



PROGRAM HANDBOOK 2024



Official
Provider

DARWIN

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Government**



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.

SOCIALS - Making friends, building relationship networks, access to and participating in the community, money handling and developing independence.

EVENTS - Making friends, building relationships, developing independence, and trying new activities/experiences.

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

SKILLS - Learn new skills, develop your business ideas, increase your skills towards employment or run your own business.

TRAVEL - New experiences, community access, budgeting and cash handling and create lifelong memories.

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

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

YOUTH (10-16 years) Making friends, building relationship networks, access to and participate in the community.



WELCOME

ABOUT US

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 1:2 and 1:3 ratio (1 staff to 2 / 3 members)

BECOME A MEMBER

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

1. Complete and submit a 'Members Interest Form' (this provides us with your contact details).
2. We then contact you for a face to face meeting.
3. Complete your Operoo profile and all related forms.

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

www.totalrecreation.org.au

Phone: (08) 8981 3686

THIS HANDBOOK

This program handbook will inform you of all the programs, activities and events that are on offer to Total Recreation members in 2024.

1. Read through this program handbook and information with your guardian or family member and identify the programs you would like to attend.

2. Once you receive the Schedule of Supports (through Operoo), select the programs you would like to attend.

3. 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 before the program begins to confirm your attendance.

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 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 all updates).

NDIS costs include planning, travel and hours of support.


Member Cost includes program costs not covered by the NDIS including; event tickets, meals, accommodation and flights.

An example:

- Thursday 16th May

NDIS
\$237
6 hours

Member
\$45
1 event



PROGRAM OF SUPPORTS

All program of supports (dance, arts, cooking, markets, Fredi Fitness sport or weekly program) 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.

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'.



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

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.



OPEROO

Total Recreation uses Operoo to manage members medical and support requirements as well as all program forms and communications.

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.

DOWNLOAD  operoo



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

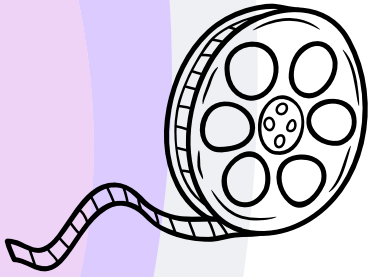
Manage all your Total Recreation programs from your mobile phone.

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



FRIDAY SOCIALS

MOVIES & DINNER X 8 (A1)



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

- 5th Jan
- 16th Feb
- 12th April
- 24th May
- 5th July
- 16th Aug
- 27th Sep
- 8th Nov

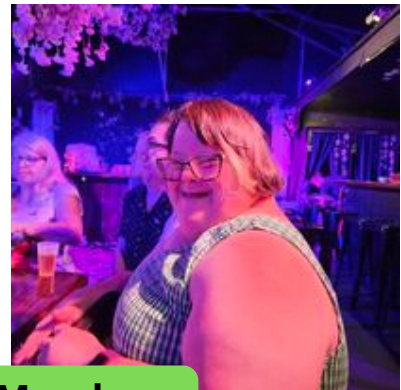
NDIS
\$219
6 hours

Member
\$15
1 session



DANCING & DINNER X 8 (A2)

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



- 19th Jan
- 1st Mar
- 26th Apr
- 7th June
- 19th July
- 30th Aug
- 11th Oct
- 22nd Nov

NDIS
\$194
5 hours

Member
\$10
1 session



TENPIN BOWLING & DINNER X 5 (A3)



Put on your bowling shoes and bowl a strike!

- 2th Feb
- 15th Mar
- 21st June
- 13th Sept
- 6th Dec

NDIS
\$219
6 hours

Member
\$32
1 session





MINIGOLF & DINNER X 2 (A4)

Come down and try Palmerston's wonderful new mini golf course followed by dinner in the clubhouse.

- 10th May
- 2nd Aug

NDIS
\$219
6 hours

Member
\$30
1 session



SATURDAY SOCIALS

SAT SOCIALS - REC ROOM X 9 (B1)

After feedback from our members, in 2024 we will be offering regular Saturday socials including markets, food festival and activities at The Rec Room.

