



**TOTAL
RECREATION**

PROGRAM HANDBOOK 2024



ALICE SPRINGS

WELCOME

Total Recreation is proud to be offering new inclusive and exciting recreation activities in Alice Springs.

Delivered under the National Disability Insurance Scheme (NDIS) we aim to provide our members with meaningful engagement opportunities to learn new skills, build friendships, enjoy life and achieve their goals.

Delivering inclusive programs for more than thirty years in Darwin and Palmerston, Total Recreation now invites new members from Alice Springs to enjoy Radio, Social, Arts, Fitness and Sport opportunities.

OUR STORY



From humble beginnings Total Recreation now provides thousands of hours of recreational services for Territorians with a disability. Programs are guided by member feedback through the Participant Advisory Committee (PAC) and individual members feedback.



Total Recreation is a registered service provider under NDIS and provides services both for individuals and group environments. All program and activity pricing is determined by the NDIS, Total Recreation is open and transparent about all program pricing.

Prices in this booklet are quoted at a 1:1 or 1:2 support ratio

PROGRAM OUTCOMES

Our recreation opportunities aim to be engaging and enjoyable, providing several benefits along with having fun!

- **SOCIAL & ARTS**: making friends, building relationship networks, access to & participate in the community, transactions & money handling, developing independence, try new activities and experiences.
- **RADIO**: Build your confidence, learn to develop and deliver a radio program while making friends and social networks.
- **FITNESS**: healthy lifestyle, supported exercise, diet, movement fundamentals, get active, challenge yourself, develop capacity to exercise independently.
- **SPORTS OPPORTUNITIES**: team work, participation, community access, fitness, technical movement, sports skills, pathways and representation.

MEMBERSHIP

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

Contact Mark - (08) 8981 3686 Ext 6

or visit

www.totalrecreation.org.au

to complete the membership interest form

SOCIALS & ARTS

SATURDAY SOCIALS



Every second week Total Recreation will host a Saturday Social. Activities include movies and dinner, seeing live shows or catching a local band.

- Saturday evenings

NDIS 1:1

\$601

4 hours

NDIS 1:2

\$325

4 hours

Member

\$35

1 session

ARTS DAY TRIPS



Are you an aspiring artist?

This day trip includes travelling to the beautiful sights around Alice to complete a range of art activities including painting and craft. Lunch is also included.

- Saturdays

NDIS 1:2

\$844

8 hours

Member

\$90

1 session

SPORTS

Conducted in inclusive social environments, Total Recreation provides members the opportunity to try different sport and recreational activities.

AFL FOOTBALL

Love AFL Football? come and participate in an all inclusive football program delivered by AFL Northern Territory. Conducted Wednesday afternoons and includes a free BBQ each week.



- **Wednesdays**

NDIS 1:1
\$356
3 hours

Member
\$0
1 session

TENPIN BOWLING

Join Total Recreation's weekly tenpin league at The Dust Bowl. A social and inclusive environment that also offers pathways to NT Champs and beyond.



- **Wednesday evenings**

NDIS 1:2
\$282
4 hours

Member
\$22
3 games

BOXING



Working with the highly respected Arreernte Community Boxing Academy, Total Recreation is offering a fitness program with a difference.

Modified boxing program will improve balance, stamina and strength, don't just get fit, get boxing fit!

- **Week days**

NDIS 1:1

\$356

3 hours

Member

\$5

In group

Member

\$50

**Private
booking**

ONE-ON-ONE SESSIONS

One-on-one sessions with a private coach, boxing exercises adapted for all abilities are great for improving balance, strength and timing.

- **Contact Mark on (08) 8981 3686 Ext 6 for a quote.**



8CCC - COMMUNITY RADIO

In partnership with 8CCC Community Radio Total Recreation is providing the opportunity for members to learn all about radio including planning, production and delivery of your own radio show.



***Host your own
community
radio show!***

This program provides members with peer mentors along with support from Total Recreation and 8CCC professionals.

Program times are customised with members and align when air time is available. Contact Mark to find out more about this amazing opportunity.

- **Week days**

**NDIS 1:1
\$356
3 hours**

**Member
\$ 0
1 session**

CONTACT



(08) 8981 3686 Ext 6

MARK BENSTED

Alice Springs Coordinator



alicesprings@totalrecreation.org.au

DARWIN OFFICE

(08) 8981 3686 Ext 8

admin@totalrecreation.org.au



totalrecreation.org.au



**REGISTERED
PROVIDER**