



TERM 4 - PROGRAM SELECTION FORM (October - December) 2026

INTRODUCTION

Welcome to the **Program Selection Form - Term 4**, please confirm the Total Recreation programs you would like to attend October - December.

A hard copy of this Term 2 Program Selection form is available, or we can complete your program selection face to face at the Casuarina office - 6/9 Scaturchio Street Casuarina. If you have any questions about ShiftCare, please contact us on 8981 3686 or email jason.bremner@totalrecreation.org.au for assistance.

MEDICAL UPDATE FORM (Reminder)

We will also follow up on member medical update forms; you will need to complete this form before attending term 4 programs. This ensures we have the most up to date medical and emergency information.

HOW TO BOOK INTO PROGRAMS

1. **Provide a response to each of the activities or programs in this form** - indicate if you would like transport your attendance for each program.
2. **Members program contribution costs will be invoice at the start of each term** - this payment covers program costs that are not covered by the NDIS (venue and equipment hire, instructors, tickets, accommodation etc.). We can also invoice you monthly if requested.
3. **Programs will appear in your Shiftcare - Family Portal** and your attendance is confirmed. Log into your Shiftcare - Family Portal by going to the login page <https://family.shiftcare.com>.

Please note: For ticketed events places are limited and are allocated to members who book in first. Other members will be placed on a waitlist replacing members who are unable to attend (we will notify you when placed on wait list)

PROGRAM COMMUNICATION PROCESS

Total Recreation aims to provide members with adequate notification for program attendance. Members can also view their programs in your Shiftcare - Family Portal calendar once approved.

1. **One Week Email** - Total Recreation will send you an email (through Shiftcare) about one week out from the program - this is a courtesy reminder you are enrolled in a program. Please notify us ASAP if you are unable to attend activities.
2. **24 Hour Email** - We will then follow up with a text message a day or two before pick-ups - to let you know pickup times and what to bring on program.

Note: ongoing programs (10 weeks or more) notifications will be sent for the first few weeks but may not be provided ongoing each week.

CANCELLATIONS

As per Total Recreation and NDIS cancellation guidelines, if you are unable to attend a program you are required to inform Total Recreation by email. The cancellation policy is available on the Total Recreation website.

QUESTIONS

If you have any questions about Total Recreation programs or Shiftcare, please contact Jason on (08) 8981 3686 or email jason.bermner@totalrecreation.org.au.

CONTACT TOTAL RECREATION



admin@totalrecreation.org.au



(08) 8981 3686



6 / 9 Scaturchio Street Casuarina



PROGRAM SELECTION FORM

October – December 2026

MEMBER NAME: _____

Date completed: _____

INDIVIDUAL SUPPORT

INDIVIDUALISED (1:1) SUPPORT

- ☐ I would like to speak to someone about supported activities
- ☐ Yes, I know what I would like to do, could I request a quote
- ☐ No thanks I'm not interested

About: Your life, your way — with someone in your corner every step. Our 1:1 Individual Support pairs you with a dedicated support worker to enjoy the activities you love most, whether that's golf, fishing, the gym, local events, or something entirely your own. We work around your goals, your pace, and your passions. Not sure where to start? Meet with us and we'll help shape a plan that's built for you. Contact us today for an obligation-free quote.

When: TBC

Time: TBC

NDIS Estimate: (1:1) Quoted

Member payment: Quoted (a staff member will contact you)

ARTS PROGRAMS

YOUR ARTS PROJECT 1:1 (M16) Mondays

- ☐ Yes I would like a quote
- ☐ No thanks I'm not interested

About: Bring your creative vision to life with dedicated one-on-one mentorship from our experienced arts team. Whether you have a fully formed idea or just a spark of inspiration, our Individual Arts Project guides you through every stage of the creative process — from concept to completion. This is your space, your voice, and your opportunity to create something truly your own.