- 13 Jan Wavepool
- 10 Feb Games and lunch
- 9 March Movies and lunch
- May Italian Festival
- June Greek Glenti
- 31 Aug Movies and lunch
- 21 Sept Markets and lunch
- 2 Nov Games and lunch
- 30 Nov Christmas movies and lunch

NDIS
\$272
6 hours

Member
\$15
1 session



HIS & HERS DAY OUT X 2 (B2)

Get your nails done and enjoy a high tea with the girls, or join the boys for a day of fun activities.

- Saturday 6th April
- Saturday 5th October

NDIS
\$283
6 hours

Member
\$90
1 session



SPORTS EVENTS

TIWI ISLANDS GRAND FINAL (C1)



Fly over to the Tiwi Islands for their famous AFL grand final and art day exploring the local galleries.

- Sunday 4th August

NDIS

\$532

10 hours

Member

\$480

1 event



HARLEM GLOBTROTTERS (C2)

Be amazed by this global phenomenon and be dazzled by their incredible tricks!



- Monday 24th June

NDIS

\$230

6 hours

Member

\$99

1 event



GREYHOUNDS X 2 (C3)

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



- Sunday 14th April
- Sunday 15th Sept

NDIS

\$325

6 hours

Member

\$15

1 event



DARWIN SALTIES BASKETBALL X 2 (C4)



The Darwin Salties are our very own local basketball team competing in the NDL1 North league.

Dates for each match will be confirmed once the draw is released.

DATE TBC

- 1st Match March/ April
- 2nd Match May/ June

NDIS

\$271

6 hours

Member

\$35

1 match



NTFL GRAND FINAL (C5)

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.



- **Saturday 16th March**

NDIS

\$271

6 hours

Member

\$30

1 match



NRL - DARWIN MATCH (C6)

Love your NRL???

This is your chance to see a match right here in Darwin.

- **Friday 20th April**

NDIS

\$230

6 hours

Member

\$45

1 match



AFL - SUNS VS CATS (C7)



Local favorites, the Suns are visiting their second home to take on the mighty Geelong Cats.

- Thursday 16th May

NDIS

\$237

6 hours

Member

\$45

1 match



V8 SUPERCARS (C8)

The V8 Super cars have always been a highlight on the calendar for our members. Book in again for 2024



- Saturday 15th June



NDIS

\$271

6 hours

Member

\$90

1 day



BUDDY FISHING DAY (C9 NON-NDIS)

Spend a day on the water and catch a big one with the Palmerston Game and Fishing Club.



- Saturday 1st June

Member

\$30

Transport



DARWIN FESTIVAL

OPENING NIGHT (E1)

Enjoy the opening night of the famous Darwin Festival!

- **Thursday 8th August**



NDIS
\$249
6 hours

Member
\$15
1 event



SHOW TWO (E2)

Attend 2024 Darwin Festival events. We will offer 3 events with the shows and dates confirmed once the schedule is released.

- **8-25th August, show TBC**

NDIS
\$282
6 hours

Member
\$45
1 event



SHOW THREE (E3)

- **8-25th August, show TBC**

NDIS
\$282
6 hours

Member
\$65
1 event



SHOW FOUR (E4)

- **8-25th August, show TBC**

NDIS
\$282
6 hours

Member
\$75
1 event



CONCERT SERIES



The concert series takes you to Darwins best live concerts and shows.

THE INXS SHOW (E5)

The Australian INXS Show is a fully immersive 'Wembley-style' experience featuring the hit songs which made INXS a household name around the world.

• **Saturday 2nd March**

NDIS

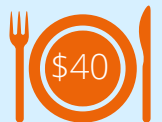
\$282

6 hours

Member

\$69

1 show



JESSICA MAUBOY (E6)

Experience the heart of Australia with Jessica Mauboy's 'Yours Forever' tour. This isn't just a concert series; it's a homecoming. Mauboy, who first stole our hearts on Australian Idol and now nurtures new talent on The Voice, is returning to her roots, both musically and geographically.



• **Saturday 20th April**

NDIS

\$282

6 hours

Member

\$99

1 show





CREEDENCE CLEARWATER COLLECTIVE (E7)

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 29th June**

NDIS
\$282
6 hours

Member
\$69
1 show



THE MADONNA SHOW (E8)

The most influential, controversial, and iconic female recording artist of all time. The undisputed Queen of Pop.

