



TOTAL RECREATION

PROGRAM HANDBOOK 2026



DARWIN



Registered
NDIS Provider

Proudly supported by
 Northern Territory
Government

www.totalrecreation.org.au

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PROGRAM OUTCOMES

Total Recreation programs and activities provide members with opportunities to develop skills and achieve the following goals.

SKILLS - Learn and develop new skills across various program offerings, with a focus on individualised skill development and personal growth.

DANCE - Increase movement and fitness, learn new dances, increase confidence and work towards an annual performance.

ARTS - Self-expression, tell your story, increase your art skills and build social networks.

FITNESS - Get fit and healthy, movement fundamentals, get active, challenge yourself and increase your capacity to exercise.

SPORTS - Team work, fitness, technical movement, sports skills, pathways and representation of the NT and beyond.

SOCIALS - Make friends, build relationships, access your local community, learn money handling and develop independence.

TRAVEL - New experiences, learn about different communities, budgeting and cash handling and create lifelong memories.

ABOUT US



Total Recreation provides inclusive programs and activities supporting people with disabilities to enjoy social and recreational activities in their community. Programs are influenced by members who guide program offerings, activities and experiences.

Operating for more than thirty years, Total Recreation provides door- to-door supported programs that build confidence and skills through guided, peer-supported experiences.

Total Recreation is an official service provider under NDIS (National Disability Insurance Scheme) and provides services at a 1:2 and 1:3 ratio. (1 staff to 2 or 3 members)



Registered
NDIS Provider

BECOME A MEMBER

Becoming a member is easy and only costs \$10 per year (concession).

1. Complete and submit a 'Members Interest Form'
2. We then contact you for a face-to-face meeting.
3. Complete your member profile and NDIS information

Find the **Membership Interest Form** on our website, or speak to our friendly staff.

www.totalrecreation.org.au

Phone: **(08) 8981 3686**

HANDBOOK

This program handbook will inform you of all the programs, activities and events that are on offer to Total Recreation members in 2026.

1. Read through this program handbook and information with your guardian or family member and mark the programs you wish to attend.
2. Each quarter (3 months) a Schedule of Supports will be emailed to you or your guardian. Completing the SOS confirms your program attendance for the following 3 months. It is important to note ongoing programs will be charged as a program of supports.
3. Total Recreation will contact you around two weeks before the program to provide all details and transport times. For Travel this will be 3 - 9 months prior depending on the length of the trip.
4. You will receive a text message confirming your attendance details between 24 and 48 hours prior to the program commencing.

PROGRAM PRICING

Program pricing indicated in this handbook includes two prices. NDIS costs (purple) and Member costs (green).

NDIS Cost indicates the funding that will be charged from your NDIS plan. This is invoiced after the program monthly (all NDIS pricing is determined by the NDIS price guide and is subject to change).

NDIS costs include planning, center costs, travel and hours of support.

Member Cost includes program costs not covered by the NDIS including; event tickets, meals, accommodation and flights. The member cost **must** be paid before attending the program.

An example:

- Friday 16th January

NDIS EST

\$229

6 hours

MEMBER

\$15

1 event

MEALS

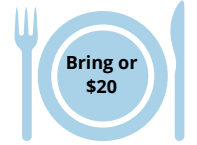
Some programs require members to bring money for meals and drinks, as indicated with the orange plate and include a recommended amount.



Meals are included on some programs and are indicated with a green plate with 'Included'.



Where a blue plate is shown members can bring a packed lunch or \$20. We encourage members to independently make healthy meal choices and we will assist with transactions at venues.



If no plate is shown there is **no meal** included in this program.

MORE ACTIVE PROGRAMS

Total Recreation ensures we offer programs to suit a range of ability and fitness levels. Programs that include walks of distances over 2kms will be identified using this shoe.



PROGRAM OF SUPPORTS & PAYMENTS

All program of supports (weekly programs) members will be charged for the block of programs whether or not they attend.

Members will not be charged for a program of supports if on another Total Recreation program at the time for example, travel or sporting trip.

All member cost are **non-refundable** unless Total Recreation are provided greater than 72 hours notice and able to find another member to take the place of the cancellation on that program.

