



2022

WOW! WHATS ON!

PROGRAM HANDBOOK

Proudly supported by
 Northern Territory
Government

30
YEARS!

ndis
Official
Provider



Would like to thank...

MEMBERS
PARENTS & GARDIANS
VOLUTEERS, SUPPORTERS
SPOSORS, PROGRAM PARTNERS
LIFE MEMBERS, STAFF AND YOU
THE COMMUNITY!



For an amazing 30 years!

Thank you!

CONTENTS

WELCOME

SOCIALS

ARTS

TRAVEL

FITNESS

SPORTS

YOUTH

CONTACTS

WELCOME

Total Recreation is excited to launch their first annual Program Handbook and new website for 2022. We have included all your favorite Total Recreation programs across the six program focus areas; **Arts**, **Social**, **Fitness**, **Sports**, **Travel** and **Youth**. Offering more than 150 specialised programs and nearly 200,000 individual supported programs hours.

Welcome to the 2022 Total Recreation Program Handbook also known as the What's On! Newsletter. This handbook outlines Total Recreation programs for (12 months) the whole year 2022, how to become a member, booking into programs and our contacts details if you have questions.

ABOUT TOTAL RECREATION

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



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 is an official service provider under NDIS (National Disability Insurance Scheme) and provides services in a 1:3 (1 staff : 3 members) group environments.



WHATS NEW?

Total Recreation for the first time is advertising 12 months of programs. Providing carefully selected programs and activities for all your social, fitness, arts, sport and travel needs. Our annual program calendar aims to make planning easier for members and plan managers.

My Project will offer members Total Recreation support for member nominated activities during the day. This might be a regular round of golf, fishing, mid-day movie, arts project or even skydiving!

(Note: nominated activities must be during Tuesdays & Thursdays)

2022

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 five key areas, each area aims to provide participation outcomes, these include:

- **SOCIAL:** making friends, building relationship networks, access to & participate in the community, transactions & money handling, developing independence, try 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,

All Total Recreation programs are conducted in an inclusive, supportive and safe environment with an emphasis on enjoying social moments with friends.

BECOME A MEMBER

Becoming a member is easy and only costs \$10 per year (concession). Speak to our staff in the office by phoning 8981 3686 or find the Membership Interest form on the website www.totalrecreation.org.au.

Once you submit your membership interest form we will invite you to meet with one of our friendly staff. This informal meeting is an opportunity to explain our programs and for you to ask any questions.

See our website www.totalrecreation.org.au or phone us in the the office:
(08) 89813686.

PROGRAMS

HOW TO USE THIS HAND BOOK

This program hand book will inform you of all the programs, activities and events that are on offer to Total Recreation members in 2022.

1. Read through this program handbook and information with your guardian or family member.
2. Mark in the program handbook the activities that you might enjoy and best relate to your NDIS goals.
3. Check the cost of your selected programs, either add the prices manually or use the new program calculator on the website.
4. When you receive the Operoo schedule of supports, select the programs you would like to attend.
5. Circle your selected dates on a Total Recreation calendar.

PROGRAM PRICING

Program pricing in this hand book includes two prices, NDIS costs (purple) and Member costs (green). Most programs include more than one session, some are conducted weekly and others occur once a month.

NDIS Costs; indicates the funding that will come out of your NDIS plan, invoiced after the program. (program pricing is determined by the NDIS price guide).

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">• Friday 15th Jan• Friday 12th Feb• Friday 12th Mar	NDIS \$581 18 hours	Member \$45 3 sessions	
---	--	---	---

The pricing box includes other program information;

- Program dates
- NDIS support hours (purple box)
- Number of sessions (green box)
- Recommended meal money (for meals on program)

OPEROO

MEALS

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



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'.



WHAT IS OPEROO



Total Recreation has used Operoo for more than two years now managing membership, program paperwork and member communication.

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 your 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

Friday night socials continue every fortnight with popular movies, dancing and bowling nights. Meet your friends for dinner and enjoy a social outing in familiar setting.



1. MOVIES & DINNER-1

January to June see the latest movie blockbusters each month at various venues. Join Total Recreation and your friends for dinner and a movie each month (includes six sessions @ \$15 per session).

