mpower | \$10.00 |
| Saturday 18th February 2012 | Snorkeling | 9.15am to 1.00pm | Snorkeling Port Fairy Drop Off/Pick up at Mpower | \$10.00 |
| Tuesday 21st February 2012 | Surfing | 4.00pm to 6.00pm | Warrnambool Surf Club | \$10.00 |
| Saturday 25th February 2012 | Snorkeling | 9.15am to 1.00pm | Snorkeling Port Fairy Drop Off/Pick up at Mpower | \$10.00 |
| Tuesday 28th February 2012 | Surfing | 4.00pm to 6.00pm | Warrnambool Surf Club | \$10.00 |
| Saturday 3rd March 2012 | Fishing | 9.30am to 11.00am | Warrnambool Fishing Club Hopkins River | \$5.00 |
| Tuesday 6th March 2012 | Surfing | 4.00pm to 6.00pm | Warrnambool Surf Club | \$10.00 |
| Wednesday 7th March 2012 | Rowing | 4.00pm to 5.30pm | Nestles Rowing Club Dennington | \$5.00 |
| Saturday 10th March 2012 | Fishing | 9.30am to 11.00am | Warrnambool Fishing Club Hopkins River | \$5.00 |
| Sunday 18th March 2012 | Aqua zone Swimming Pool | 2.00pm to 4.00pm | Aqua zone Queens Road Warrnambool | \$5.00 |
| Wednesday 4th April 2012 | Rowing | 4.00pm to 5.30pm | Nestles Rowing Club, Dennington | \$5.00 |
| Saturday 14th April 2012 | Seal Tour Cape Bridgewater | 10.00am to 4.00pm | Drop off/Pick up @ Mpower Please bring lunch | \$20.00 |

| Date | Activity | Time | Location | Cost |
|--------------------------------|------------------------------------|----------------------|------------------------------------------------------------|---------|
| Sunday 5th February 2012 | Seal Tour Cape Bridge- water | 10.00am to 3.00pm | Pickup drop off at Kyeema Centre Lalor Street Portland | \$20.00 |
| Saturday 11th February 2012 | Sailing | 9.00am to 1.30pm | Pick up/drop off at Kyeema Centre Lalor Street Portland | \$5.00 |
| Saturday 3rd March 2012 | Snorkeling | 9.30am to 1.30pm | Pickup drop off at Kyeema Centre Lalor Street Portland | \$10.00 |
| Tuesday 13th March 2012 | Surfing | 4.00pm to 6.00pm | Pickup drop off at Kyeema Centre Lalor Street Portland | \$10.00 |
| Saturday 17th March 2012 | Snorkeling | 9.30am to 1.30pm | Pickup drop off at Kyeema Centre Lalor Street Portland | \$10.00 |
| Tuesday 20th March 2012 | Surfing | 4.00pm to 6.00pm | Pickup drop off at Kyeema Centre Lalor Street Portland | \$10.00 |

Camperdown

For Camperdown activities please contact

Fran Fogarty on (03) 5593 7100

| Date | Activity | Time | Location | Cost |
|----------------------------|------------------------|---------------------|----------------------------------------------|---------|
| Saturday 3th March 2012 | Surfing Warrnambool | 9.00am to 4.00pm | Pick and Drop off from the Killara Centre | \$20.00 |

Active Oceans



Jessica Boyle
Active Oceans Coordinator
Mpower
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Hamilton, Portland and Camperdown

Transport to Warrnambool activities may be available.

Please enquire.