

YOUTH PROGRAMS



TOTAL YOUTH JANUARY - JUNE 2020



What's New

Welcome to Total Recreations new look youth news letter. The youth news letter will now be released quarterly and advertise six months of programs. Like the news letter many things have changed with the roll out of the National Disability Insurance Scheme (NDIS). These changes include Total Recreation internal processes, member communications, program booking and funding processes.

What hasn't changed is Total recreations commitment to delivering high quality programs and activities designed to grow independence and confidence in the community in a safe, supportive environment.

Programs

Total Recreation provides a range of programs from art, sport, fitness, active recreation, social engagements through to travel opportunities. Total Recreation have now defined their programs into five key program areas, this includes:

- **Totally Social** - all your social needs, dinner, movies, concerts, and all major community events.
- **Total Sports** - play basketball, lawn bowls, AFL, swimming, athletics and more.
- **FREDI Fitness** - Total Recreations popular active recreation, and fitness program.
- **Total Youth** - youth activities include, holiday programs & camps, sport and now FREDI youth.
- **Total Travel** - offering a range of weekenders, interstate and international holiday options.

Funding

Program funding has changed with the role out of the NDIS. The funding to plan, deliver and support programs and activities was previously distributed directly to Total Recreation. Under the NDIS this funding is now distributed to individuals (through NDIS plans) to provide individuals with the opportunity to chose the services you access.

You will notice that each advertised program or activity now displays three separate amounts Supported Hours (purple), Program Costs (orange) and Out of Pocket (green).



Support Hours and Program Costs come out of your NDIS plan, this covers staff support hours and program costs (program costs include planning, venue and equipment expences). Out of Pocket (green) is what members must pay out of their own pocket, this expense is meals, tickets to events or entry fees (these costs are not covered by the NDIS).

Total Recreation programs aim for a 1:3 ratio (one staff per three members), advertised cost are at the 1:3 ration cost.

AFTER SCHOOL ACTIVITIES

Lawn Bowls (Term 1)

4 week Lawn bowls program conducted Wednesdays afterschool. To be held at the Darwin Lawnbowls club, program commences in March.

Date: Monday 23 Mar

Time: 3pm - 5pm

Support Hours

\$352

Program Cost

\$375

Out Of Pocket

\$100

After School (Term 2)

Pending participation and feedback from term 1, Total Recreation will conduct an after school program in term 2, activity is TBC.

Date: TBC

Time: 3pm - 5pm

Support Hours

\$352

Program Cost

\$375

Out Of Pocket

\$100



Swimming

Total Recreation supports a club swimming program at the Palmerston Sharks swim club, conducted Tuesdays and Thursdays. Interest and inquiries can be made through Total Recreation.

Athletics

Total Recreation supports athletics program at the Marrara and Fred's Pass Athletics clubs. Marrara athletics conducted on Monday. Interest and inquiries can be made through Total Recreation.

FREDI YOUTH

FREDI Fitness is an inclusive fitness program for Total Recreation members. Offer a variety of fun active activities the program aims to build personal fitness in a safe and friendly environment. Total Recreation are now offering a specific youth FREDI for youth members.

FREDI - Sprint

The FREDI Fitness Program is now offering Youth programs, starting with Sprint indoor cycling program.

Date: February

Time: 3pm - 5pm

Support Hours

\$281

Program Cost

\$380

Out Of Pocket

\$100

FREDI - Line Dancing

Line dance and boot scoot your way to a healthy you. Youth FREDI line dancing starts in March.

Date: March

Time: 3pm - 5pm

Support Hours

\$281

Program Cost

\$380

Out Of Pocket

\$100



FREDI - Kayaking

Join Fun Supply and Total recreation at Lake Alexander, learn how to Kayak or stand up paddle board, fun and fitness all at the same time.

Date: April

Time: 3pm - 5pm

Support Hours

\$281

Program Cost

\$380

Out Of Pocket

\$140

FREDI YOUTH



Youth FREDI - Sailing

Sailing on Darwin harbour under the guidance of instructors, learn how to sail in a fun and safe environment .

Date: May

Time: (pending tides)

Support Hours

\$937

Program Cost

\$450

Out Of Pocket

\$190



Youth FREDI - HIIT Boxing

The Youth FREDI program is offering boxercise or HIIT Boxing to get active and get fit in 2020.

Date: June

Time: 3pm - 5pm

Support Hours

\$281

Program Cost

\$380

Out Of Pocket

\$100

YOUTH CAMPS



Youth Camp

The FREDI Fitness Program is back in 2020, starting with the Sprint indoor cycling program.

Date: Tuesday 18 Feb

Time: 4pm - 6pm

Support Hours

\$422

Program Cost

\$180

Out Of Pocket

\$120

MEMBERSHIP

All attendees of the Youth FREDI Fitness program must be members of Total Recreation. The first step in registering with Total Recreation is the member interest form (this can be found on the Total recreation website www.totalrecreation.org.au), once complete you will be invited to join Care monkey and send the program booking forms. Once signed up annual membership is \$10.

If you have a questions about Total Recreation programs or membership contact the Total recreation office on 89813686 or email admin@totalrecreation.org.au.