



Abilities Unleashed Adults

A fun and inclusive day of activities connecting people with disabilities to local sport and active recreation opportunities.

Wednesday 15 May, 2024
10 am - 1 pm
Copper Coast Sports & Leisure Centre, 1 Doswell Terrace, Kadina SA 5554

Click here
or scan the
QR code
to register:



Contact: abilitiesunleashed@sports.org.au





Abilities Unleashed Adults is a national initiative by Disability Sports Australia focused on promoting active pathways for people with disabilities.

These days mark the initial steps in the active journey of adults living with disabilities. Each event aims to motivate and enable participants to discover local opportunities by trying a variety of sport and active recreation within a fun, safe, and inclusive environment.

The program provides a platform for local inclusive program and disability service providers to collaborate and connect to people with disabilities in their area.

What Ability 

Benefits of attending the day:

- physical and mental health benefits of exercise
- social wellbeing, friendships, and community connection
- strengthening balance, coordination and mobility skills
- teamwork, collaboration and planning
- increased self-esteem through a sense of achievement

Disability Sports Australia (DSA) is a National Sporting Organisation and charity whose mission is to enable more Australians with disabilities to be more active, more often.

Donate now to make sports and active recreation accessible for all!