- 14th January
- 11th February
- 11th March
- 8th April
- 6th May
- 3rd June

NDIS

\$1194

36 hours

Member

\$90

6 sessions



2. MOVIES & DINNER-2

July to December see the latest movie blockbusters each month at various venues. Join Total Recreation and your friends for dinner and a movie each month (includes six sessions @ \$15 per session).

- 1st July
- 12th August
- 9th September
- 14th October
- 11th November
- 9th December

NDIS

\$1194

36 hours

Member

\$90

6 sessions



FRIDAY SOCIALS

3. DANCING & DINNER

Enjoy a meal, request your favorite song and dance the night away with the band at the local establishment. Don't dance? you can just sit back, enjoy live music and have a great meal out with you mates.



- 28th January
- 25th March
- 20th May
- 15th July
- 23rd September
- 25th November

NDIS

\$1063

30 hours

Member

\$60

6 sessions



4. BOWLING & DINNER

Bowling and dinner socials are back. Put on your bowling shoes and bowl a strike! Enjoy air-conditioned comfort as you challenge your friends to a game or two of ten pin bowling, followed by dinner and some friendly banter about how many pins you struck down.



- 25th February
- 22nd April
- 17th June
- 29th July
- 26th August
- 28th October

NDIS

\$1194

36 hours

Member

\$150

6 sessions



SATURDAY SOCIALS

Complementing our Friday night socials Total Recreation offers a variety of programs and activities on Saturdays. Specialised socials, workshop series, special interest, Darwin Festival, concerts and more, Total Recreation will provide all your social and recreational needs.

5. SATURDAY REC CLUB

Saturday Rec Club offers members a cheaper social activity.

Rec Club will incorporate a variety of activities from watching movies, indoor games, attending community events and water parks to relaxing in The Rec Room with friends in a social environment.



- 22nd January
- 5th March
- 14th May
- 9th July
- 17th September
- 19th November

NDIS

\$1302

30 hours

Member

\$90

6 sessions



6. BOYS & GIRLS DAY OUT

Spend a day doing boys and girls focused activities, get your nails done or play a round of golf? Relax after a day of pampering and sit down for lunch and enjoy the afternoon.

- Saturday 2nd April
- Saturday 1st October

NDIS

\$515

12 hours

Member

\$180

2 sessions



SPECIALISED SOCIALS

Specialised socials invite specific skill development, focus or interest enjoyed in a social environment. Activities include the workshop and Darwin Festival series, carnival days out for boys and girls and everyone favorite the end of the year Chrismazing series!



WORKSHOP SERIES

Learn new skills, the workshop series returns in 2022 with member favourites Cooking, Plant and Chocolate workshops. Make something with your own hands and display, eat or share your own creations.



7. COOKING WORKSHOP

Master chefs to beginners prepare and cook a great meal with friends, after the cooking is done, sit down and enjoy the food you have prepared. Due to feed back and requests from members Total Recreation will hold four cooking workshops this year.

- 5th February
- 30th April
- 3rd September
- 5th November

NDIS
\$1096
24 hours

Member
\$220
4 sessions



8. PLANT WORKSHOP

Plant you own little piece of paradise! Members get to plan, plant and take home their own mini garden. Garden themes vary from the edible, ornamental to your own fairy garden.

- Saturday 19th February
- Saturday 15th October

NDIS
\$548
12 hours

Member
\$130
2 sessions



SPECIAL INTEREST

Special Interest social programs have members attend activities and events around Darwin and Palmerston, activities have a specific theme.

9. GREYHOUNDS

Enjoy dinner from air-conditioned comfort of the pavilion. 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 15th May**
- **Sunday 17th July**
- **Sunday 11th September**

NDIS

\$880

18 hours

Member

\$45

3 sessions



10. DARWIN CUP CARNIVAL

Attend the Chief Minister's Day at the turf club. Make the most of the family atmosphere trackside, for the annual Darwin Cup Carnival.

- **Saturday 23rd July**

NDIS

\$246

6 hours

Member

\$25

1 session



11. NTFL GRAND FINAL (AFL)

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 19th March**

NDIS

\$246

6 hours

Member

\$30

1 session



SPECIAL INTEREST

12. NRL (DARWIN)

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.



