

2022
JULY-DEC



WOW!

WHATS ON

PROGRAM HANDBOOK

30
YEARS!

NEW PROGRAMS



Proudly supported by
**Northern Territory
Government**



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WELCOME

Welcome to the second half of 2022, Total Recreation have updated the Program Handbook with minor program changes and new programs. All your favorite Total Recreation programs across the six program focus areas; **Arts**, **Social**, **Fitness**, **Sports**, **Travel** and **Youth**.

This handbook outlines Total Recreation programs for six months July to December 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 and further afield. 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?

New travel opportunities in 2023. Total Recreation is offering a new 'Life Skills' program focusing on a range of skill development activities.

Travel Offering a variety of travel opportunities from weekend travel to interstate and international holidays Total Recreation will open up expressions of interest to larger holiday opportunities in 2023.

Total Skills is a new skill development program conducted during the day (9am - 3pm) held week days. Fridays focus is on Arts with the popular markets project and Thursdays are now open to the new Life Skills program (read more about Life Skills programs in this hand book).

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. On the 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.

- 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)

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, 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 office:

Phone: (08) 8981 3686

MEALS

Total Recreation encourages 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'.



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 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.



TOTAL SKILLS

ART & LIFE SKILLS PROGRAM



Total Recreation is offering a new skill development opportunity on Thursdays and Fridays, 9am – 3pm hosted at The Rec Room.

Growing independence and life skills is important, the new Total Skills program will provide supported skill pathways working in real world micro-business, social enterprise environments.

The Total Skills Program includes transport to and from home each day, morning tea and lunch. Activities and excursions will focus on two key areas Cooking and Arts, all included under your NDIS plan with no out of pocket costs.

LIFE SKILLS (THURSDAYS)

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.

The program will include a variety of development activities including computer skills, work place excursions and site visits, small scale food stalls and more.

MARKET PROJECT (FRIDAYS)

Total Recreation's 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, aiming to develop independent art skills and items that can be retailed.



The Market Project supports and mentors people with a disability to develop social enterprise and business skills through hands on experience in the art & craft market industry.

Grow your passion, Grow your skills!

FRIDAY SOCIALS

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).

- 8th July
- 12th August
- 9th September
- 14th October
- 11th November
- 9th December

NDIS
\$1269
36 hours

Member
\$90
6 sessions



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 your mates.

- 15th July
- 23rd September
- 25th November

NDIS
\$564
18 hours

Member
\$30
3 sessions



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.

- 29th July
- 26th August
- 28th October

NDIS
\$635
18 hours

Member
\$75
3 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.

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.



- 9th July
- 17th September
- 19th November

NDIS
\$693
15 hours

Member
\$45
3 sessions



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 1st October

NDIS
\$275
6 hours

Member
\$90
1 session



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!



SHREK LESQIUE (18+)

*"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

\$280

6 hours

Member

\$50

1 session



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

\$240

6 hours

Member

\$80

1 session



DARWIN FESTIVAL

LEGEND OF QUEEN KONG

A powerful, mythological, immortal being journeys through time and space – part ape, part rock! The Legend Of Queen Kong is a fully accessible, queer, sci-fi extravaganza of meteoric proportions.

- **Saturday 6th August**

NDIS
\$280
6 hours

Member
\$45
1 session



TRAVELING DANCE HALL

Packed with sultry songbirds and pyro showgirls, gothic glamazons and glittering Indian dance, opera arias, moving Mudburra music and disco go-gos Finucane & Smith's Travelling Dance Hall is a cabaret extravaganza you won't want to miss.

- **Saturday 13th August**

NDIS
\$280
6 hours

Member
\$45
1 session



YUMMY ICONIC

YUMMY has changed the world of cabaret with its breathtaking burlesque, sensational circus and outrageous drag acts. From its humble beginnings as a club night in Melbourne to now being loved and adored internationally, YUMMY has won hearts and minds around the globe.