When: TBC

Time: TBC

NDIS Estimate: (1:1) Quoted

Member payment: Quoted (a staff member will contact you)

ART SKILLS (M17, M18) Tuesdays & Wednesdays

- ☐ Tuesdays with transport
- ☐ Tuesdays no transport
- ☐ Wednesdays with transport
- ☐ Wednesdays no transport
- ☐ Tue & Wed with transport
- ☐ Tue & Wed no transport
- ☐ No thanks I'm not interested

About: Discover the joy of creativity in a welcoming, purpose-built space. Our Arts Introduction program explores a diverse range of art mediums throughout the year, giving you the freedom to experiment, grow, and find what lights you up. Whether you're a complete beginner or building on existing skills, this is the perfect launchpad — and the ideal stepping stone into our Market Project. Held at The Rec Room, Darwin's dedicated NDIS arts space.

When: Tuesdays or Wednesdays

Times: 8:30am to 3:30pm (10 Sessions - 70 hours)

NDIS Estimate: (1:2) \$3,627 - per program

Member payment: \$100 - per program

MARKETS PROJECTS (M19, M20) Thursdays & Fridays

- ☐ Thursdays with transport
- ☐ Thursdays no transport
- ☐ Fridays with transport
- ☐ Fridays no transport
- ☐ Thur & Fri with transport
- ☐ Thur & Fri no transport
- ☐ No thanks I'm not interested

About: Turn your creativity into something extraordinary. In the Market Project, you'll design, develop, and handcraft your own art-based products — then step into the spotlight as part of our collective market stall at three Tactile Arts Creative Markets throughout the year. It's more than making art; it's building confidence, community, and a real sense of achievement you can share with the world.

When: Thursdays or Fridays

Times: 8:30am to 3:30pm (10 Sessions - 70 hours)

NDIS Estimate: (1:2) \$3,627 - per program

Member payment: \$100 - per program

DIGITAL ARTS (A4) Wednesdays

- ☐ Wednesdays with transport
- ☐ Wednesdays no transport
- ☐ No thanks I'm not interested

About: The digital world is yours to explore — and we'll show you how to make your mark in it. Our Digital Media program builds real, hands-on skills in photography, video creation, photo and video editing, and social media content production. Whether you want to capture stunning images, edit your own short films, or tell your story online, this program gives you the tools, the confidence, and the creative freedom to do it your way. No experience needed — just bring your enthusiasm and let's create something amazing.

When: Wednesdays

Times: 3:30pm to 6:30pm (10 Sessions - 30 hours)

NDIS Estimate: (1:2) \$2,047

Member payment: \$180

DIGITAL MEDIA DAY TRIP (A6) 5th December

- ☐ Attend with Transport
- ☐ No thanks I'm not interested

About: Grab your camera, charge your phone, and get ready for a creative adventure across Darwin and beyond. Our Digital Media Day Out puts you on location — exploring stunning landscapes, iconic landmarks, and vibrant community spaces — camera in hand and creativity firing on all cylinders. Capture the beauty of the Top End, shoot compelling content, and return with a portfolio of images and footage that tells your unique story. The perfect blend of fresh air, exploration, and digital creativity.

When: Saturday December 5th

Times: TBC

NDIS Estimate: \$574

Member payment: \$90

SKILLS PROGRAMS

COOKING (K14) Tuesdays

- ☐ Tuesdays with transport
- ☐ Tuesdays no transport
- ☐ No thanks I'm not interested

About: From kitchen novice to confident cook — this is where it begins. Our all-encompassing cooking program takes you on a delicious journey through food safety, knife skills, meal preparation, smart shopping, and budget-friendly cooking. With a focus on recipe reading and real-world kitchen confidence, you'll leave each session with new skills and a meal you made yourself. All equipment is supplied, with only a minimal ingredient contribution required.

When: Tuesdays

Times: 9:00am to 1:00pm (10 Sessions - 40 hours)

NDIS Estimate: (1:2) \$2,221

Member payment: \$120

EXPLORE DARWIN (K11) Wednesdays

- ☐ Wednesday with transport
- ☐ Wednesdays no transport
- ☐ No thanks I'm not interested

About: Darwin is a city unlike any other — and we want you to experience every inch of it. From the tranquil Botanic Gardens and stunning waterfront precincts to the iconic Darwin Military Museum, local galleries, and breathtaking nature parks, our Community Exploration program opens the door to the history, culture, and natural beauty right on your doorstep. Adventure and discovery await every time.