- **Saturday 30th April**

NDIS
\$286
6 hours

Member
\$35
1 session



13. AFL (DARWIN)

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.



- **Game Date TBC**

NDIS
\$286
6 hours

Member
\$45
1 session



14. V8 SUPERCARS

Start your engines, Hidden Valley come alive with the sound of V8 Supercars. Lining up with the V8s is the Australian Nitro drag racing series.



- **Saturday 18th June**

NDIS
\$246
6 hours

Member
\$90
1 session



DARWIN FESTIVAL



15. DARWIN FESTIVAL-SHOW 1

Experience the Darwin Festival and attend three big shows with Total Recreation. Specific date and performance will be determined once festival program is announced.

- 4th - 12th August (Date TBC)

NDIS

\$262

6 hours

Member

\$45

1 session

\$40

16. DARWIN FESTIVAL-SHOW 2

Second show in the Darwin Festival series. Performance and date will be determined once festival shows are announced.

- 4th - 12th August (Date TBC)

NDIS

\$262

6 hours

Member

\$65

1 session

\$40

17. DARWIN FESTIVAL-SHOW 3

Third show in the Darwin Festival series. Performance and date will be determined once festival shows are announced.

- 4th - 12th August (Date TBC)

NDIS

\$262

6 hours

Member

\$90

1 session

\$40

CONCERTS

18. BJORN AGAIN (ABBA)



BJORN AGAIN will be performing a special commemorative concert celebrating 40 years since ABBA toured Australia. This year marks the 40th Anniversary of ABBA's first and only tour of Australia.

- **Friday 1st April**

NDIS

\$226

6 hours

Member

\$60

1 session



19. BEHIND THE BARRICADES



Kasey Chambers and Busby Marou have ingratiated themselves into the hearts and minds of the Australian music loving public. A show that will bring together great friends who write incredible songs, love to share a story, and have a laugh.

- **Sunday 22nd May**

NDIS

\$310

6 hours

Member

\$80

1 session



20. GREAT SOUTHERN LAND

Ice house celebrates the 40th anniversary of one of Australia's most iconic songs, 'Great Southern Land'. The band, led by frontman and songwriter Iva Davies, will bring the Great Southern Land 2022 concert series all across Australia.

- **Saturday 28 May**

NDIS

\$290

6 hours

Member

\$115

1 session



21. SHREK LESQUIE (18+)

"HILARIOUS, SEXY AND HIGHLY ENTERTAINING. I HAVEN'T LAUGHED THIS MUCH IN A LONG TIME. A 'MUST SEE' SHOW."

Structured very loosely around the story of the first Shrek movie, Shreklesque presents a series of Burlesque acts performed by eight well-known Shrek characters. It maintains traditional Burlesque elements whilst leaning heavily on the parodic nature of the show, exhibiting everyone's favourite many-layered ogre and his friends as you've (hopefully) never seen them before.



• **Saturday 16th July**

NDIS

\$262

6 hours

Member

\$50

1 session



22. TOGETHER ALONE

The Ian Moss & Troy Cassar-Daley 'Together Alone Tour' will be the first time these two powerhouse guitarists and vocalists have joined forces to tour together and shared a stage in such an intimate setting as they take the audience on a musical journey across their respective careers.



• **Friday 7th October**

NDIS

\$226

6 hours

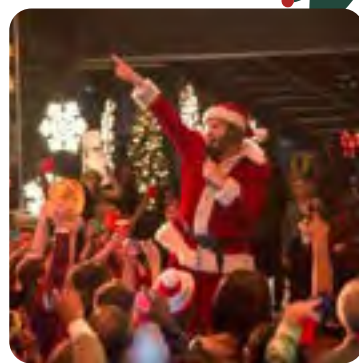
Member

\$80

1 session



CHRISTMAZING



23. CAROLS BY CANDLE LIGHT

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 4th December**

NDIS

\$284

6 hours

Member

\$10

1 session

\$40

24. LIGHTS TOUR

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

- **Saturday 14th December**

NDIS

\$235

6 hours

Member

\$25

1 session

included

25. MEMBERS CHRISTMAS PARTY

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

- **Friday 16th December**

NDIS

\$68

6 hours

Member

\$75

1 session

included

ARTS

26. CERAMICS

A wonderful introduction into the art of ceramics. Each Wednesday participants will be guided by our talented resident artist Josh; creating, decorating, painting and glazing your own ceramics.

