



TOTAL  
RECREATION

# WO!

## WHATS ON

## 2023

## PROGRAM HANDBOOK

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# WELCOME

Welcome to the 2023 Total Recreation What's On handbook advertising all your favorite Total Recreation programs for the year.

## ABOUT TOTAL RECREATION

Operating for more than thirty years in the Northern Territory, Total Recreation provides door to door supported service for its members. Building confidence and skills through guided, peer supported experiences.



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

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



## WHAT'S NEW IN 2023?

2023 will see all our favorite programs delivered across Socials, Arts, Travel, Sport and more.

**Socials** - in 2023 all socials will be delivered as individual sessions, members can pick and chose which social occasions you attend. Other programs (Arts & FREDI fitness etc.) will be delivered in blocks and now align to schools terms, delivered under NDIS 'programs of support'.

**FREDI Fitness** - Moving away from 'exercise physiology' FREDI fitness will now be delivered in a 1:2 ratio. This will reduce the cost of all FREDI Fitness programs, increase support on programs and open up the program to members who don't have exercise physiology in their plan.

# HOW TO USE THIS HAND BOOK

This program handbook will inform you of all the programs, activities and events that are on offer to Total Recreation members in 2023.

- Read through this program handbook and information with your guardian or family member and identify the programs you would like to attend.
- Once you receive the Schedule of Supports in early December (through Operoo), select the programs you would like to attend.
- Once selected in Operoo (Schedule of Supports) you are placed on the interest list for the program. Total Recreation will notify you about two weeks out of the program to confirm your attendance.

## PROGRAM PRICING

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

**NDIS Costs** indicates the funding that will come out of your NDIS plan, this is invoiced after the program (all NDIS pricing is determined by the NDIS price guide and is subject to change pending updates).

**Member Costs** are the program costs not covered by the NDIS this includes; event tickets, meals, accommodation & transport for travel experiences.

<ul style="list-style-type: none"><li>• Friday 15th Jan</li><li>• Friday 12th Feb</li><li>• Friday 12th Mar</li></ul>	<b>NDIS</b> <b>\$581</b> 18 hours	<b>Member</b> <b>\$45</b> 3 sessions	
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The pricing box includes other program information including:

- Program dates, name and Operoo code (in brackets)
- NDIS support hours (purple box)
- Number of sessions (green box)
- Recommended meal money (for programs requiring meals)



# PROGRAM OUTCOMES

Total Recreation programs and activities provide members with opportunities to refine and develop skills towards achieving their goals, building independence and developing confidence to access their community.

Programs are delivered across six key areas, each area aims to provide participation outcomes towards personal goals, these include:

- **SOCIAL:** making friends, building relationship networks, access to & participate in the community, transactions & money handling, developing independence, trying new activities & experiences.
- **FITNESS:** healthy lifestyle, supported exercise, diet, movement fundamentals, get active, challenge yourself, develop capacity to exercise independently.
- **ARTS:** self expression, tell your story, art skills (photography, paint, crafts etc.).
- **TRAVEL:** new experiences, community access, budgeting & cash handling.
- **SPORTS:** team work, participation, community access, fitness, technical movement, sports skills, pathways and representation.
- **YOUTH:** making friends, building relationship networks, access to & participate in the community,

## BECOME A MEMBER

Becoming a member is easy and only costs \$10 per year (concession). The first step is to complete and submit a 'Members Interest Form' this provides us with your contact details. We then contact you for a face to face meeting.

Find the Membership Interest form on the Total Recreation website ([www.totalrecreation.org.au](http://www.totalrecreation.org.au)), for more information speak to our friendly staff in the office by phoning 8981 3686 or emailing [admin@totalrecreation.org.au](mailto:admin@totalrecreation.org.au) .

See our website [www.totalrecreation.org.au](http://www.totalrecreation.org.au) or phone us in the office:

**Phone: (08) 8981 3686**

# MEALS

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



Meals are included on some programs, these are indicated with a green plate with 'included'.



Total Recreation encourages members to independently make healthy meal choices and assist with transactions as required at venues.



## OPEROO

Total Recreation uses Operoo to manage membership, program paperwork and member communications.

Operoo is a software program designed to manage membership, program bookings, payments and more. Originally designed to reduce the amount of repetitive paperwork for school excursions Operoo works extremely well for Total Recreation programs and members.

