
sportbility

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s p o r t i n g a b i l i t y



@sportbility



Sportbility



info@sportbility.com.au



www.sportbility.com.au

SPORTBILITY –
BOOKLET

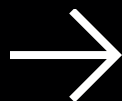


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ABOUT US



Our vision is that everyone has the opportunity to access individual and group sporting lessons to improve skills and social connections and also sporting events. The participant is able to choose from a wide variety of one-on-one sessions and programs or a group session to play and learn new skills together. It is important to us that everyone has the opportunity to learn the sport they desire whilst fulfilling their sporting goals.

www.sportbilty.com.au



Sportbilty offers their programs to schools, Melbourne communities, day services, holiday programs, sporting clubs and individuals. Currently based in five locations in Melbourne, giving people the opportunity to have access to a program near them.

We pride ourselves in the dedication we put into the participants tailored programs and a fun / safe environment.



Our services include private sessions, private programs, group term programs, sporting events and Social Saturdays.



Sportbility provides people of all abilities the opportunity to focus on a sport of their choice. The participant will be provided with a coach to then work one-on-one with. If the participant is looking to be involved in more of a social group, we have a program called 'social Saturdays'. This will be encounter participants meeting at a selected location and making new friendships whilst completing an activity.



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info@sportbility.com.au



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supporting your
sporting ability

OLIVIA WATKINS



Co-founder / Sportbility Coach

My name is Olivia and I am a co-founder of Sportbility! I have been in the disability and age care sector for 5+ years. I have always had a huge passion of helping people and a huge passion of sport. To be able to create a business which is doing both of these things is a dream come true and I can not wait until I can help achieve the dreams of our Sportbility clients.

READ MORE

5 Facts about me:

1. My Favourite song is Billy -
DRAMA
2. My lucky number is 7
3. My favourite sport is AFL
4. My favourite food is Pho
5. In my spare time I love taking my dogs
for a walk and listening to podcasts



olivia@sportbility.com.au

ABOUT ME

CO-FOUNDER/ SPORTBILITY COACH



Maddi Wilson

My name is Maddi and I am a co-founder of Sportbility! I have been in the disability sector for 5+ years. My goal is to create a space for everyone of all abilities to participate in sporting lessons and events without facing any barriers and the opportunity that they deserve. I am excited to share my experience and knowledge in sport to our Sportbility community.



5 Facts about me

1. My favourite sport is AFL
2. Favourite song is 'Relax My Eyes'
3. I love long distance running
4. I barrack for St.Kilda in the AFL
5. My favourite colour is blue



maddison@sportbility.com.au

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SERVICES



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PRIVATE SESSIONS

INFO

At Sportbility we believe it is important to have the opportunity to have access to sports lessons especially private sessions. Our experienced coaches provide fun and exciting sessions with a variety of sports. The participant is able to choose their own sport for a session, or multiple sports and we will guide you to achieve your sporting goals

WHY

These sessions are perfect if you aren't looking for a locked in program and want flexibility week in, week out. The participant is able to complete multiple sports in the session or change it up weekly. Private sessions are also a great way to build confidence around your sporting goal before joining one of our group sessions.

HOW

1. Have a think about which sport you'd like to work on with us and what your goals are
2. Email us at info@sportbility.com.au or enquire through our website with some more information
3. We will get back to you within 3 business days with some more information

PRIVATE SESSION

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These sessions are perfect if you aren't looking for a locked in program and want flexibility week in, week out.

The participant is able to complete multiple sports in the session or change it up weekly.

Private sessions are also a great way to build confidence around your sporting goal before joining one of our group session's.

Cost: \$70 per person



Contact us:

- 0435666040
- info@sportbility.com.au
- www.sportbility.com.au
- PO Box 113 Chelsea Heights

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Term Program

INFO:

Each term Sportbility provide participants to join our private sports programs. This is a tailored 10 week program which includes a 1 hour session each week focusing on their chosen sport.

WHY:

These term program include a tailored structured program specific to the individuals goals, needs and their chosen sport and Sportbility merch (t-shirt, pen and tote bag). This is a great way for the participant to stay on track of their progress while being supported one-on-one with a coach.

