



Swing Into Life Program is an initiative from B.FIRM with support from the ACT Government as part of their Healthy Weight Initiative. It focuses around six key pillars including teamwork, communication, leadership, confidence, healthy living and community. The Swing Into Life Program allows for students to develop key skills that will allow them to lead a more active and healthy lifestyle.

As a part of the program, schools and students are invited to participate in an activity course which includes a number of different obstacles and activities that encourage students to work as a team and overall build confidence whilst being physically active.

The course will be adjusted to suit the needs and ages of all students to make sure that it is done in a safe and fun environment and the course has links to the Health and Physical Education category of the Australian Curriculum.

Year groups: Years 2 to 11. The course will be adjusted and tailored to suit the needs of any students year groups.

Time: 90 minute program.

Cost: \$25 per student

Location: B.FIRM Outdoor Activity Centre
(250 Narrabundah lane, Symonston, ACT).

What to bring: Drink bottle and change of clothes.

Safety: All activities are conducted by qualified program trainers.



Registration/information:

For further information or to register for this program head to: www.bfirm.com.au/swingintolife

Or contact:

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