Enjoy all of Madonna's classics at the Darwin Entertainment Centre with this tribute show.



- **Saturday 3rd August**

NDIS
\$282
6 hours

Member
\$64
1 show



AGM & BBQ AT THE REC ROOM (E9 NON-NDIS)

The Total Recreation Annual General Meeting is your chance to get an update on how your organisation is tracking and provide some feedback, followed by our famous FREE BBQ dinner.



- **Friday 1st November**

NDIS
Free
4 hours

Member
Free
Transport



CHRISTMAS 2024



CHRISTMAS CAROLS (X1)

Pack a rug, round up the troops and enjoy a night of music under the stars at Darwin's Amphitheatre.

- Sunday 1st December

NDIS

\$313

6 hours

Member

\$25

1 event



LIGHTS TOUR (X2)

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

- Monday 9th December

NDIS

\$219

6 hours

Member

\$30

1 event



CHRISTMAS PARTY (X3)

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

- Friday 13th December

NDIS

\$30

Transport

Member

\$75

1 event





TOTAL RECREATION DANCING WITH THE CELEBRITIES

PROGRESSIVE DANCING (D1)

Do you love the DWTC Ball each year and want to keep on dancing all year around? This is your chance with an 8 week dance program during February and March.

- Mondays 5th Feb to 25th March

NDIS
\$1024
24 hours

Member
\$120
8 sessions

DANCING WITH THE CELEBRITIES (D2)

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

- Mondays 12th Aug - 21st Oct
- Friday 24th October
- DWTC Ball 25th October

NDIS
\$1562
36 hours

Member
\$260
12 sessions



ARTS

CRAFTY ARTS (M1)

The 10-week Crafty Arts program focuses on traditional art practices. Artists will create and explore mediums such as ceramics, traditional painting methods, block printing and weaving. Participants are encouraged to incorporate their own interests into the weekly art activities.

• 31st Jan - 3rd Apr

NDIS

\$1658

40 hours

Member

\$325

10 sessions



PHOTOGRAPHY (M2)



Totally Focused looks at all there is to know about photography. We explore, create and learn about current industry trends while exploring Darwin in many of the outdoor photo adventures. Participants will shoot, print and produce calendars, exhibit their best photos and enter their favourite images into the Royal Darwin Show.

• 17th April - 19th June

NDIS

\$1658

40 hours

Member

\$325

10 sessions





ART CREATIVE (M3)

Art Creative is a 10-week program with a focus on making art based products. Participants will use their creative skills in designing, developing and making products ideal for gifts or for their homes.

• 17th July - 18th Sept.

NDIS

\$1658

40 hours

Member

\$325

10 sessions



DIGITAL MEDIA (M4)

Get creative in Digital Media with 10 weeks of Cricut, Canva, Photography and Video production. Use digital media to design, print and create fantastic designs with creative online platforms.

• 9th Oct - 11th Dec

NDIS

\$1658

40 hours

Member

\$325

10 sessions



ARTS DAY TRIP ONE (M5)

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

• Saturday 22nd June

NDIS

\$324

8 hours

Member

\$90

1 day



ARTS DAY TRIP TWO (M6)

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

- **Saturday 7th December**

NDIS

\$324

8 hours

Member

\$90

1 day



ARTS OVERNIGHTER (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.



- **21st - 22nd September**

NDIS

\$1287

24 hours

Member

\$420

2 days



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 runs for 40 weeks of the year and aligns to school terms.



COOKING - THURSDAYS (P1, P3, P5 & P7)

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.

- Each Thursday during school terms

NDIS

\$2316

70 hours

Member

\$0

10 weeks



MARKET PROJECT - FRIDAYS (P2, P4, P6 & P8)



The Market Project is a 38 week program, where 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.

- Each Friday during school terms

NDIS

\$2595

70 hours

Member

\$0

10 weeks



TRAVEL

The travel menu for this year offers a wide range of exciting adventures, including some more vigorous options and relaxing overnight stays. Short-term accommodation (respite) is also available for added convenience. Contact Josh at the TR office for more information.



BBQ BOAT CRUISE (T1)

The Corroboree Billabong is a part of the Mary River wetlands and a very serene and peaceful way to take in the amazing wildlife and flora of the Top End while enjoying a delicious BBQ lunch.