Once your Total Recreation Operoo member account is set up you will be able to control all your Total Recreation program attendance and requirements from your home computer or mobile phone after downloading the Operoo app.

## DOWNLOAD THE APP



The updated Operoo app is now available from your mobile app store.

Manage all your Total Recreation programs from your mobile phone.

Book into programs, confirm your attendance, make payments, check program details (date, time, locations) and more.



# FRIDAY SOCIALS

Select any of our Friday night socials and we will place you on the interest list for the year. We will then contact you via Operoo about two weeks out from the social to confirm your attendance.

## MOVIES & DINNER (1C)

See the latest movie blockbusters at various venues. Join Total Recreation and your friends for dinner and a movie each month.

- 13th Jan
- 24th Feb
- 31st Mar
- 12th May
- 23rd Jun
- 4th Aug
- 15th Sep
- 27th Oct
- 8th Dec

**NDIS**  
**\$211**  
6 hours

**Member**  
**\$15**  
1 sessions



## DANCING & DINNER (2C)

Enjoy a meal, request your favorite song and dance the night away with the band at a local establishment with your friends.

- 27th Jan
- 10th Mar
- 14th Apr
- 26th May
- 7th Jul
- 18th Aug
- 29th Sep
- 10th Nov

**NDIS**  
**\$188**  
5 hours

**Member**  
**\$10**  
1 sessions



## BOWLING & DINNER (3C)

Put on your bowling shoes and bowl a strike! Challenge your friends to a game of ten pin bowling, followed by dinner.

- 10th Feb
- 24th Mar
- 28th Apr
- 9th Jun
- 21st Jul
- 1st Sep
- 13th Oct
- 24th Nov

**NDIS**  
**\$211**  
6 hours

**Member**  
**\$30**  
1 sessions



# SPECIALISED SOCIALS

## BOYS & GIRLS DAY OUT (4C)

Get yor nails done, enjoy a high tea, or join the boys for a day of activities with specific activities enjoyed by boys and girls.

- **Saturday 1st April**
- **Saturday 4th November**

**NDIS**  
**\$261**  
6 hours

**Member**  
**\$85**  
1 session



## GREYHOUNDS (5C)

Beginning in the 1960's the Darwin Greyhound Association Inc. (DGA) is the only registered greyhound race track in the Northern Territory, and regards itself as industry leader in the training, racing and welfare of greyhounds.

- **Sunday 14th May**
- **Sunday 2nd July**

**NDIS**  
**\$313**  
6 hours

**Member**  
**\$15**  
1 session



## NTFL GRAND FINAL (6C)

Watch the two best local AFL teams battle it out in the NTFL grand final. Cheer your team on to win the flag in the Territory's biggest club footy game of the year.



- **Date TBC**

**NDIS**  
**\$261**  
6 hours

**Member**  
**\$30**  
1 session



# NRL - RUGBY DARWIN (7C)



See the NRL rugby live in Darwin. Join Total Recreation and watch Australia's toughest sport in the Darwin clash of the National Rugby League. Game date to be announced.

- **Date TBC**

**NDIS**

**\$313**

**6 hours**

**Member**

**\$35**

**1 sessions**



# AFL - FOOTBALL DARWIN (8C)



AFL football comes to Darwin, watch two teams play off in the tropics for game points towards the 2022 premiership. Game date to be announced.

- **Saturday 1st October**

**NDIS**

**\$313**

**6 hours**

**Member**

**\$45**

**1 session**





# V8 SUPER CARS (9C)



Hear the roar of the V8s at Darwin's Hidden Valley. A day of motorsports fun and entertainment. Start your engines and rev up for the V8s.

- Date TBC

NDIS

\$261

6 hours

Member

\$90

1 sessions



# BUDDY FISHING DAY (10C)



Spend a day on the water and catch the big one with Palmerston Game and Fishing club. Fishing club members take Total Recreation out on the Darwin harbor for a day of fishing returning for a BBQ lunch, proudly supported by the Palmerston Game and Fishing club and members.

- Date TBC

NDIS

\$0

6 hours

Member

\$30

1 session



# DARWIN FESTIVAL

## SHOW 1 (11C)

Attend the Darwin Festival in 2023. From 10th - 20th August Darwin comes alive with local and international acts. Specific shows will be determined and communicated to members.

