



www.swellmamas.org

**invites your organisation to
participate in an
8-week program, tailored to your
community group**

We use surfing and beach play as a
vehicle to promote individual and
community

- health and wellbeing
- social connection and inclusiveness
- personal development
- environmental awareness,
appreciation and safety



Our facilitators are qualified surf coaches
and
Surf Life Saving Bronze Medallion Holders

We don't just guide participants in the
art of surfing but focus on
social inclusion and health promotion.
All equipment is provided.

Simply enjoy 8-weeks of fun, family
friendly surfing and beach play
experience.

And/or

Our facilitators can work with the group
to develop an ongoing
'Swell Mamas' program for their
community



For more information please contact:

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