- **Saturday 6th July**

NDIS

\$360

8 hours

Member

\$150

1 day

CLAB CLAW ISLAND LUNCH (T2)

Ahoy there! Prepare for an exciting cruise from Darwin to the beautiful Crab Claw Resort. Indulge in a sumptuous seafood buffet fit for royalty before enjoying the resort's invigorating pools. As the day draws to a close, catch a ferry back to Darwin.



- **Saturday 14th Sept**

NDIS

\$422

10 hours

Member

\$199

1 day

AUSSIE SPIRIT WEEKENDER (T3)



Get ready to throw a shrimp on the barbie, mate! Spend a weekend diving into everything Aussie at the Free Spirit Resort in Darwin. Whether you dress up in your most dinky-di Aussie gear or bring a flag to wave, you'll feel like a true blue Aussie in no time.

• 26th - 28th Jan

NDIS

\$1748

36 hours

Member

\$680

3 days



ADELAIDE FRINGE FESTIVAL (T4)

This week is like a giant art party, with a whole lotta creative goodness packed in for the art buffs and photo gurus at Total Rec. And the cherry on top? We're chillin' near Adelaide's dreamy beaches, giving us a chance to soak up the salty sea air and take leisurely strolls along the shore. Get ready for this amazing immersive artistic adventure.



• 14th - 20th Feb



NDIS

\$2919

84 hours

Member

\$3400

7 days



DARWIN CITY STAY (T5)



Welcome to the ultimate staycation at one of Darwin's hip inner-city hotels! Gather your squad for some epic bonding time and well-deserved relaxation. Plus, we've got your entertainment sorted with your choice of bowling, movies, local shindigs, and more!

• 16th - 17th March

NDIS

\$1124

24 hours

Member

\$380

2 days



CRAB CLAW FISHING ADVENTURE (T6)

Something's a little fishy about this one. Enjoy a two-night stay and a fishing charter. This one will be a hoot if you are a mad keen fisherperson. Enjoy your catch cooked fresh and fantastic time on the Bynoe Harbour.



• 25th -27th April



NDIS

\$1848

36 hours

Member

\$950

3 days



ORD VALLEY MUSTER (T7)



Let's get ready for the ultimate Kimberley adventure! Picture this: you, under the stars, with music and culture all around you. And that's just the beginning. We'll take you on a road trip to explore an open-air art gallery and check out the Mini Bungle Bungles! Plus, how about a lunch cruise on the breathtaking Lake Argyle? We end our journey in Darwin, flying high with Air North. Don't miss this unforgettable experience!

• 16th - 23rd May



NDIS

\$3205

84 hours

Member

\$2900

7 days



SPORTS LONG WEEKENDER (T8)

Get set for 4 unforgettable nights in Melbourne, where the action never stops! Get your game face on and brace yourself for the AFL extravaganza - the ultimate footy showdown at the one and only MCG!



• 25th - 29th July

NDIS

\$2315

60 hours

Member

\$2550

5 days



CITY STAY DARWIN FESTIVAL (T9)



Hey you party animals, we've got a swanky new surprise in our program for the Darwin Festival! How about you kick back and unwind with an overnight stay in the heart of the city? Then, get all dolled up for dinner and a show at the festival. And the fun doesn't stop there! Wake up late and relish a scrumptious breakfast with your mates!

• **24th - 25th August**

NDIS

\$1124

24 hours

Member

\$480

2 days



GOLD COAST (T10)

Imagine this: You and your mates living it up in the sun-soaked beaches of the Gold Coast, enjoying a week of wild adventures, heart-racing fun, and non-stop laughter at the coolest theme parks in town!



• **28th Sept - 5th Oct**

NDIS

\$2919

84 hours

Member

\$3500

7 days



NEW ZEALAND (T11)

If you're searching for an adventure, then look no further! This year's international escapade is the only one you'll need!



Pack your bags and get ready for a wild ride across the stunning landscapes of New Zealand! From the icy mountain peaks to the turquoise oceans, this adventure is sure to leave you with memories that last a lifetime!

• 17th - 25th Nov



NDIS

\$3501

108 hours

Member

\$4900

9 days



XMAS STAY (12T)

End the year in style with Total Rec! Spending two nights with your squad at a luxurious resort-style hotel in Darwin. And don't forget the Members Christmas Party, which promises to be a night of epic proportions.