HOW:

1. Have a think about which sport you'd like to work on with us and what your goals are
2. Email us at info@sportbility.com.au or enquire through our website with some more information
3. We will get back to you within 3 business days with some more information



PRIVATE SESSIONS VS TERM PROGRAMS:

Although these two services sound very similar they have their differences. Our private sessions are general sports sessions with a more flexible booking system whereas our term programs are scheduled weekly bookings with a lock in contract for the term.

CONNECT WITH US:

Stay up to date with more information about our services and upcoming events on our social media accounts + our website.



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info@sportbility.com.au



www.sportbility.com.au

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TERM PROGRAM

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ABOUT

Each term Sportbility provide participants to join our private sports programs. This is a tailored 10 week program which includes a 1 hour session each week focusing on their chosen sport.

INFORMATION

In each term program package, the participant will receive a Sportbility journal, t-shirt and bag

Every session the coach + participant will break down the fundamentals and track their progress.

Contact Sportbility for pricing

LOCATION

Sportbility have five locations across Melbourne. One location in Bayside Council, Greater Dandenong Council, Monash Council, Kingston Council and Whittlesea Council.

CONTACT

US



**TO SIGN UP OR
INQUIRE, CONTACT
US TODAY**

0435666040

info@sportbility.com.au
www.sportbility.com.au



PO BOX 113 Chelsea Heights

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EVENTS

INFO

Each month Sportbility will post on social media and on the website upcoming sporting events in Melbourne and take an individual or group there. This could include from going to an AFL game, basketball game etc.

WHY

This is an opportunity to go barrack for your sporting team, meet sporting stars and to grow your confidence in the community. If you join in on a group session, your connections will grow and create new friendships.

EVENTS

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INFORMATION

Each month Sportbility will post upcoming sporting events in Melbourne and take a group all together. This is a great opportunity to meet new friends and head out all together into the community. The event can be requested by the participant too!

Pricing may vary, contact Sportbility to find out more

SPORTING EVENTS:

AFL AT THE MCG

BASKETBALL AT
JOHN CAIN ARENA

SOCCER AT AAMI
PARK

+MORE



JOIN TODAY!



CONTACT US

0435666040

info@sportbility.com.au

www.sportbility.com.au

SOCIAL SATURDAY'S

ABOUT SOCIAL SATURDAY'S

Sportbility provides sports sessions on Saturdays for people of all abilities to connect with new people and participate in a range of activities!

LOCATION + TIME

Every four weeks Sportbility will change the location for participants to try a new sport / activity! The location will be emailed out to participants and uploaded on our website and social media. The session will go from 10:00am-1:00pm.

HOW TO REGISTER + FIND OUT MORE

Head to www.sportbility.com.au to inquire or email us at info@sportbility.com.au to register or ask any questions.

SOCIAL SATURDAYS **sportbilty**

JOIN US TODAY!



WHY

JOIN?

ACTIVITIES:

AFL

SOCCER

BASKETBALL

LAWN BOWLS

ROUND ROBIN

KICK BALL

+ MORE

LOCATION:

INDOOR FACILITY
IN KINGSTON
COUNCIL

CONTACT US



04356660040



info@sportbilty.com.au



www.sportbilty.com.au



113 PO Box Chelsea
Heights



Social Saturdays are a great way to join in an activity with a group of people within the community. This is a great way to connect and meet new people and to also stay physically active. \$70 per person
10:00am-1:00pm

FUN

ALL

FOR



NEXT STEP + HOW TO REGISTER

- 01** HEAD TO WWW.SPORTBILITY.COM.AU
- 02** CLICK INQUIRE + ADD YOUR DETAILS IN
- 03** OR SEND US AN EMAIL AT INFO@SPORTBILITY.COM.AU
- 04** WE WILL RESPOND TO YOU IN 3-5 BUSINESS DAYS WITH MORE INFORMATION
- 05** IN THE MEANTIME CHECK OUT OUR SOCIAL MEDIA + WEBSITE
- 06** STAY TUNED TO HEAR FROM US

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supporting your
sporting ability