- 10-20th August, show TBC

NDIS  
**\$279**  
6 hours

Member  
**\$45**  
1 session



## SHOW 2 (12C)

Australia's hottest winter arts festival combines the quintessential spirit and energy of Darwin with warm outdoor festivities and a vibrant program of events for an unforgettable good time. Join in the fun of hot August nights at the Darwin Festival 10-27 August.

- 10-20th August, show TBC

NDIS  
**\$279**  
6 hours

Member  
**\$65**  
1 session



## SHOW 3 (13C)

Darwin Festival is usually held over 18 exciting days and nights, with local and touring performances and events including outdoor concerts, workshops, theatre, dance music, comedy and cabaret, film and visual arts.

- 10-20th August, show TBC

NDIS  
**\$240**  
6 hours

Member  
**\$90**  
1 session



# CONCERT SERIES

The concert series takes you to Darwin best live concerts and shows. Join Total Recreation and your friends and rock on!

## CREDANCE (14C)

A celebration of Creedence Clearwater Revival, walk-through the life and music of one of the world's most iconic bands – from the songs they wrote, to the songs covered, to the songs they wrote for others.



- Saturday 18th February

NDIS

**\$279**

6 hours

Member

**\$59**

1 sessions



## RED HOT SUMMER (15C)



See live the iconic all Australian line up at the Botanical Gardens in Darwin, Red Hot Summer concert.

Line up includes: PAUL KELLY, BERNARD FANNING, MISSY HIGGINS, MARK SEYMOUR, VIKA & LINDA, AND IAN MOSS & TROY CASSAR-DALEY.

- Sunday 23rd July

NDIS

**\$331**

6 hours

Member

**\$140**

1 session





## CONCERT 3 (16C)

The Concert Series takes you to Darwin's best live music and performances. Register your interest and once the show is confirmed we will be in touch.

- **Date & Show TBC**

**NDIS**  
**\$279**  
6 hours

**Member**  
**\$45**  
1 session



## CONCERT 4 (16C)

The Concert Series takes you to Darwin's best live music and performances. Register your interest and once the show is confirmed we will be in touch.

- **Date & Show TBC**

**NDIS**  
**\$279**  
6 hours

**Member**  
**\$55**  
1 session



## CONCERT 5 (16C)

The Concert Series takes you to Darwin's best live music and performances. Register your interest and once the show is confirmed we will be in touch.

- **Date & Show TBC**

**NDIS**  
**\$240**  
6 hours

**Member**  
**\$75**  
1 session





# CHRISTMAZING



## CHRISTMAS CAROLS (19C)

Pack a rug, round up the troops and enjoy a night of music under the stars. Darwin's Amphitheatre will glow with candlelight as it fills with the festive sounds of the Christmas Candlelight Choir.

- **Sunday 3rd December**

**NDIS**  
**\$302**  
6 hours

**Member**  
**\$10**  
1 session



## LIGHTS TOUR (20C)

See Darwin's best Christmas houses come to light, twinkle, flash and even snow! Weeks of work has gone into the celebration of Christmas.

- **Wednesday 14th December**

**NDIS**  
**\$211**  
6 hours

**Member**  
**\$25**  
1 session



## CHRISTMAS PARTY (21C)

Come and enjoy the spirit of Christmas with friends, family and the Total Rec crew. Dinner, games and a little reindeer fun!

- **Friday 15th December**

**NDIS**  
**\$0**  
6 hours

**Member**  
**\$75**  
1 session





# DANCING WITH THE CELEBRITIES



Are you the next DWTC (Dancing with the Celebrities) grand champion? Get your groove on and join Total Recreations dance class and learn the moves that will take you to the top. Member cost covers DWTC ball ticket.

- 14th Aug - 16th Oct
- DWTC Ball 21st October

NDIS

**\$1100**

30 hours

Member

**\$250**

10 sessions

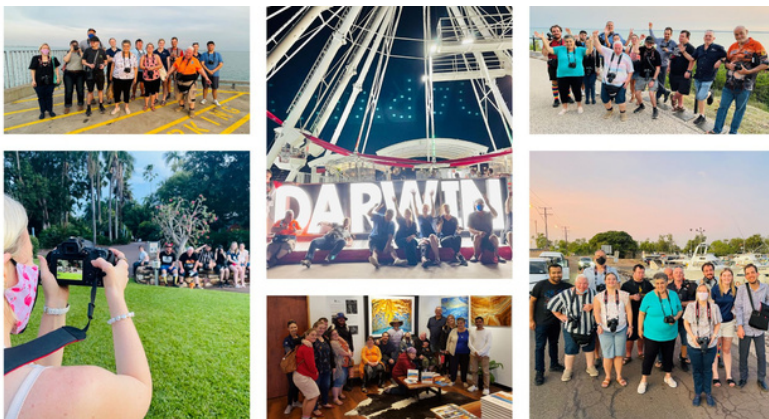




# ARTS

The Total Recreation arts program has grown from strength to strength. The inclusion of the Markets Project, annual calendars, Christmas cards and member exhibitions.