- Feb 2nd, 9th, 16th, 23rd,
- Mar 2nd, 9th

NDIS
\$977
24 hours

Member
\$195
6 sessions



27. DANCE

Learn new moves and get your groove on. With the popularity of dance classes in the lead up to DWTC (Dancing With The Celebrities) Total Recreation will conduct a stand alone dance program. Learn the moves and perform with your friends.

- Mar 23rd, 30th,
- Apr 6th, 13th, 20th, 27th

NDIS
\$977
24 hours

Member
\$120
6 sessions



28. TOTALLY FOCUSSED

Totally focused 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.

- May 11th, 18th, 25th,
- Jun 1st, 8th, 15th

NDIS
\$1194
24 hours

Member
\$180
6 sessions



ARTS

29. CRAFTY ARTS

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.

- Jul 6th, 13th, 20th, 27th,
- Aug 3rd, 10th

NDIS

\$977

24 hours

Member

\$180

6 sessions



30. ART CREATIVE

Art Creatives 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. This program is also aimed at being the team to design and develop the concept of products for the end of year Christmas Craft Fair.

- Aug 24th, 31st,
- Sep 7th, 14th, 21st, 28th

NDIS

\$977

24 hours

Member

\$195

6 sessions



31. DIGITAL ARTS

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

- Oct 12th, 19th, 26th,
- Nov 2nd, 9th, 16th

NDIS

\$977

24 hours

Member

\$150

6 sessions



ARTS

32. CERAMICS DAY TRIP

A day to get out into the Darwin community and explore what other Darwin artists are doing with ceramics. Visit some local ceramic artists before a nice lunch, followed by a ceramic based activity of your own.

- **Saturday 19th March**

NDIS
\$316
8 hours

Member
\$60
1 session



33. DANCE ARTS OVERNIGHTER

Enjoy a delightful weekend celebrating art, dance and culture in Darwin and at the Nightcliff Seabreeze Festival. Be apart of the Total Recreation Dance performance team at the festival and enjoy a night out at the Nightcliff Seabreeze Festival.

- **Sat 7th - Sun 8th May**

NDIS
\$974
20 hours

Member
\$260
1 session



34. PHOTOGRAPHY DAY OUT

Totally Focused Day Out is a great opportunity to get out of Darwin on a nature based field trip. We will be looking to explore and photograph some iconic parts of the Top End and its stunning landscapes.

- **Saturday 2nd July**

NDIS
\$316
8 hours

Member
\$60
1 session



ARTS

35. CRAFTY ARTS DAY TRIP

The Crafty Arts Day Trip 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 artist's in their studios and participating in some art based interactive activities from the artists.

- **Saturday 20th August**

NDIS
\$316
8 hours

Member
\$60
1 session



36. ARTS IN NATURE OVERNIGHT

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.

- **Sat 8th - 9th October**

NDIS
\$923
20 hours

Member
\$260
1 session



37. DIGI MEDIA NIGHT

Enjoy dinner and an evening out celebrating all things Christmas with Digital Media. Photographing and creating digital cards for social media, of some of the Christmas displays around Darwin and the Waterfront.

- **Saturday 3rd December**

NDIS
\$316
8 hours

Member
\$75
1 session



TRAVEL

Total Recreation offers a variety of supported travel opportunities from day trips, weekend getaways to interstate and international tours and holidays.

City overnights are a great way to build confidence towards independent travel away from home. For the more experienced traveler interstate and international holidays await.

Ensuring member safety on all travel options Total Recreation will continually assess risks in relation to covid travel lockdowns.

38. WOMADELAIDE

Travel to Adelaide and experience WOMADELAIDE! the annual four-day festival of Music, Arts and Dance and culture.

First held in Adelaide's Botanic Park in 1992, it is one of many WOMAD festivals held around the world, it is a four-day event which presents a multicultural selection of music from artists around the world, as well as side-events such as discussions and talks.



• March 11th - 19th

NDIS

\$2727

90 hours

Member

\$3750

1 sessions



TRAVEL

39. FIJI

BULA! When you visit Fiji, you'll hear that a lot. It's more than just a greeting, it's the spirit of the country. With 333 islands, white sand beaches and year-round tropical warmth, it is hard not to feel happy in this Pacific Island nation.