WEEKDAY PROGRAMS

MONDAY- FRIDAY 8:30am - 3:30pm

ARTS AT THE REC ROOM

YOUR ARTS PROJECT 1:1

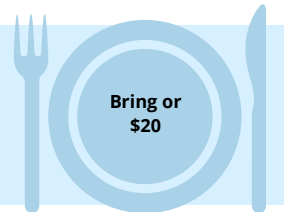
MONDAYS (M1, M6, M11 & M16).

Develop your own arts project working one on one with a Total Recreation staff member to mentor you through the process.

- Each Monday during school terms

NDIS EST
Quoted

MEMBER
Quoted



ART SKILLS

TUESDAY (M2, M7, M12 & M17).

WEDNESDAYS (M3, M8, M13 & M18).

An introduction to the arts including a range of art mediums throughout the year. This is the perfect program to start your arts journey or develop a skill to then move into the Market Project.

- Each Tuesday & Wed during school terms

NDIS EST
\$3476
70 hours

MEMBER
\$100
10 weeks



MARKET PROJECTS

THURSDAYS (M4, M9, M14 & M19). & FRIDAYS (M5, M10, M15 & M20).

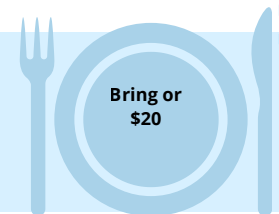
During the Market Project members design, develop and create their own art-based products. Members then participate as a collective market stall selling the products at the three Tactile Arts Creative Markets throughout the year.

Additional NDIS hours of approx. \$1120 will be charged for support while selling at local markets throughout the year.

- Each Thursday & Friday during school terms

NDIS EST
\$3476
70 hours

MEMBER
\$100
10 weeks



WEEKDAY MORNINGS

MONDAY- THURSDAY 9am - 1pm



SKILL 1:1 (K1, K5, K9 & K13).

Are you looking for someone to support you to go to the gym, take a walk along one Darwin's beautiful walking tracks or go fishing? Please contact us to develop a program around your wishes.

- Each Monday during school terms

NDIS EST
Quoted

MEMBER
Quoted



COOKING

TUESDAYS (K2, K6, K10 & K14).

THURSDAYS (K4, K8, K12 & K16).

Learn new skills such as knife handling, food preparation and cooking recipes. Members will learn how to shop for food and budget, with a focus on recipe reading, development and skills in the kitchen. There is a minimal cost to members to cover the ingredients and we supply all equipment.

- Each Tuesday & Thursday during school terms

NDIS EST
\$2134
40 hours

MEMBER
\$120
10 weeks



EXPLORE DARWIN

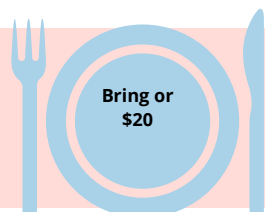
(K3, K7, K11 & K15).

Explore our national parks, waterfront precincts, historical landmarks, Darwin Military Museum, Botanic Gardens or discovering local galleries and nature parks.

- Each Wednesday during school terms

NDIS EST
\$2134
40 hours

MEMBER
\$90
10 weeks



Sports are offered each Wednesday and Friday during school terms.

WEDNESDAY

WEDNESDAYS 10am - 1pm

INDOOR SOCCER (S1 & S2)

A weekly indoor soccer program offering fast-paced games, skill development, and fun for all levels.

- 15 April - 3 June (S1)
- 15 July - 2 Sept (S2)

NDIS EST
\$1083
24 hours

MEMBER
\$80
8 sessions

FRIDAYS 10am - 1pm

FRIDAY

BASKETBALL RISING STARS (S3, S4, S5 & S6)

Join the Rising Stars basketball program and compete against teams from around Darwin.

- Season 1: 23 Jan - 27 March (S3)
- Season 2: 17 April - 19 June (S4)
- Season 3: 17 July - 18 Sept (S5)
- Season 4: 9 Oct - 11 Dec (S6)

NDIS EST
\$1354
30 hours

MEMBER
\$100
10 sessions

SWIMMING, ATHLETICS & NETBALL

If you are interested in joining a weekly swimming, athletics or netball squad please call us on 8981 3686 Ext. 4

EVENINGS

MONDAYS 3:30pm - 6:30pm

DANCING (D1).