When: Wednesdays

Times: 9:00am to 1:00pm (10 Sessions - 40 hours)

NDIS Estimate: (1:2) \$2,221

Member payment: \$100

SPORTS PROGRAMS

BALL & LUNCH (S8) Thursdays

- ☐ Thursdays with transport
- ☐ Thursdays no transport
- ☐ No thanks I'm not interested

About: Rack 'em up and enjoy some friendly competition in cool, comfortable surroundings. Our 8 Ball program brings members together for a great game of pool at a variety of local venues, followed by a satisfying counter meal lunch. It's the perfect blend of friendly rivalry, good food, and even better company — no experience necessary, just bring your A-game and a smile.

When: Thursdays

Times: 12:00pm to 3:00pm (10 Sessions - 30 hours)

NDIS Estimate: (1:2) \$1,826

Member payment: \$20

BASKETBALL RISING STARS (S6) Fridays

- ☐ Fridays with transport
- ☐ Fridays no transport
- ☐ No thanks I'm not interested

About: Lace up and take to the court with the Rising Stars Basketball program. Compete against teams from across Darwin in an energetic, team-focused environment that builds fitness, teamwork, and sporting confidence. Whether you're a seasoned player or just starting out, Rising Stars is your chance to shine, push your limits, and be part of a team that celebrates every win — on and off the court.

When: Fridays

Times: 10:00am to 1:00pm (10 Sessions - 30 hours)

NDIS Estimate: (1:3) \$1,404

Member payment: \$100

SPORT OPPORTUNITIES (Swimming, Athletics, Netball, Golf)

- ☐ Interested in Athletics
- ☐ Interested in Swimming
- ☐ Interested in Netball
- ☐ Interested in Golf
- ☐ Interested in another sport
- ☐ No thanks I'm not interested

Keep us informed of the sports you are interested in like Indoor Soccer. Total Recreation supports participation in several inclusive sports programs and clubs. If you are interested in joining a weekly swimming, athletics or netball program, or there are other sports or clubs your interested in, let us know.

Contact Total Recreation and find out how we can help you get involved, call us on 8981 3686.

FREDI FITNESS

FITNESS - BEAT BOXING (F7) Tuesdays

- ☐ Tuesdays with transport
- ☐ Tuesdays no transport
- ☐ No thanks I'm not interested

About: Get your heart pumping and your energy soaring with our high-energy Fitness Beat Boxing sessions. Combining the power of boxing-inspired cardio with an infectious musical beat, this full-body workout is designed for every fitness level — no gloves, no sparring, just pure rhythm-driven movement that makes you sweat, smile, and feel absolutely unstoppable. Build strength, improve coordination, and burn serious energy while having the time of your life. This is fitness, reimagined.

When: Tuesdays (July 14 - September 15)

Times: 3:30pm to 6:30pm (10 Sessions - 30 hours)

NDIS Estimate: (1:2) \$1,826

Member payment: \$150

FITNESS - YOGA (F8) Thursdays

- ☐ Thursdays with transport
- ☐ Thursdays no transport
- ☐ No thanks I'm not interested

About: Give your body and mind the reset they deserve. Our Fitness Yoga sessions guide you through a calming yet energising practice that improves flexibility, builds core strength, and reduces stress — all at a pace that works for you. Whether you're completely new to yoga or looking to deepen your practice, our supportive sessions create a safe, welcoming space where every ability is celebrated. Roll out your mat, take a deep breath, and find your balance.

When: Thursdays (July 16 - September 17)

Times: 3:30pm to 6:30pm (10 Sessions - 30 hours)

NDIS Estimate: (1:2) \$1,826

Member payment: \$190

SOCIALS

MOVIES & DINNER (B1) 3 x Fridays

- ☐ 3 x Fridays with transport
- ☐ 3 x Fridays no transport
- ☐ No thanks I'm not interested

About: Lights, camera, action — and great food to go with it. Join us for the latest blockbuster films at cinemas across Darwin and Palmerston, followed by a delicious meal with friends. Our Movies & Meal outings are the perfect way to enjoy a fun-filled day out, catch the films everyone is talking about, and share laughs and conversation over a great food.