Avoid the crowds and join Total Recreation on a dream tropical holiday to the islands of Fiji.

Visit the amazing Garden of the Sleeping Giant, Sabeto Hot Springs and Mud Pool, snorkel, swim or just relax on a white sandy beach looking out over the crystal clear water.

Total Recreation will continually monitor and manage all travels risk and ensure member safety on supported travel programs.

- July (Travel dates TBC)

NDIS
\$2878
90 hours

Member
\$4800
1 sessions



TRAVEL

40. CAIRNS



Where the reef meets the rainforest, Cairns is one of Australia's premier holiday destinations for tourists. With its close proximity to the Great Barrier Reef and Daintree Rainforest is a Mecca for scuba divers, snorkelers', reef cruises, all types of fishing, rainforest walks, outback "bush" adventures, native bird and wildlife watching and tours of all shapes and sizes.

- **November (Dates TBC)**

NDIS

\$2430

80 hours

Member

\$2900

1 session



41. CITY STAYCATION-1

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.

Hotel will be determined closer to date and communicated to travelers.

- **February 26th - 27th**

NDIS

\$924

20 hours

Member

\$290

1 session



42. CLUB SODA SHOW & STAY



Stay overnight in the city and attend a the Club Soda show. Revealed as a theatrical delight infused with cabaret, dance and vaudeville, and served with a slice of magic, a twist of circus and a heady mix of comedy!

- April 23rd - 24th

NDIS

\$958

20 hours

Member

\$290

1 session

included

43. KAKADU

Kakadu Crocodile Hotel is located in the wilderness of Kakadu National Park. The perfect base to start exploring many of Kakadu's most significant natural attractions. Cool off in the large outdoor pool, the perfect oasis for relaxing in between discovery tours.

- May 26th - 29th

NDIS

\$1781

40 hours

Member

\$725

1 session

included

44. TUMBLING WATERS

An unforgettable tropical holiday experience and the perfect base to relax, unwind & explore the beautiful Top End! Set on 100 acres, nestled among lush tropical gardens, palm trees and manicured lawns, this idyllic tropical oasis is located just 30 minutes from Darwin near Berry Springs and the Northern Gateway to the spectacular waterfalls of Litchfield National Park.

- July 30th - 31st

NDIS

\$958

20 hours

Member

\$290

1 session

included

45. CRAB CLAW ISLAND

Crab Claw Island is situated on the south-western side of Bynoe Harbour, 130kms by road from Darwin. It is surrounded by 2500km² of pristine waterways which include Bynoe Harbour, salt water estuaries and fresh water creeks and rivers.

- **August 26th - 28th**

NDIS
\$1312
30 hours

Member
\$520
1 session



46. CITY STAYCATION-2

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.

- **September 24th - 25th**

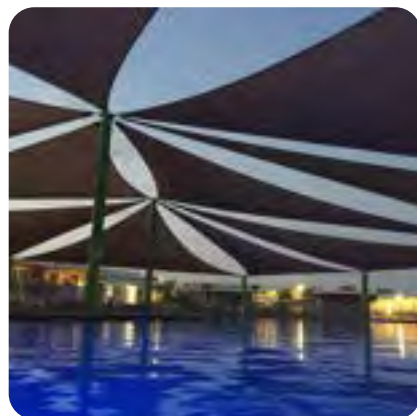
NDIS
\$958
20 hours

Member
\$290
1 session



47. CLUB TROPICAL

Enjoy a relaxing weekend getaway at Club Tropical, set in the Northern suburbs of Darwin just 200m from the stunning Lee Point Beach, Club Tropical Resort Darwin features 2 salt water pools, BBQ areas, Al-fresco dining area and an on-site restaurant.