The weekly arts program will now align to school terms and will be conducted Fridays and Tuesdays over a ten week period.



*Totally Focussed 2022*  
HIGHLIGHTS FROM THE 2022 PROGRAM



## CRAFTY ARTS (23A)

Crafty Arts is a fun interactive art-based program focusing on developing participants creative skills across various art mediums. Each week participants will be encouraged to incorporate their own interests into the weekly art activity.

- **1st Feb - 5th Apr**

**NDIS**  
**\$1551**  
40 hours

**Member**  
**\$325**  
10 sessions



## PHOTOGRAPHY (24A)

Totally focussed on photography, this six week program will see aspiring photographers learn all there is to know about using SLR cameras and how to take the best shots. Members will shoot, print and produce calendars and exhibit their best photos.

- **19th Apr - 21st Jun**

**NDIS**  
**\$1551**  
40 hours

**Member**  
**\$325**  
10 sessions



## ART CREATIVE (25A)

Art Creative focuses on making beautiful products. Participants will put their creative skills together to design, create and produce several products ideal for gift ideas or just something special to keep inside their homes.

- **19th Jul - 20th Sept**

**NDIS**  
**\$1551**  
40 hours

**Member**  
**\$325**  
10 sessions





## DIGITAL MEDIA (26A)

In the digital media program, participants will be introduced to a range of different digital media applications. This includes online design programs, cri-cut machine product making and a short video production. We will be looking at making products for Christmas presents also.

- 11th Oct - 13th Dec

**NDIS**  
**\$1551**  
40 hours

**Member**  
**\$325**  
10 sessions



## ARTS DAY TRIP (27A)

The Crafty Art Day Trips will be focused on the Darwin Arts Trail. Participants will have the opportunity to learn about the Darwin Arts Trail whilst visiting a number of artists in their studios and participating in some art based interactive activities from the artists.

- 18th March (Crafty Arts)
- 2nd December (Digital)

**NDIS**  
**\$310**  
8 hours

**Member**  
**\$90**  
1 session



## ARTS OVERNIGHTER (28A)

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.

- 10-11th June (Photo)
- 9-10th Sept(Creative)

**NDIS**  
**\$973**  
24 hours

**Member**  
**\$420**  
1 session



# TOTAL SKILLS

The Total Skills Program is conducted from 9am - 3pm and includes transport to and from home each day, morning tea and lunch. The program will run for 40 weeks of the year and align to school terms.

## MARKETS PROJECT - TUESDAYS (29P)

Total Recreations Market Project works with members to develop independent art skills, working towards developing high quality art for sale at craft markets. Due to demand this program is being expanded to Tuesdays.

- **40 weeks - starts January 31st**

NDIS  
**\$257**  
7 hours

Member  
**\$0**  
1 session



## COOKING - THURSDAYS (30P)

With a focus on cooking participants will gain experience in planning, cooking and preparing their very own meals. Food preparation combined with other development activities will assist members to build independence.

- **40 weeks - starts February 2nd**

NDIS  
**\$257**  
7 hours

Member  
**\$0**  
1 session



## MARKETS PROJECT - FRIDAYS (31P)

Total Recreations Market Project works with members to develop independent art skills, working towards developing high quality art. Members design, create and sell their art items at local markets and online.

- **40 weeks - starts February 3rd**

NDIS  
**\$257**  
7 hours

Member  
**\$0**  
1 session





# TOTAL TRAVEL

Join Total Recreation on our supported travel program, see and experience the sights and achieve your goals of travel, new experiences, friendships and more.

Offering day trips, overnight and weekend stays through to interstate and international travel opportunities.





# DAY TRIPS



Day trips are an opportunity to enjoy local experiences and attractions, including Litchfield National Park, Mary River BBQ boat Cruise and more. Place your name on the interest list and enjoy a great day out!