Do you love the DWTC Ball each year and want to keep on dancing all year? Learn a number of progressive and ballroom dances.

- 19th Jan to 23rd March

NDIS EST

\$1581

27 hours

MEMBER

\$135

9 sessions

MONDAY

LINE DANCING (D2).

Line dancing is a fun, choreographed group dance where participants perform synchronised steps in lines to music.

- 13th April to 15th June

NDIS EST

\$1405

24 hours

MEMBER

\$120

8 sessions

DANCING WITH THE CELEBRITIES (D3).

This 12 week ballroom dance program teaches a range of dances in preparation to compete at Total Recreation's night of nights. The member's price includes your DWTC Ball ticket!

- Mondays 13th July to 19th Oct
- DWTC Ball 24th October 2026

NDIS EST

\$2108

36 hours

MEMBER

\$280

12 sessions

TUESDAYS 3:30pm - 6:30pm



AQUA ZUMBA (F1)

Enjoy a low-impact, full-body workout performed in water to improve strength, flexibility and cardiovascular health

- 20th Jan - 24th March

NDIS EST

\$1757

30 hours

MEMBER

\$150

10 sessions

DANCE ZUMBA (F3)

A high-energy fitness workout that combines dance and aerobic movements to upbeat music for fun and effective exercise.

- 14th April - 16th June

NDIS EST

\$1757

30 hours

MEMBER

\$150

10 sessions

POUND (F5)

A full-body workout that combines cardio, strength training, and drumming to your favorite hits.

- 14th July - 15th Sept

NDIS EST

\$1757

30 hours

MEMBER

\$150

10 sessions

BEAT BOXING (F7)

Box your way to fitness while listening to the biggest hits.

- 6th Oct - 8th Dec

NDIS EST

\$1757

30 hours

MEMBER

\$150

10 sessions

TUESDAY

CRAFTY ARTS (A1)

Members will explore a range of art & craft mediums. Activities will include acrylic pouring, alcohol ink painting and collage workshops.

- 21st Jan - 25th March

NDIS EST

\$1968

30 hours

MEMBER

\$180

10 sessions

PHOTOGRAPHY (A2)

Members will learn on location, visiting a range of local scenes to explore different photography skills. Then learn to edit and print their own works for exhibition.

- 15th April - 17th June

NDIS EST

\$1968

30 hours

MEMBER

\$180

10 sessions

ARTS CREATIVE (A3)

Art creative focuses on designing, developing and making arts-based products. Ideal for gifts, for members to display at home and to gain skills in product design.

- 15th July - 16th Sept

NDIS EST

\$1968

30 hours

MEMBER

\$180

10 sessions

DIGITAL MEDIA (A4)

Get creative in Digital Media with workshops in using Cricut equipment, Canva, Photography and Video production.

- 7th Oct - 9th Dec

NDIS EST

\$1968

30 hours

MEMBER

\$180

10 sessions

THURSDAYS 3:30pm - 6:30pm



CIRCUIT (F2)

A high-intensity workout where participants rotate through a series of strength and cardio exercises targeting different muscle groups.

- 22nd Jan - 26th March

NDIS EST

\$1757

30 hours

MEMBER

\$120

10 sessions

WALKING ONE (F4)

Keep fit and healthy while walking the many beautiful tracks from Darwin city to beyond Palmerston.

- 16th April - 18th June



NDIS EST

\$1705

30 hours

MEMBER

\$50

10 sessions

WALKING TWO (F6)

Keep fit and healthy while walking the many beautiful tracks from Darwin city to beyond Palmerston.

- 16th July - 17th Sept



NDIS EST

\$1705

30 hours

MEMBER

\$50

10 sessions

YOGA (F8)

This session will combine physical postures, breathing, and meditation to enhance strength, flexibility, and inner calm.

- 8th Oct - 10th Dec

NDIS EST

\$1757

30 hours

MEMBER

\$190

10 sessions

THURSDAY

TOTALLY SOCIAL

Friday Socials 1:3

MOVIES & DINNER (B1)

Watch the latest movie blockbusters at a cinema in Darwin or Palmerston and enjoy a meal with your friends.