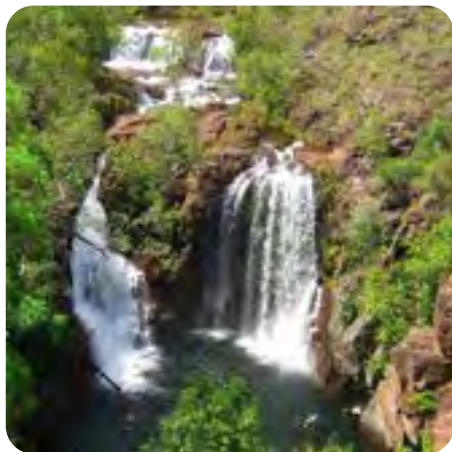
- **October 29th - 30th**

NDIS
\$958
20 hours

Member
\$290
1 session



48. LITCHFIELD



Stay overnight near Litchfield nature park, home to several stunning waterfalls that cascade into crystal clear pools, iconic magnetic termite mounds and clusters of weathered sandstone pillars at the Lost City. Swimming under the falls and relaxing in waterholes is a favorite pastime for visitors and locals alike.

• **November 25th - 27th**

NDIS

\$1307

30 hours

Member

\$520

1 sessions



49. CITY STAYCATION-3

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.

Hotel will be determined closer to date and communicated to travelers.



• **December 17th - 18th**

NDIS

\$958

20 hours

Member

\$290

1 session



FREDI FITNESS



Proudly supported by JACANA Energy the FREDI fitness program provides two weekly fitness sessions with various active recreation and gym sessions. The FREDI fitness programs aim to provide regular active fitness opportunities in an enjoyable and fun environment.

50. CIRCUIT-1

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

- Jan 18th, 25th,
- Feb 1st, 8th, 15th, 22nd

NDIS

\$1112

15 hours

Member

\$120

6 sessions

51. POUND

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

- Jan 20th, 27th,
- Feb 3rd, 10th, 17th, 24th

NDIS

\$1112

15 hours

Member

\$120

6 sessions

52. DANCE FIT (ZUMBA)

Dance and move the zumba inspired workout will have you smiling and dancing towards a healthier you.

- Mar 15th, 22nd, 29th,
- April 5th, 12th, 19th

NDIS

\$1112

15 hours

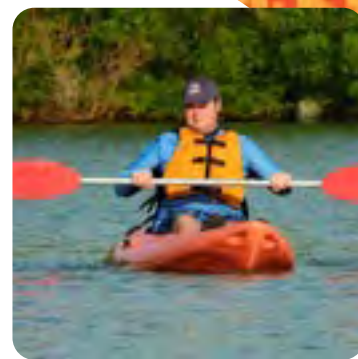
Member

\$120

6 sessions

53. KAYKING

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.



- **Mar 17th, 24th, 31st**
- **Apr 7th, 14th, 21st**

NDIS

\$1112

15 hours

Member

\$250

6 sessions

54. PEDAL POWER

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



- **May 10th, 17th, 24th, 31st**
- **Jun 7th, 14th**

NDIS

\$1112

15 hours

Member

\$150

6 sessions

55. STRETCH & STRIDE-1

Enjoy the walking program in the dry season. With walks around the Darwin and Palmerston region with close proximity to bushland offering some great walks in the cool of the dry. Stretch and Stride program includes FREDI fitness pack.



NDIS

\$1112

15 hours

Member

\$90

6 sessions

- **May 12th, 19th, 26th,**
- **June 2nd, 9th, 16th**

FREDI FITNESS



The FREDI Fitness program will incorporate some minor fitness testing and a bioimpedance testing measuring muscle:fat ratios in each limb. Testing will also demonstrate to members positive improvements in fitness levels.

56. COMBAT FITNESS

In a safe controlled environment punch and kick into fitness. Under the expert guidance of a martial arts instructor these sessions will provide active exercise routines.

- Jul 5th, 12th, 19th, 26th
- Aug 2nd, 9th

NDIS

\$1112

15 hours

Member

\$120

6 sessions

57. STRETCH & STRIDE-2

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.

- Jul 7th, 14th, 21st, 28th,
- Aug 4th, 11th

NDIS

\$1112

15 hours

Member

\$90

6 sessions

58. DANCE ZUMBA

Dance to the beats and join Sarah (Total Recs favorite instructor) move, jump and dance to become the more healthier you.

- Aug 30th,
- Sep 6th, 13th, 20th, 27th,
- Oct 4th

NDIS

\$1112

15 hours

Member

\$150

6 sessions

59. BOXERCISE

Put on some boxing gloves and learn some boxing moves that will pack a punch. A great way to get fit, de-stress and hit the pads (all boxing programs exercise programs are conducted in a safe and fun environment).



