

Social Story

Children's Programs at the MARC





Guidelines

Thank you for choosing to use a social story written for Children's Programs at the Mandurah Aquatic and Recreation Centre (MARC).

A social story uses storytelling techniques to explain new experiences and environments to people who are autistic or who have sensory sensitivities. Anyone who is nervous when attending a place or event for the first time may benefit from access to a social story.

For your social story to be successful, we recommend you follow these guidelines.

- Read the social story preferably 2 weeks in advance of visit.
- Read in a relaxed environment.
- If reading to someone, help the person to understand key points.
- Once the visit has taken place, re-read the social story to celebrate achievements.



This is a photo of the MARC.

MARC is the Mandurah Aquatic and Recreation Centre.



I am going to the MARC for a children's program.

Children's programs include:

- Action Tots,
- Tots Gymnastics,
- Recreational Gymnastics,
- Power Fit Classes,
- Home School Gymnastics.

More information about children's programs can be found in this link
<https://www.mandurah.wa.gov.au/community/places/aquatic-and-recreation-centres/children>



If I travel to the MARC by bus, there are bus stops close by.

If I travel to the MARC in a car, there are parking bays out the front of the centre. There are additional parking areas across Cemetery Road.

If I have an ACROD permit, I can use the ACROD bays available in both parking areas.



When I arrive at the MARC I will enter through the main entrance. The glass doors will open automatically.



I do not enter through the Events entrance.



When I arrive, I will see people at reception who work at the MARC.

They are called staff.



The children's program will be on the stadium courts.

Power Fit classes for children 8 to 16 years are delivered in the gym.



I may smell food on my way to the pool.

There is a café at the MARC.



My children's program instructor will be in a grey and orange shirt.

The instructor may say hello to me.

My instructor will tell me when it is time to start the lesson.



My instructor will show me how to use the equipment properly.

I will try to follow the instructor's instructions.



My instructor will help me to learn new skills.

I might practice jumping, running, climbing, balancing and tumbling.



I will try to listen to what my instructor tells me.

I will try to wait my turn during the activities.

Waiting my turn is a fair thing to do.



Sometimes it may be loud on the stadium courts.

Sometimes it might sound loud because people are excited.

That is ok.

I can have a break from the noisy area, maybe moving to the Alfresco area with my trusted adult.



If it gets too noisy, I may choose to wear noise reduction earmuffs.

I can wear my own, or I can borrow earmuffs from the MARC.

The instructor will be able to provide me with earmuffs to use whilst I am at the MARC.



We might finish the lesson with a game or a dance.

My instructor will tell me when the lesson has finished.



The children's programs at the
MARC are fun!

Contact

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If you need help to speak or listen on the phone you can use the National Relay Service on 1300 555 727

For more information visit: relayservice.gov.au



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