MONTHLY

NDIS EST

\$229

6 hours

MEMBER

\$15

1 session



DANCING & DINNER (B2)

Enjoy a meal and dance the night away with the band at a local sports club or bar.

MONTHLY

NDIS EST

\$204

5 hours

MEMBER

\$10

1 session



FRIDAY

TENPIN BOWLING & DINNER (B3)

Are you ready to bowl a strike, come along to see if you can bowl a top score followed by dinner.

MONTHLY

NDIS EST

\$229

6 hours

MEMBER

\$35

1 session



MINIGOLF OR KARAOKE & DINNER (B4)

Mini Golf in the dry and karaoke in the wet season!

MONTHLY

NDIS EST

\$204

5 hours

MEMBER

\$20

1 session



Saturday Socials



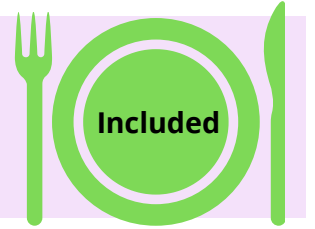
MOVIES & LUNCH x 6 (E1)

Enjoy movies and lunch at The Rec Room

- 24 Jan
- 21 Feb
- 2 May
- 5 Sept
- 17 Oct
- 12 Dec

NDIS EST
\$285
6 hours

MEMBER
\$20
1 session



MARKETS & LUNCH x 5 (E2)

Enjoy all of the food, culture and atmosphere of the Darwin markets, buy yourself lunch or a smoothie.

- 7 Feb
- 28 Mar
- 27 June
- 25 July
- 14 Nov

NDIS EST
\$332
5 hours

MEMBER
\$10
1 session



LIVE MUSIC & DARWIN FESTIVAL x 6 (E3)

This is your ticket to the best event held at the Darwin Entertainment Centre and 3 shows during the Darwin Festival.

- DARWIN FESTIVAL**
- Live music, dates TBC
- August 8
 - August 15
 - August 22

NDIS EST
\$332
5 hours

MEMBER
Per Event
1 session



SPORTS FANS x 6 (E4)

Watch the best sport offered in Darwin including the NTFL grand final, NRL, AFL and V8's

- NTFL March
- NRL April
- AFL May
- V8's June
- Local sport

NDIS EST
\$332
5 hours

MEMBER
Per Event
1 session



SATURDAY

Sunday Socials

GREYHOUNDS x 3 (G1)

Spend a relaxing Sunday evening at The Darwin Greyhound track to pick your favorite dog and enjoy dinner.

- March
- May
- September

NDIS EST

\$393

5 hours

MEMBER

\$15

1 event



Christmas 2026

CHRISTMAS CAROLS (C1)

Pack a rug and enjoy a night of music at Darwin's Amphitheatre.

- Sunday 6th December

NDIS EST

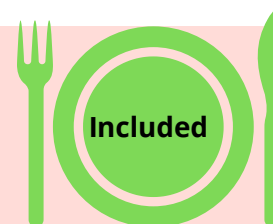
\$405

5 hours

MEMBER

\$25

1 event



LIGHTS TOUR (C2)

See Darwin's best Christmas houses come to light, twinkle, flash and even snow!

- Tuesday 15th December

NDIS EST

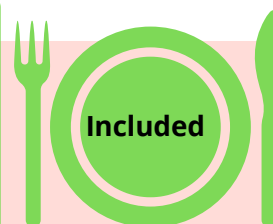
\$216

5 hours

MEMBER

\$30

1 event



CHRISTMAS PARTY (C3) NDIS 1:5

Come and enjoy all the Christmas fun with friends, family and the Total Recreation crew.

- Friday 18th December

NDIS EST

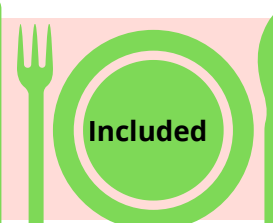
\$164

6 hours

MEMBER

\$75

1 event



WEEKEND ARTS

PHOTOGRAPHY DAY TRIP I (M5)

Day trips encourage members to build on skills learnt during weekly classes by getting out and about.

