

**YOUTH PROGRAMS  
APRIL-JUNE**

**TERM 2  
2021**



# Race Club

**YOUTH PROGRAMS INCLUDE**  
**TABLE TENNIS**  
**LAWN BOWLS**  
**PHOTOGRAPHY**  
**DANCING**  
**MAKE UP**  
**CAMP**



# Rec Club

Welcome to Rec Club, Total Recreation's new youth programs for youth members aged 10 - 16 years delivered under the National Disability Insurance Scheme (NDIS).

Rec Club programs will commence in term 2 of the 2021 school year. Programs will be conducted on Monday and Wednesday afternoons (2:30pm - 5:00pm) with three Friday programs. Inclusive skill building activities like lawn bowls, table tennis, dance, makeup lessons, photography, movies, cooking and more will assist in skill development, making friends and ultimately having fun with peers.

Rec Club programs are all delivered in three week blocks, sign up for a specific three week program or join us for the term.

## What is Rec Club?

Total Recreation have delivered inclusive youth programs for many years. Rec Club is the coordination or grouping of popular and new youth programs.

Rec Club participants will be collected from school and be transported to programs, many of which will be conducted at the Rec Room, Total Recreation's new program space (16 Charlton Court, Woolner).

Participants will be provided with healthy snacks, participate in a variety of programs and activities and be available to collect 5pm from the Rec Room.

Friday Rec Club will also be run on three occasions in term two, these sessions will be extended slightly to 6pm, participants will enjoy movies, games and activities in the Rec Room.

## NDIS Funding

Total Recreation understands that these programs are new and participants may not have NDIS funding allocated towards Rec Club at this stage. We are happy to work with families and NDIS plan managers working towards allocated funding for Rec Club activities.

If you are interested in attending Rec Club but don't have the allocated NDIS funding contact Total Recreation (8981 3686) and we will work with you towards participation and plan funding.

# Program Outcomes

Total Recreation programs and activities aim to provide members with opportunities to refine and develop skills towards achieving their goals, building independence, developing confidence and making new friends.

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

Examples of outcomes from attending Total Recreation programs are:

- **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, 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.

## Program Information

Programs advertised in this booklet include a brief activity description, program dates and two monetary amounts. These figures include NDIS price in purple (this cost comes out of your NDIS plan) and Member contribution in green (members pay this cost) this will primarily cover the cost of food on program.

Please Note:

- Some program costs include more than one session, the number of sessions is indicated below the program price or can be see by the number of dates.

- Friday 15th Jan
- Friday 12th Feb
- Friday 12th Mar

NDIS  
**\$183**  
3 sessions

Member  
**\$45**  
3 sessions

## Booking

Program bookings are made through Operoo, the online program used by Total Recreation. All participants are required to become members of Total Recreation this is also done through Operoo.

If you have any questions please feel free to contact the office on 8981 3686.

# MONDAY Rec Club

Monday Rec Club in term two is offering Lawn bowls and Table Tennis. Programs will provide participants with accredited guidance in each activity. Both activities are aimed at developing skills in a fun, social and inclusive environment. (note: there are several Monday public holidays in term 2, and the program wont include Monday week 1)



## Lawn Bowls

Enjoy the relaxed and social sport of Lawn Bowls. A three week lawn bowls program, including skill sessions and games held at the Darwin Bowls club.

- Monday 10th May
- Monday 17th May
- Monday 24th May

NDIS  
**\$258**  
3 sessions

Member  
**\$45**  
3 sessions

## Table Tennis

In a program supported by Table Tennis Australia, participants will enjoy learning and playing table tennis in the airconditioned comfort of the Rec Room.

- Monday 31st May
- Monday 7th June
- Monday 21st June

NDIS  
**\$258**  
3 sessions

Member  
**\$45**  
3 sessions



# WEDNESDAY Rec Club

Total Recreation Wednesday Rec Club, will include three programs each run for three weeks. sign up for individual three week programs or join us for the term.

## Dance

Join us for some dancing fun and learn some new dance moves, put your new moves together in a short choreographed piece with a professional instructor,

- Wednesday 21st April
- Wednesday 28th April
- Wednesday 5th May

NDIS  
**\$288**  
3 sessions

Member  
**\$60**  
3 sessions

## Make Up

Join our 3 week program on learning to apply eye makeup! This is a step by step eye makeup process for beginners. This program will give you simple steps including amazing eye makeup tricks.

- Wednesday 12th May
- Wednesday 19th May
- Wednesday 26th May

NDIS  
**\$288**  
3 sessions

Member  
**\$60**  
3 sessions

## Photography

Get the best shots and learn all about photography with expert guidance from professional photographer and staff memeber Carly ONeill

- Wednesday 2nd June
- Wednesday 9th June
- Wednesday 16th June

NDIS  
**\$288**  
3 sessions

Member  
**\$45**  
3 sessions

# FRIDAY Rec Club

Join us after school on Friday and hang out with your Rec Club Friends. Fridays program is extended to 6pm and will include a lite supper. Programs will vary but may include a movie, excursion or Rec Room activity.

## Friday Rec Club

- Friday 14th May
- Friday 28th May
- Friday 11th June

NDIS  
**\$331**  
3 sessions

Member  
**\$60**  
3 sessions

## ADVENTURE BOUND YOUTH CAMP

Enjoy two nights adventure bound at Camp Wallaroo, Total Recreation will host youth members the last weekend of the April school holidays (16th - 18th April). Wallaroo activities include: team building initiatives, campfire storytelling, flying fox, fishing, personal challenge course and more.

Find out more about Wallaroo online at [www.basecampwallaroo.com](http://www.basecampwallaroo.com)

## Youth Camp

**Friday 16th - 18th April**

NDIS  
**\$1,672**  
2 nights

Member  
**\$250**  
2 nights

# FREQUENTLY ASKED QUESTIONS

## How are programs prices determined?

Program pricing is determined by the NDIS price guide working to a 1:3 ratio of staff to participants. A \$20 out of pocket fee per day, this covers food and instructor cost, School Sports Vouchers can be used.

## What if I don't have funding in my plan?

Total Recreation understand that these programs are new and members may not currently have sufficient funding in their NDIS plan. We will work with members and plan managers towards funding for Rec Club programs. Rec Club has price plan for member working towards funding, contact the office to find out more.

## Are there programs on other days?

Total Recreation will look to expand its youth program offerings over time. As a members driven organisations let us know what programs you would like to see Total Recreation provide.

## Who do I speak with if I have questions?

If you have questions, feed back or program ideas contact Total Recreation on 8981 3686 and speak with our friendly staff.

**Paige Tehan (Youth - Program Lead)**

[paige.tehan@totalrecreation.org.au](mailto:paige.tehan@totalrecreation.org.au)

**Jason Bremner (Program Coordinator)**

[jason.bremner@totalrecreation.org.au](mailto:jason.bremner@totalrecreation.org.au)

Office phone number: (08) 8981 3686





*The Rec Room*

Unit 24

Proudly Sponsored by



## **THE REC ROOM**

Unit 24, 16 Charlton Court, Woolner

Program PH: **0408 807 284**

## **Contact Total Recreation**

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