- **Friday 19th August**

NDIS
\$241
6 hours

Member
\$50
1 session



SPECIAL INTEREST

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

GREYHOUNDS

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

NDIS
\$628
12 hours

Member
\$30
2 sessions



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
\$262
6 hours

Member
\$25
1 session



ANNUAL GENERAL MEETING

Total Recreations annual general meeting, join us at the Rec Room and hear about the year that was, minor formalities followed by a BBQ dinner.

- **Friday 30th September**

NDIS
Free
5 hours

Member
Free
1 session



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.



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 conduct two more cooking workshops this year.

- 3rd September
- 5th November

NDIS

\$585

12hours

Member

\$220

2 sessions



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 15th October

NDIS

\$293

6 hours

Member

\$65

1 session



ARTS

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
\$1036
24 hours

Member
\$180
6 sessions



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 products for the end of year Christmas Craft Fair.

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

NDIS
\$1036
24 hours

Member
\$195
6 sessions



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
\$1036
24 hours

Member
\$150
6 sessions



ARTS

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
\$337
8 hours

Member
\$60
1 session



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
\$982
20 hours

Member
\$260
1 session



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
\$337
8 hours

Member
\$75
1 session



ARTS



MADE BY
MEMBERS

Proudly sponsored by
Rotary
Club of Darwin



THE
Market Project
BY
TOTAL RECREATION

POP UP SHOP

COLLECTIVE
MARKETSPACE



The Market Project supports and mentors people with a disability to develop social enterprise and business skills through hands on experience in the art & craft market industry.



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.

LAKE BENNETT

Set in 5 square kilometres of tropical wilderness Lake Bennett is a small freshwater lake located 80 km south of Darwin, enjoy sailing, kayaking, swimming in the Coomalie Shire. Join Total Recreation and your friends for two nights of fun at Lake Bennett.



• **July 30th - September 1st**

NDIS

\$1550

30 hours

Member

\$520

1 session



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
\$1392
30 hours

Member
\$520
1 session



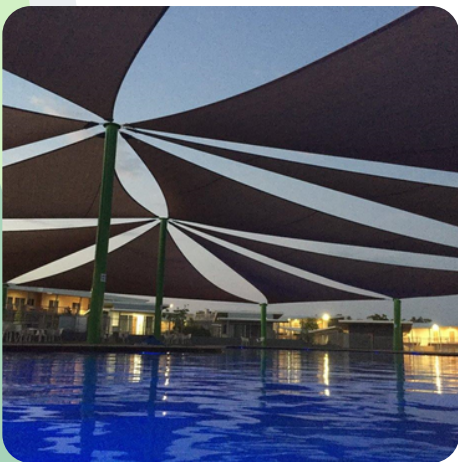
CITY STAYCATION-2

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
\$1017
20 hours

Member
\$290
1 session



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.

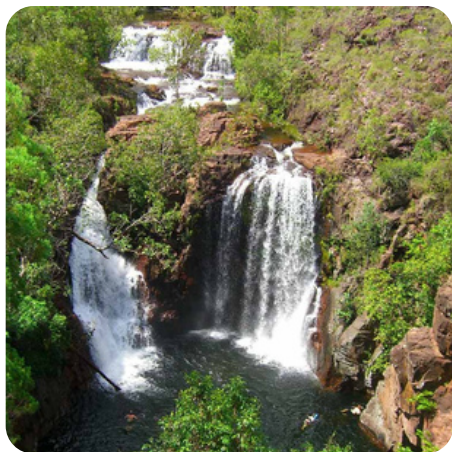
- **October 29th - 30th**

NDIS
\$1017
20 hours

Member
\$290
1 session



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

\$1387

30 hours

Member

\$520

1 sessions



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 members.



