

# Social Enterprise Launch Pad Program

Central  
Coast  
Council

## Lyndi Leggett, The Scuba Gym

2020 Social Enterprise Launch Pad program participant

Lyndi Leggett, founder of The Scuba Gym was also a participant in last year's social enterprise program and runs unique underwater therapy sessions for people living with a disability.

"I definitely benefited from the connections I made from the program, and the tutors provided superb advice. I am still working with some of them in a mentoring capacity as I continue to grow this business. I would definitely recommend this program to social entrepreneurs that are committed to getting results."

### About The Scuba Gym

The Scuba Gym provides Scuba Therapy for people with a disability. It provides unique therapy in a weightless environment which allows the therapist to exercise their clients, so they heal and rehabilitate in wonderful ways. This therapy can improve lung function, boost their lymphatic system, and stimulate their nervous systems so they feel stronger and are both mentally and physically stronger. The proven results and improved function and strength is amazing.

The Scuba Camps that are run a few times a year provide a whole day out and range of activities for people with Autism or Down Syndrome. All the campers get buddied up with a qualified diver and get to experience scuba enjoy a range of water-based activities, plus some quiet arts and crafts time. It's a wonderful experience and builds so much self-esteem and self confidence in participants, as well as being a social and fun day out. To book in the first session coming up on 27 February at Wyong Pool, or for more information please contact Lyndi on 0420 380 055 or [Lyndi@thescubagym.com.au](mailto:Lyndi@thescubagym.com.au)

[thescubagym.com.au](http://thescubagym.com.au)