- **Sep 1st, 8th, 15th, 22nd, 29th**
- **Oct 6th**

NDIS

\$1112

15 hours

Member

\$120

6 sessions

60. SEATED YOGA

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



- **Oct 25th,**
- **Nov 1st, 8th, 15th, 22nd, 29th**

NDIS

\$1112

15 hours

Member

\$120

6 sessions

61. CIRCUIT-2

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



- **Oct 27th,**
- **Nov 3rd, 10th, 17th, 24th,**
- **Dec 1st**

NDIS

\$1112

15 hours

Member

\$120

6 sessions

SPORTS

62. INDOOR SPORTS

A variety of indoor based games will be held over six weeks e.g. Table tennis, 8-ball, bowling and other activities conducted in an indoor environment.

- **Feb 7th, 14th, 21st, 28th**

NDIS

\$445

12 hours

Member

\$80

4 sessions

63. 8-BALL (POOL)

From beginners to experts come and play 8 ball. Learn skills and have fun, or train hard for the of program championship play offs!

- **March 21st, 28th,**
- **Apr 4th, 11th**

NDIS

\$445

12 hours

Member

\$80

4 sessions

64. TABLE TENNIS

Improve your hand eye coordination and play table tennis. Skill games and competitions each week played in a fun and encouraging environment,



NDIS

\$445

12 hours

Member

\$80

4 sessions

- **May 9th, 16th, 23rd, 30th**

SPORTS

65. LAWN BOWLS

Enjoy the relaxed and social sports of Lawn Bowls. A six week lawn bowls program, including skill sessions and games.

- Jun 20th, 27th,
- Jul 4th, 11th, 18th, 25th

NDIS
\$445
18 hours

Member
\$120
6 sessions

66. WHEELCHAIR SPORTS

Participate in the Wheelchair Sports program and experience the speed and excitement of various sports including wheelchair basketball, afl, rugby and more.

- Nov 7th, 14th, 21st, 28th

NDIS
\$445
12 hours

Member
\$120
4 sessions

67. BASKETBALL (TERM 1)

Compete and enjoy basketball in a fun inclusive program. Rising Stars basketball includes skill development sessions and games.

- Fridays Term 1, January - April

NDIS
\$797
24 hours

Member
\$100
8 sessions

68. BASKETBALL (TERM 2)

- Fridays Term 2, April - June

NDIS
\$797
24 hours

Member
\$100
8 sessions

69. BASKETBALL (TERM 3)

- Fridays Term 3, July - September

NDIS

\$797

24 hours

Member

\$100

8 sessions

70. BASKETBALL (TERM 4)

- Fridays Term 4, Oct-Dec

NDIS

\$797

24 hours

Member

\$100

8 sessions

72. DANCING (DWTC BALL)

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.



- Aug 15th, 22nd, 29th,
- Sep 5th, 12th, 19th, 26th,
- Oct 3rd, 10th, 17th

NDIS

\$1045

30 hours

Member

\$250

10 sessions



73. MY PROJECT

Welcome to the new **My Project** support program, you chose the project or activity and we support you. It could be a one off activity or a regular round of golf, fishing, fitness, art competition or even sky diving!

Conducted on Tuesday and Thursday mornings this program provides members with Total Recreation resources (Staff, vehicles and The Rec Room) to complete your project or activity of your choice.

My Project - you chose the project or activity and we support you!

My Project is based on (and now includes) the successful My Arts program, an open arts program for participants to use the The Rec Room to work independently on their own projects. Participants will have all the arts facilities available to them and be mentored, supported, and guided to develop, design and create their own arts project.

We want participants to develop ideas and start their artworks for entries into competitions, develop artworks for exhibition opportunities available to them around the NT.

- **Tuesdays and Thursdays 9am-1pm**

NDIS

\$1731

32 hours

Member

Quoted

8 sessions

This price is based on 32 hours of support towards your project, materials and other project costs will be quoted. My Project is flexible in how many hours you require support.

Final costs will be determined by the project or activity. Contact Total Recreation to discuss your project and how we can support you.