• 12th - 15th December

NDIS

\$1555

36 hours

Member

\$680

3 days



FREDI FITNESS

Fitness sessions delivered in a 1:2 ratio environment with various recreation and gym sessions. Consistent and regular exercise assists members to build their fitness, strength and balance.

CIRCUIT (F1)

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



- 30th Jan - 2nd April

NDIS
\$1545
30 hours

Member
\$180
10 sessions



POUND (F2)

Pound your way to fitness with a fun drumstick workout with Sarah from To the Beat Fitness.

- 30th Jan 30st -2nd April

NDIS
\$1545
30 hours

Member
\$225
10 sessions

WALKING ONE (F3)

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

- 2nd Feb -
4th April



NDIS
\$1497
30 hours

Member
\$90
10 sessions

LINE DANCING (F4)

Dance your way to fitness through this inclusive and simply fun dance style.



- 18th April - 20th June

NDIS
\$1276
24 hours

Member
\$160
8 sessions

KAYAKING (F5)

If there is a more relaxing way to spend an afternoon than kayaking around Lake Alexander, we are yet to discover it!



- 16th July - 17th Sept

NDIS
\$1545
30 hours

Member
\$250
10 sessions

WALKING TWO (F6)

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



- 18th July -
19th Sept



NDIS
\$1497
30 hours

Member
\$90
10 sessions

ZUMBA (F7)

Have heaps of fun during this weekly class of Latin inspired dance.



- 8th Oct - 10th Dec

NDIS

\$1545

30 hours

Member

\$180

10 sessions

PEDAL (F8)

Finish off 2024 by cycling your way to fitness through this weekly pedal class in airconditioned comfort.



- 10th Oct - 12th Dec

NDIS

\$1497

30 hours

Member

\$225

10 sessions

CITY 2 SURF (NON NDIS F9)



Come down to the beautiful Nightcliff Foreshore and enjoy a 4km walk.



- Sunday 2nd June



Member

\$30

Transport

SPORTS

Sports are offered on Friday mornings. Basketball has four seasons (aligned to the school terms) that will run for eight weeks.

MULTI SPORTS (S1 & S2)

The multi sports program will include skill sessions and games and be conducted on Friday mornings in between basketball seasons.

- 28 Jun - 19 July (S1)

NDIS

\$1009

12 hours

Member

\$80

4 sessions

- 27 Sep - 11 Oct (S2)

NDIS

\$774

9 hours

Member

\$60

3 sessions

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

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



- Season 1: 9 Feb - 22 Mar (S3)
- Season 2: 26 Apr - 14 Jun (S4)
- Season 3: 2 Aug - 13 Sep (S5)
- Season 4: 18 Oct - 6 Dec (S6)

NDIS

\$1923

24 hours

Member

\$100

8 sessions

YOUTH PROGRAMS

Total Recreation youth programs are aimed at participants 10-16 years old. These programs will be held during school holidays in both January and April.

HOLIDAY PROGRAM (JANUARY Y1)

The program cost includes all activities and meals for the 4 days. Program activities will include Reptile program at Crocosaurus Cove, water parks, art sessions, animal encounters, movies, Litchfield National Park, Timezone, Wave Pool, Kingpin and more.

- 22 - 25 January

NDIS

\$2081

28 hours

Member

\$180

4 days



HOLIDAY PROGRAM (APRIL Y2)

- 8 - 11 April

NDIS

\$2081

28 hours

Member

\$180

4 days



CONTACT US



SOCIALS / COOKING

8981 3686 Ext 1

ramona.bartlett@totalrecreation.org.au

TRAVEL

8981 3686 Ext 2

josh.pike@totalrecreation.org.au

SPORT

8981 3686 Ext 3

kim.stalas@totalrecreation.org.au

FREDI FITNESS

8981 3686 Ext 4

jack.cleveland@totalrecreation.org.au



ART/ MARKETS

8981 3686 Ext 5

carly.oneill@totalrecreation.org.au

Executive Director

8981 3686 Ext 7

keoh.goodall@totalrecreation.org.au

Finance - Chris

8981 3686 Ext 8

admin@totalrecreation.org.au



totalrecreation.org.au



**REGISTERED
PROVIDER**