## BBQ BOAT CRUISE (37T)

Immerse yourself in the magic and tranquillity of Corroboree Billabong and the Mary river system. This completely unique waterway abounds in wildlife, spot the bird life and Johnson's or Estuarine crocodiles from the safety of your houseboat while you relax and take in all the beauty of water lilies, lotus flowers and the wetland environment.

• **June 24th**

**NDIS**

**\$432**

**8 hours**

**Member**

**\$150**

**1 session**



## CRAB CLAW LUNCH (40T)

Enjoy a relaxing cruise from Darwin to Crab Claw Island Resort for a delicious seafood buffet. Cruise from Darwin around the Cox Peninsula and into Bynoe Harbour, disembarking right on the beach at the remote Crab Claw Island Resort where you'll indulge in a delicious all-Australian seafood buffet lunch.

• **September 30th**

**NDIS**

**\$432**

**8 hours**

**Member**

**\$189**

**1 session**



# WEEKENDERS



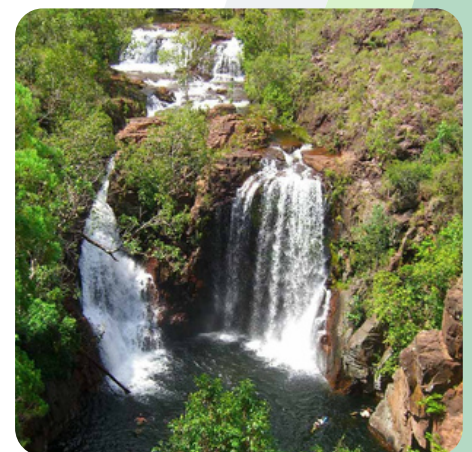
Offering a variety of supported travel Total Recreation aims to offer opportunities for all tastes and budgets. Some travel options will be aligned to events and activities.

City overnights and weekends are great way to build confidence towards independent travel further away from home.

City stay details will be communicated closer to travel dates.

## LITCHFIELD (32T)

Litchfield National Park is possibly the Northern Territory's best kept secret. The park is filled with stunning waterfalls and waterholes that are surrounded by monsoonal vine forests – all of which offer a cool respite on warm days.



• January 28th - 29th

NDIS

**\$1154**

24 hours

Member

**\$380**

1 session



## CITY STAY 2 (34T)

Stay overnight in one of Darwin's city hotels and enjoy various activities, events and restaurants around town. Relax by a pool, dine at one of Darwin restaurants and enjoy a staycation away from home.

- **March 25th - 26th**

**NDIS**

**\$1120**

**24 hours**

**Member**

**\$380**

**1 session**



## KATHERINE WEEKENDER (35T)

Travel with us to the Never Never region, Katherine. The famous Nitmiluk (Katherine Gorge), Katherine and its surrounds include great hidden natural wonders and a rich indigenous and pioneering history.

- **Apr 29th - May 1st (2 nights)**

**NDIS**

**\$1765**

**36 hours**

**Member**

**\$680**

**1 session**



## DARWIN SHOW WEEKEND (38T)



Enjoy a weekend stay at the Free Spirit Resort and attend the Royal Darwin Show with Total Recreation. Show bags, rides and all the fun of the Darwin show enjoyed with your friends. After a day at the show relax by the pool and enjoy dinner in the comfort of the hotel.

- **July 28th - 30th (2 nights)**

**NDIS**

**\$1781**

**36 hours**

**Member**

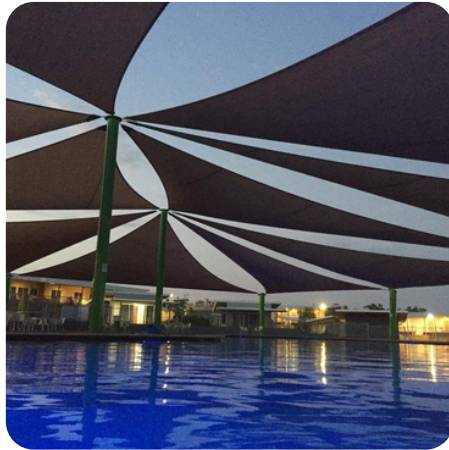
**\$680**

**1 session**





## CITY STAY 3 (41T)



Stay overnight in one of Darwin's city hotels and enjoy various activities, events and restaurants around town. Relax by a pool, dine at one of Darwin restaurants and enjoy a staycation away from home.