When: Fridays (Oct 9, Nov 6, Dec 4)

Times: 4:00pm to 10:00pm

NDIS Estimate: (1:3) \$716 (includes 3 Sessions - 18 hours)

Member payment: \$45 (includes 3 Sessions - 18 hours)

DANCING & DINNER (B2) 2 x Fridays

- ☐ 2 x Fridays with transport
- ☐ 2 x Fridays no transport
- ☐ No thanks I'm not interested

About: Pull on your dancing shoes and get ready for a night to remember. Attending Club Crock, Music & Dining outings bring you to Darwin's best local clubs and bars to enjoy fantastic live entertainment, a great meal, and the kind of atmosphere that gets everyone on their feet. Good music, great food, and even better company — this is a night out done right.

When: Friday (Oct 23, Nov 20)

Times: 5:00pm to 10:00pm

NDIS Estimate: (1:3) \$423

Member payment: \$20

BOWLING & DINNER (B3) 2 x Fridays

- ☐ 2 x Fridays with transport
- ☐ 2 x Fridays no transport
- ☐ No thanks I'm not interested

About: Step up and take your best shot — then settle in for a well-earned dinner. Bowling sessions are a relaxed and social way to enjoy friendly competition and great company. Whether you're a seasoned bowler or a complete beginner, the only requirement is a good attitude and a healthy appetite. Roll up, bowl well, and enjoy.

When: Fridays (Oct 16, Dec 11)

Times: 3:30pm to 9:30pm

NDIS Estimate: (1:3) \$477

Member payment: \$70

KARAOKE (B4) 2 x Fridays

- ☐ 2 x Fridays with transport
- ☐ 2 x Fridays no transport
- ☐ No thanks I'm not interested

About: Tee up for a night of friendly fun, laughter, and a little healthy rivalry. Our Mini Golf & Dinner outings bring members together for a round of colourful, creative mini golf, followed by a delicious sit-down dinner with great company. Whether you're a putting pro or attempting your very first hole-in-one, this is a relaxed and enjoyable night out that everyone walks away from smiling.

When: Fridays (Oct 10, Nov 27)

Times: 3:30pm to 9:30pm

NDIS Estimate: (1:3) \$445

Member payment: \$40

MOVIES AT THE REC ROOM & LUNCH (E1) 2 x Saturdays

- ☐ 2 x Saturdays with transport
- ☐ 2 x Saturdays no transport
- ☐ No thanks I'm not interested

About: Whether you're a superstar in the making or just love belting out your favourite tune, our Karaoke & Dinner nights deliver pure, unfiltered fun. Take the mic, own the stage, and share the laughs over a delicious dinner with friends. No auditions, no judgement — just great music, great food, and memories that'll have you smiling for days.

When: Saturday (September 5)

Times: 9:00am to 3:00pm

NDIS Estimate: (1:3) \$594

Member payment: \$40

MARKETS AND LUNCH (E2) 1 x Saturdays

- ☐ 1 x Saturdays with transport
- ☐ 1 x Saturdays no transport
- ☐ No thanks I'm not interested

About: Get out and explore the best of Darwin's vibrant market scene, then head back to base for a delicious, relaxed lunch at our very own Rec Room. Whether you're browsing handcrafted goods, sampling local produce, or soaking up the energy of Darwin's famous markets, this is a morning out full of colour, community, and great food — all close to home. The perfect social outing for members who love to explore.

When: Saturday (Nov 14)

Times: 9:00am to 3:00pm (1 Sessions - 5 hours)

NDIS Estimate: (1:2) \$346

Member payment: \$5

GREYHOUNDS & DINNER (G1) 2 x Sundays

- ☐ Attend with transport
- ☐ Attend no transport
- ☐ No thanks I'm not interested

About: Pick your favourite, cheer them home, and enjoy a relaxed evening at Darwin's iconic Greyhound track. Our Sunday night racing outings offer the perfect mix of trackside excitement and laid-back entertainment, complete with a delicious dinner. Easy, enjoyable, and always a talking point — this one is a crowd favourite every single time.

