

International Day of People with Disability

Thursday
7 December 2023
10am – 12.30pm

FREE entry for people
with disability and
their carers.

Social Story

Updated December 2023 V1

Waves Fitness and Aquatic Centre
44 Mileham Avenue,
Baulkham Hills, NSW, 2154



THE HILLS
Sydney's Garden Shire



Guidelines

Thank you for choosing to use a Social Story written for the International Day of People with Disability Event Waves Fitness and Aquatic Centre, 7th December 2023.

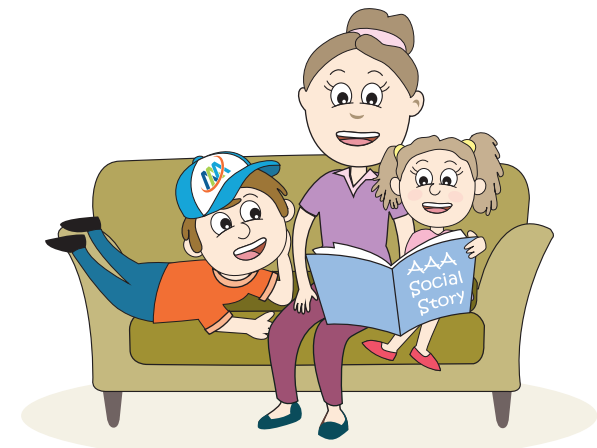
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For your Social Story to be successful, we recommend you follow these guidelines.

- Read Social Story often and preferably two weeks in advance of visit.
- Social Story to be read and shared in an environment free of distractions.
- Be calm, comfortable and honest when reading a Social Story.
- Help the participant comprehend key points and consistently monitor for level of understanding.
- Once the visit has taken place, revisit the Social Story to celebrate success.

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Accessibility

- Accessible parking in basement carpark. Lift available from basement carpark to ground floor entry.
- Adult Change Facility with motorised change bench and hoist on-site. MLAK available from lifeguards.
- Accessible and ambulant toilets throughout the centre.
- Ramp access to indoor program pool and outdoor 25m and 50m pools.
- 2 aquatic wet chairs available.
- Portable pool hoist available for the indoor pools and 25 metre outdoor pool. The hoist attachments include a sling and seat attachment. A wet chair can be attached to lift a person into and out of pool water.
- Centre is wheelchair accessible between indoor and outdoor areas.
- Accessible fitness equipment available.
- Fitness Centre with WiFi Assistive Listening System. Please ask at Reception for a receiver.
- Lockers available at a lower level, allowing access for wheelchair users.
- Signage with Braille.



I am going to an International Day of People with Disability event at Waves Fitness and Aquatic Centre.

It is on Thursday December 7th.

This event is for people with disabilities and their families to meet with local disability services and to listen to guest speakers who have lived experience with disability.

It is also a chance to find out about the accessible features at Waves Fitness and Aquatic Centre.



I can prebook my ticket [online](#).

Thursday, 7 December

International Day of People with Disability


Celebrate International day of people with disability at the newly opened accessible Waves Fitness and Aquatic centre.

By The Hills Shire Council

640 followers | 23% of attendees are repeat customers

Follow

Date and time

 Thu, 7 Dec 2023 10:00 AM - 12:30 PM AEDT

It is important to remember to bring my ticket.

If I do not have a ticket I can register on the day with a staff member.

I might also like to bring my bathers, towel, active wear and a change of clothes if I would like to swim or use the fitness equipment on the day.



When I arrive at the centre, I will see staff wearing black t-shirts with the Hills Shire logo.

The first part of the event will begin in the multi-purpose room at 10am.

A staff member will show me where the multi-purpose room is.



There will be toilets, including accessible toilets and an adult change facility.

A staff member can show me where the toilets are.



Different organisations will have stalls inside the multi-purpose room.

I might talk to them about the services they provide to help people with disabilities.

Each stall will have information, brochures and giveaways.

There will be light refreshments such as coffee, tea, juice with biscuits, muffins and fruits to enjoy.



The formal activities will begin at 10:30am.

The formal activities will include:

- a welcome from the Hills Shire Mayor
- a talk from a Waves staff member about the accessible facilities at the centre
- guest speakers including a para-athlete, a carer and disability service providers.



There will be a tour of Waves Fitness and Aquatic Centre.

A staff member will show us the accessible fitness equipment and the accessible features of the pools.



After the event has finished, I might choose to stay and try the fitness equipment or swim in the pools.

I can ask a staff member to help me with the accessible fitness equipment and the pools.



It might feel very busy and noisy at the centre.

There might be lots of people and sounds including:

- people talking on the microphone in the multi-purpose room
- background music
- people swimming and playing in the pools
- water splashing
- gymnasium equipment.



I can wear my headphones or earbuds to help with the noise.

I can go outside for some quiet time.



Waves Fitness and Aquatic Centre is a wonderful place to celebrate International Day of People with Disability.





Contacts

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THE HILLS
Sydney's Garden Shire