• **October 28th - 29th**

**NDIS**

**\$1120**

**24 hours**

**Member**

**\$380**

**1 sessions**



## XMAS STAY (43T)

Stay overnight in a hotel and attend the Total Recreation Christmas party. Celebrate Christmas with your friends and afterwards return to your hotel and enjoy breakfast and relax by the pool. *(Hotel to be confirmed).*



**NDIS**

**\$1436**

**36 hours**

**Member**

**\$680**

**1 session**





# INTERSTATE & INTERNATIONAL

Guided by members interest and feedback Total Recreation are again traveling interstate and overseas. Offering supported travel to Cairns, Bali and the Great Ocean Road in Victoria and an amazing trip to Fiji we are now looking to return in 2023.

Advertising travel opportunities interstate and overseas Total Recreation is calling for expressions of interest for members keen to travel. *Note: travel dates may be subject to change.*





# GREAT OCEAN ROAD (33T)



## FEB 2023, 7 NIGHTS - 8 DAYS

Travel one of Southern Australia's most spectacular scenic road trips down to Cape Otway staying at Queenscliff, Torquay and Apollo Bay. Along the way we will visit iconic sights like the Twelve apostles, Erksine Falls Cape Otway lighthouse. Included in this holiday is a night on the Blues train a mini music festival held on a steam train along the Bellarine Peninsula.



• **February 14th - 21st**

**NDIS**

**\$3303**

**96 hours**

**Member**

**\$3875**

**1 Session**



# BALI (36T)



## MAY 2023, 6 NIGHTS - 7 DAYS

There is no other place like Bali in this world. A magical blend of culture, people, nature, activities, weather, culinary delights, nightlife, and beautiful accommodation. Bali is rated as one of the best travel destinations in the world by countless websites, review portals, and travel magazines each year – for very good reasons. Whatever your age, background, budget or interest, there is something great for everyone to explore and discover.



• May 15th - 21st

NDIS  
\$2620  
84 hours

Member  
\$3850  
1 Session





# FIJI (39T)



## 2023, 6 NIGHTS - 7 DAYS

Amazing Fiji! Due to the success and popularity of the recent Fiji trip Total Recreation are seeking expressions of interest to again travel to Fiji in the second half of 2023.

Unforgettable scenic and beautiful vistas and sunsets that made this destination an experience to be repeated.



• **August 13th - 20th**

**NDIS**

**\$3706**

**108 hours**

**Member**

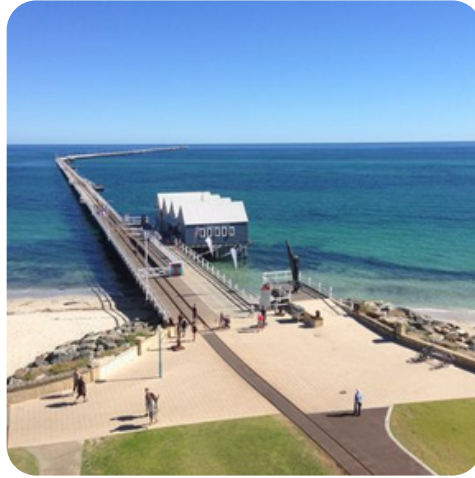
**\$5280**

**1 Session**





# PERTH (42T)



## 2023, 6 NIGHTS - 7 DAYS

Blending urban cool with raw natural beauty, Perth is effortlessly Australian. With its immersive experiences and proximity to a range of daytrip destinations, Australia's sunniest capital city is a place where relaxation and adventure go hand in hand.

Uncover Perth's artistic side in its vibrant street art, cultural precinct and entertainment hubs, and embark on a fascinating Aboriginal walking tour through Kings Park / Kaarta Koomba, a diverse oasis that's one of the biggest inner-city parks in the world. The area's coastal and waterfront restaurants are the perfect spot for gourmet indulgence, while the wineries and artisan food producers of Swan Valley are just a short drive away.

• **November 19th - 26th**

**NDIS**

**\$3477**

**96 hours**

**Member**

**\$3900**

**1 Session**





# FREDI FITNESS

Proudly supported by JACANA Energy the FREDI fitness program provides two weekly fitness sessions with various recreation and gym sessions. Consistent and regular exercise assists members to build their fitness, strength and balance.

FREDI Fitness will now be conducted in nine week blocks and will no longer be delivered under exercise physiology. The program will now be delivered in a 1:2 ratio environment, making fitness programs cheaper with more support.