When: Sunday (TBC)

Times: 4:00pm to 9:00pm

NDIS Estimate: (1:2) \$850

Member payment: \$30

SPECIAL EVENTS

AGM - KARAOKE BBQ (Total Recreation - Annual General Meeting)

- ☐ Attend with Transport
- ☐ Attend no Transport
- ☐ I'm not available

About: Join us for the Total Recreation Annual General Meeting BBQ. Each year we meet to discuss all things Total Recreation, a BBQ dinner and no NDIS charge. All members are welcome and have a vote on the day. It's your Total Recreation!

When: Friday 13th November

Times: 4pm - 9pm

NDIS Estimate: \$0

Member payment: \$30

CHRISTMAS CAROLS - Sunday 6th December

- ☐ Attend with transport
- ☐ Attend no transport
- ☐ No thanks I'm not interested

About: There's no better way to welcome the Christmas season than under the stars with friends, family, and the whole community singing together. Join us for Darwin's much-loved Christmas Carols event — a magical evening filled with festive music, warm atmosphere, and the kind of joy that only comes from singing your favourite carols alongside hundreds of others. Pack a picnic rug, bring your best singing voice, and let's make this Christmas one to remember.

When: Saturday July 11

Times: 4pm - 9pm (5 hours)

NDIS Estimate: \$423

Member payment: \$25

CHRISTMAS LIGHTS TOUR - Tuesday 15th December

- ☐ Attend with transport
- ☐ Attend no Transport
- ☐ No thanks I'm not interested

About: The most wonderful time of the year just got even more magical. Join us for an enchanting evening cruise through Darwin's most spectacular Christmas light displays, where streets and neighbourhoods are transformed into glittering wonderlands. Share in the joy and wonder of the festive season with great company, and soak in the twinkling brilliance that makes Christmas in Darwin truly special. This is the outing that gets everyone in the spirit — hop in and let the magic begin.

When: Saturday July 11

Times: 4pm - 9pm (5 hours)

NDIS Estimate: \$224

Member payment: \$30

MEMBERS CHRISTMAS PARTY - Friday 18th December

- ☐ Attend with transport
- ☐ Attend no transport
- ☐ No thanks I'm not interested

About: It's the most wonderful time of the year — and our Members Christmas Party is the celebration you've earned. Join the entire Total Recreation family for an unforgettable end-of-year gathering filled with great food, fantastic entertainment, and the warmth of a community that has grown and thrived together. It's a time to reflect on what we've achieved, celebrate the incredible people in our program, and kick off the holiday season in the best possible way. Dress to impress — this one is always a highlight of the year.

When: Fridays (Dec 18)

Times: 5:00pm to 10:00pm (5 hours)

NDIS Estimate: (1:3) \$170

Member payment: \$75

TRAVEL

CHRISTMAS Weekender (T11) 18th - 20th December

- ☐ Yes I'm interested, please send me more information
- ☐ No thanks I'm not interested

About: Pack your bag and get ready for two days of pure adventure with the Total Recreation crew. Our Members Weekender takes a small group of members on an exclusive overnight getaway — exploring new destinations, sharing incredible experiences, and forming the kind of friendships that last a lifetime. From local Territory adventures to interstate escapes, every Weekender is a unique, handcrafted experience designed to get you out of the routine and into the extraordinary. Limited spots available — book early and secure your place in the most talked-about event of the calendar.

When: 18th - 20th December

Times: TBC

NDIS Estimate: (1:2) \$1,548

Member payment: \$690

TASMANIA 7-Day Adventure (T6) 22nd - 29th November

- ☐ Yes I'm interested, please send me more information
- ☐ No thanks I'm not interested

About: Pack your bags for one of Australia's most extraordinary destinations. Our 7-Day Tasmania Adventure takes you through an island unlike any other — where ancient wilderness meets rich history, world-class local produce, and landscapes that leave you speechless. From rugged mountain ranges to charming historic townships, every day reveals something new. This is bucket-list travel, made accessible for everyone.

When: 22nd - 29th November (dates may be subject to change)

Times: TBC

NDIS Estimate: (1:2) \$4,369

Member payment: \$3,950

Please sign and return this form to Total Recreation

Signed:_____

Name:_____