

ABOUT US

From Zero to Hero was founded by Nadia Azizabadi in February 2017 to teach adult migrants how to swim and guide them step by step to get water confidence and safety knowledge to improve their physical and mental health.

In cooperation with local organisations, and with our fundraising efforts, From Zero to Hero has taught more than 100 refugees and other migrants, how to swim because we believe everyone deserves the opportunity to release their potential and enjoy Australia's stunning water world.



Nadia is a TEDx speaker, an Austswim accredited instructor, a surf life saver, a former player on both the National Tasmanian Women's Underwater Rugby and Hockey teams, a scuba dive instructor, and a scientific diver. Nadia could barely swim when she first came to Australia.

Watch her TEDx talk on Youtube TEDx Channel under "Diving into Australian culture: From Zero to Hero".



COLLABORATORS & SPONSORS



**SURF LIFE SAVING
TASMANIA**



www.FromZeroToHeroAustralia.com.au

ADULT WATER SAFETY AND WATER SPORT PROGRAM

Programs available in both
VIC and TAS

CONTACT US

info@fromzerotoheroaustralia.com.au

+61 469 630 948

**WE CAN HELP YOU
BE THE HERO OF
YOUR YESTERDAY!**



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My Swim to Sport

Release your potential in different water sports



A ten session program to correct your swim techniques in the pool and the ocean and introduce you to different water sports such as snorkelling, underwater hockey, Scuba diving, etc.



Family Snorkelling Sessions

Enjoy the beauty of Australian underwater world



Explore the depths from the surface!

A three session program (one pool session and two ocean sessions) to learn snorkelling with your family.



Multicultural Beach Day

Watersafety Knowledge session



An informative day full of fun activities and ocean safety trainings to introduce Australian beach culture to new arrivals to Australia.



English For Swimming

Suitable for new Arrivals



A ten session program that combines English classes with learn-to-swim sessions designed specifically for families from culturally and linguistically diverse (CALD) background.



Women/Men Only Swimming



A ten session men / women specified program for Adult migrants suitable for all levels from beginner to advanced swimmers.

Male/female instructors are available.



**OTHER GROUP AND
INDIVIDUAL
PROGRAMS ARE
AVAILABLE ON
REQUEST.**

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