- 20th June

NDIS EST

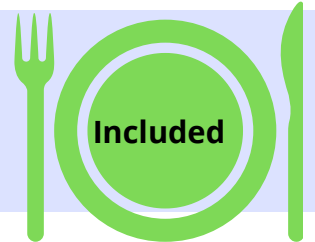
\$549

8 hours

MEMBER

\$90

1 day



DIGITAL MEDIA DAY TRIP II (M6)

Day trips encourage members to build on skills learnt during weekly classes by getting out and about.

- 5th December

NDIS EST

\$549

8 hours

MEMBER

\$90

1 day



ARTS CREATIVE WEEKEND (M7)

Enjoy a relaxing weekend getaway with all things art. A great opportunity to get out in nature and reflect on what the Top End has to offer with colourful sunsets, waterways and landscapes to paint, draw and photograph.

- 12th - 13th September

NDIS EST

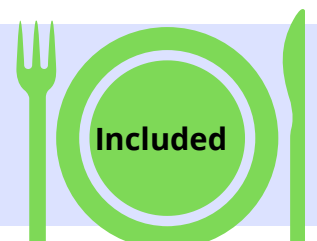
\$1606

24 hours

MEMBER

\$420

2 days



BBQ BOAT CRUISE (T1)

Spend a day on Corroboree Billabong, relishing a delightful BBQ lunch whilst surrounded by incredible wildlife.

- **Saturday 18th April**

NDIS EST

\$525

8 hours

MEMBER

\$95

1 day



DARWIN HARBOUR CRUISE (T2)

An evening spent on Darwin Harbour, enjoying the breathtaking Northern Territory sunset while savoring a delightful dinner.

- **Saturday 11th July**

NDIS EST

\$397

6 hours

MEMBER

\$159

1 day



LITCHFIELD (T3)

Enjoy a leisurely time in the rock pools while exploring the attractions of the national park, complete with lunch and drinks.

- **Saturday 19th Sept**



NDIS EST

\$496

8 hours

MEMBER

\$75

1 day



DARWIN WEEKENDER - 2.5 Days (T4)

Relax by the pool at one of Darwin's best hotels while enjoying the company of your friends.

- **Fri 16 - Sun 18 January**

NDIS EST

\$1865

30 hours

MEMBER

\$790

2.5 days



PERTH - 7 Days Arts Focus(T5)



This Arts Focused trip will take in all of Perth and surrounding areas.

• March 2026



NDIS EST

\$4171

84 hours

MEMBER

\$3850

7 days



BALI - 6 Days (T6)

Enjoy a beautiful relaxing resort and all the sights, culture and experiences Bali has to offer.

• April 2026

NDIS EST

\$3665

60 hours

MEMBER

\$2600

5 days



CRUISE FROM BRISBANE - 8 Days (T7)

We are returning to enjoy cruising and entertainment, staying in Brisbane before and after the trip. The destination will be confirmed once we have names and numbers, **so book early!**

• June/ July 2026

NDIS EST

\$4936

96 hours

MEMBER

\$3900

8 days



TRAVEL

FESTIVAL WEEKENDER - 2.5 Days (T8)

Experience the vibrant sights and sounds of the Darwin Festival while enjoying two nights stay in town. This is an event you won't want to miss!

• Fri 21 - Sun 23 August

NDIS EST

\$1865

30 hours

MEMBER

\$850

2.5 days



NEW ZEALAND - 8 Days (T9)

Take in this stunning island nation known for its breathtaking landscapes, rich Māori culture, and friendly, adventurous spirit.

- **September 2026**



NDIS EST

\$4936

96 hours

MEMBER

\$4800

8 days



TASMANIA - 7 Days (T10)

Enjoy a week exploring this rugged island state of Australia renowned for its wild natural beauty, rich history and vibrant local produce.

TRAVEL

- **November 2026**



NDIS EST

\$4171

84 hours

MEMBER

\$3950

7 days



CHRISTMAS WEEKEND - 3 Days (T11)

A classic way to finish the year with friends in the tropical surrounds of Darwin's iconic Airport Resort includes a seat at the member's Christmas party.

- **Fri 18 - Sun 20 Dec**

NDIS EST

\$1480

36 hours

MEMBER

\$690

3 days



SHORT TERM ACCOMMODATION (STA)

We also offer Short Term Accommodation (Respite) locally and can design a travel experience around your individual needs. For more information call 8981 3686 Ext. 7