Phone : (08) 89813686

YOUTH PROGRAMS

Total Recreation youth Programs (focusing on participants 9 - 17 yrs) are back with after school activities, school holiday programs, camps Saturday Rec Club and more.

74. HOLIDAY PROGRAM 1 (JAN)

Enjoy the Youth Holiday program hosted by Total Recreation during the January and July school holidays. January 24th - 28th & July 11th - 15th. The youth holiday program will be based at 24/16 Charlton Court, The Rec Room, 8:30am - 4:00pm. 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. July program activities are to be confirmed.

- **January 24th - 28th**

NDIS

\$1044

40 hours

Member

\$225

5 sessions



75. HOLIDAY PROGRAM 2 (JUL)

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. July program activities are to be confirmed.

- **July 11th - 15th**

NDIS

\$1044

40 hours

Member

\$225

5 sessions



76. LITCHFIELD ADVENTURE

A 2 night stay at the BIG 4 Howard Springs during the April school holidays, 12th - 14th. The BIG4 is the perfect spot to relax and enjoy the facilities which feature an outdoor swimming pool, BBQ facilities, playgrounds and a waterpark. Enjoy a day trip to explore Litchfield National Park to swim at the waterfalls and visit the termite mounds.

• **April 12th - 14th**

NDIS

\$977

30 hours

Member

\$320

1 session



77. PUDAKUL ESCAPE

Pudakul Aboriginal Cultural Tours is an established 100% fully Aboriginal owned and operated family business. They deliver a popular Aboriginal culture and nature based engagement experience which is an authentic experience rich with information, knowledge and culture. Enjoy a relaxing time swimming in the pool, visiting the leaning Tree Lagoon and Fog dam. Total Rec members can escape the heat and relax in air-conditioned comfort on the jumping crocodile cruise along the Adelaide River.

• **October 4th - 6th**

NDIS

\$977

30 hours

Member

\$320

1 session



78. MONDAY REC CLUB

A range of activities on Monday afternoons such as movies, games, laser tag, arts, photography, table tennis and more. Monday Rec Club will be based mainly at The Rec Room, in Woolner. All activities are aimed at building peer networks and developing skills in a fun, social and inclusive environment.

**Every Monday During School
(Terms 1, 2, 3 & 4)**

NDIS

\$935

25 hours

Member

\$150

10 sessions



Note: price based on 10 weeks, length of school terms vary due to public holidays and term length.

YOUTH PROGRAMS

79. TUESDAY REC CLUB

Staff will collect members from school and provide participants with snacks and a range of activities on Tuesday afternoons such as; Swimming, flip out, squash, table tennis, bowling, basketball, mini golf and more. Tuesday Rec Club will access The Rec Room in Woolner, but will spend majority of time out in the community. All activities are aimed at building peer networks and developing skills in a fun, social and inclusive environment. Members will be transported home from 4:30pm onwards.

**Every Tuesdays School Term
(Terms 1, 2, 3 & 4)**

NDIS

\$935

25 hours

Member

\$150

10 sessions



Note: price based on 10 weeks, length of school terms vary due to public holidays and term length.

80. SATURDAY REC CLUB

Join us on Saturday mornings and hang out with your Rec Club friends! Saturday Rec Club will be from 9:00am - 1:00pm. Programs will vary but will include community outings such as water parks, movies, wildlife parks and more. Saturday Rec Club will benefit by building independence, confidence, developing social skills, meeting new people and trying new activities.

- **Feb 26th, Mar 26th, May**
- **21st, Jun 18th, Aug 13th, Sep**
- **10th, Oct 29th, Nov 26th**

NDIS

\$1684

48 hours

Member

\$240

8 sessions



CONTACT US



(08) 8981 3686

ART

carly.oneill@totalrecreation.org.au

FREDI Fitness

jack.cleveland@totalrecreation.org.au

SOCIALS

ramona.bartlett@totalrecreation.org.au



SPORT

kim.stalas@totalrecreation.org.au

TRAVEL

josh.pike@totalrecreation.org.au

YOUTH

paige.tehan@totalrecreation.org.au

OPEROO

jason.bremner@totalrecreation.org.au

FINANCE

admin@totalrecreation.org.au



totalrecreation.org.au