## POUND (44F)

Be a rock star drummer and pound your way to fitness with a fun drumstick workout for the stars. Nine week program with Sarah from To the Beat fitness.

• Jan 21st - March 28th

NDIS

**\$1434**

27 hours

Member

**\$225**

9 sessions

## CIRCUIT (45F)

Circuit training offers a variety of fun mini activities in the one session. Get active and stay healthy in this all inclusive circuit workout.

• February 2nd - March 30th

NDIS

**\$1434**

27 hours

Member

**\$180**

9 sessions

## WALKING 1 (46F)

Walk with your friends and enjoy various walks around the Darwin and Palmerston regions. Walking provides a great starting point working towards a healthier you.

- **May 2nd - June 27th**

**NDIS**

**\$1434**

**27 hours**

**Member**

**\$90**

**9 sessions**

## PEDAL POWER (47F)

Be a part of Total Recreations tailored spin class, Pedal Power. Bike riding indoors, air-conditioned with music! An environment to enjoy, increased fitness and have fun with Total Recreation.

- **April 27th - June 22nd**

**NDIS**

**\$1434**

**27 hours**

**Member**

**\$225**

**9 sessions**

## DANCE FIT (48F)

Dance to the beats and join Sarah (Total Recs favorite instructor) move, jump and dance to become the more healthier you. Program may include other dance programs like line dancing with the Mustangs.

- **July 18th - September 12th**

**NDIS**

**\$1434**

**27 hours**

**Member**

**\$180**

**9 sessions**

## WALKING 2 (49F)

Walk with your friends and enjoy various walks around the Darwin and the Palmerston region. Walking provides a great starting point working towards a healthier you.

- July 20th - September 14th

NDIS

**\$1434**

27 hours

Member

**\$90**

9 sessions

## KAYAKING (50F)

Join Fun Supply and learn kayaking skills at East Points Lake Alexander, be active, have fun and enjoy floating and paddling your way to fitness.

- Oct 10th - December 5th

NDIS

**\$1434**

27 hours

Member

**\$360**

9 sessions

## YOGA PILATIES (51F)

Try seated yoga, a combination of stretching and core strength. Ease into it or work hard to feel your core get stronger .

- Oct 12th - December 7th

NDIS

**\$1434**

27 hours

Member

**\$180**

9 sessions



# SPORTS

Total Recreation supports a variety of sport programs, the two sport programs delivered under the NDIS are Basketball and Lawn bowls.

Sports are offered on Friday mornings, Basketball has four seasons (aligned to the school terms) that will run for eight weeks. Lawn bowls will be conducted in between basketball seasons.

## BASKETBALL - RISING STARS

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

- Season 1: Jan 11 - Apr 1
- Season 2: Apr 29 - Jun 17
- Season 3: Jul 29 - Sep 9
- Season 4: Oct 21 - Dec 9

NDIS

**\$836**

24 hours

Member

**\$100**

8 sessions

**1 Season (8 weeks)**

## LAWN BOWLS

Enjoy the relaxed and social sport of Lawn Bowls. The Lawn bowls program will include skill sessions and games and be conducted Friday mornings in between basketball seasons..

- Season 1: Jun 30 - July 21
- Season 2: Sep 22 - Oct 13

NDIS

**\$462**

12 hours

Member

**\$80**

4 sessions

# YOUTH PROGRAMS

Total Recreation youth programs are aimed at participants 9-17 yrs. School holiday programs in January and July schools holidays will also include the Litchfield three day camp.

## HOLIDAY PROGRAM (JANUARY)

The program cost includes all activities and meals for the 5 days. Program activities for the January Program will include Reptile program at Crocosaurus Cove, water parks, art sessions, animal encounters, movies, Litchfield National Park, timezone, wave pool, Kingpin and more.

- January 24th - 28th

NDIS

**\$1175**

40 hours

Member

**\$225**

5 sessions



## HOLIDAY PROGRAM (JULY)

Program activities for the July Program will include Reptile program at Crocosaurus Cove, water parks, art sessions, animal encounters, movies, Litchfield National Park, timezone, wave pool, Kingpin and more.

- July 11th - 15th

NDIS

**\$1175**

30 hours

Member

**\$225**

1 session



## LITCHFIELD ADVENTURE (APRIL)

- April 12th - 14th

NDIS

**\$1184**

36 hours

Member

**\$320**

1 session





# OUT & ABOUT





# CONTACT US



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## ART

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