

Do you have some time on your hands and want to give back to your community?



Gladstone's unique water-based exercise program is looking for volunteers!

Research says that helping others kindles happiness. Volunteering can protect your mental and physical health and provide a sense of purpose. It is also a chance to learn new skills and advance your career. Simply put, volunteering can not only improve the lives of others, but can also improve yours.

The Gladstone Community Linking Agency (GCLA) is a local organisation working for the community. As part of its service to the community, GCLA runs an Aqua Fit program in partnership with the Gladstone Aquatic Centre. Gentle water-based exercise is designed to increase physical fitness for the aged and people who have a disability.

Previous experience is not essential. We are looking for passionate, dynamic and enthusiastic people - individuals who want to make a difference in the lives of people with a disability and the ageing in Gladstone and who have a little (or a lot of) time to spare.

If you love water and love making friends, then please contact Alicia on (07) 4972 8855 or come into GCLA at Shop 1/13 Herbert Street, Gladstone.