• **December 17th - 18th**

NDIS

\$1017

20 hours

Member

\$290

1 session

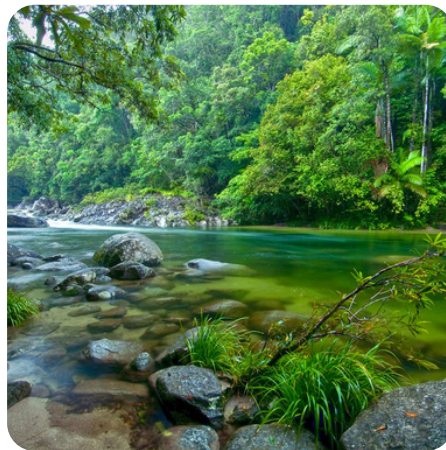


INTERSTATE & INTERNATIONAL TRAVEL

Total Recreation is again looking to travel internationally and interstate. Recently conducting an amazing trip to Fiji we are now looking to provide supported travel to Cairns, Singapore and the Great Ocean Road in Victoria.

Advertising travel opportunities into next year Total Recreation is calling for expressions of interest for members keen to travel.

CAIRNS - 2022



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.

• 17th - 24th November

NDIS
\$2612
80 hours

Member
\$2900
1 session



GREAT OCEAN ROAD



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 2023 (Dates TBC)**

NDIS

\$2765

80 hours

Member

\$3875

***Approx**



**Please note: member contribution may be subject to minor price changes.*

SINGAPORE



MAY 2023, 6 NIGHTS - 7 DAYS

Visit one of the world's most vibrant green cities and indulge your senses in activities like the duck tour, an amphibious land and water vehicle. We will also take in Chinatown, Little India, and Marina Bay. Visiting The Gardens by the Bay and waterfront and The Night Safari at Singapore Zoo and a trip over to Sentosa Island.



- **May 2023 (Dates TBC)**

NDIS
\$2430
70 hours

Member
\$3850
***Approx**



**Please note: member contribution may be subject to minor price changes.*

FIJI (2023)



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.



- **2023 (Dates TBC)**

NDIS
\$2880
80 hours

Member
\$4900
***Approx**



**Please note: member contribution may be subject to minor price changes.*

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.

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

\$1119

15 hours

Member

\$120

6 sessions

WALKING-2

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

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

NDIS

\$1119

15 hours

Member

\$90

6 sessions

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

\$1119

15 hours

Member

\$150

6 sessions

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
\$1119
15 hours

Member
\$120
6 sessions

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
\$1119
15 hours

Member
\$120
6 sessions

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
\$1119
15 hours

Member
\$120
6 sessions

SPORTS



LAWN BOWLS

Enjoy the relaxed and social sports of Lawn Bowls. A five week lawn bowls program, including skill sessions and games. Now conducted on Fridays.

- Fridays Sept 16th, 23rd, 30th
- Oct 7th, 14th

NDIS

\$445

15 hours

Member

\$100

5 sessions

BASKETBALL (TERM 3)

- Fridays Term 3, July - September

NDIS

\$837

24 hours

Member

\$100

8 sessions

BASKETBALL (TERM 4)

- Fridays Term 4, Oct - Dec

NDIS

\$837

24 hours

Member

\$100

8 sessions

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.

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

NDIS

\$1098

30 hours

Member

\$250

10 sessions



CHRISTMAZING



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



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.

- **Wednesday 14th December**

NDIS

\$235

6 hours

Member

\$25

1 session



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

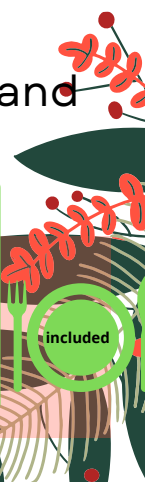
\$75

6 hours

Member

\$75

1 session



YOUTH PROGRAMS

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

HOLIDAY PROGRAM 2 (JULY)

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



PUDAKUL ESCAPE

Pudakul Aboriginal Cultural Tours deliver a 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..

- **October 4th - 6th**

NDIS

\$977

30 hours

Member

\$320

1 session



YOUTH CHRISTMAS PARTY

- **Saturday 10th December**

NDIS

\$257

6 hours

Member

\$40

1 session



OUT & ABOUT



CONTACT US



(08) 8981 3686

ART

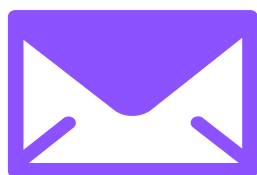
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**REGISTERED
PROVIDER**