

**Blind Sports NSW** have a range of activities through traditional organised sports and social recreation for people of all ages. Our organisation is the recognised peak body for all of sport and recreation for people with low vision and blindness across NSW and are also assisting ACT residents to live a more socially engaged life.



Join us on our social media platforms being Facebook and Instagram or subscribe to our podcasts by searching Inclusion Sports Media Blind Sports NSW on itunes or spotify. You can also look at our many videos on YouTube or go to our website:

[www.blindsportsnsw.com.au](http://www.blindsportsnsw.com.au)



Even if you have never been a sporty person or played a sport, we want to hear from you. There are many social based activities, which can help you meet new friends and feel part of our community. We want to improve your physical and mental wellbeing on all levels, so don't be afraid to take the first step by calling or emailing us for more information.



Blind Sports NSW offers a range of adapted activities for people with low vision and blindness including the following:

- Adventure Sports (indoor rock climbing, indoor skydiving and surfing)
- AFL
- Athletics
- Baseball 5's
- Basketball
- Bowls
- Camps (school aged camps for students 10-19)
- Cricket
- Day Excursions (for both adults and for students-families)
- Football – Futsal
- Goalball
- Golf
- Hockey
- Swimming
- Swish
- Tennis
- Touch Football
- Winter Sports



## Goalball NSW

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## Blind Cricket NSW

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## BLV Tennis NSW/ ACT

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## Soccer NSW

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