



**TOTAL
RECREATION**

WHAT'S ON! @ TOTAL REC

@ TOTAL REC

NEWSLETTER

2021 JAN-JUN



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**Northern Territory
Government**



WELCOME TO 2021

Welcome to the 2021 Total Recreation program booklet, this is your six month guide to member programs and activities for January to June.

Programs have been aligned to five key areas to achieve your goals, aspirations, needs and wants, and to have a heap of fun with your friends new and old.

Become a member

Becoming a member is easy and only costs \$10 per year concession. Speak to our friendly staff in the office by phoning 8981 3686 or find the Membership Interest form on the website (bottom of the page under forms) www.totalrecreation.org.au, send this through and we will be in touch.

Participant Advisory Committee

Programs and activities are guided by the Participant Advisory Committee or PAC. The PAC is made up of representatives from our membership base providing feedback and guidance towards Total Recreation programs and activities.



Total Recreation Staff

Total Recreation continues to expand staff numbers and welcomes all the new staff in an exciting period of growth for the organisation.

Total Recreation farewells Jen Atfield who has moved away from Darwin and Ramona Barlett who will take long service leave until April 2021. With staff movement Total Recreation welcomes Carly O'Neil to a full time role in 2021.

Total Recreation continues to ensure staff are well training and provide a friendly, fun and safe environment for members during programs and activities.

ABOUT PROGRAMS

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.

Delivering programs across five key areas participation outcomes 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, 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.

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

Advertised Program Costs & meals

Advertised programs will include a brief activity description, program dates and two figures (dollar amounts), NDIS price (purple) and a members contribution (green), the member contribution goes towards the cost of the activity tickets or entry fee. Please Note:

- Most 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.
- The member contribution does not include the cost of meals and drinks on programs, recommended amount for meals are communicated through Operoo.

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

NDIS
\$513
3 sessions

Member
\$135
3 sessions

Booking

Program bookings are made through the schedule of supports through Operoo and can also be made by phoning the office. Final confirmation, program details and payments are sent out closer to program dates.

FRIDAYS WITH FRIENDS

Fridays with friends! start your weekend with a Total Rec social and enjoy a variety of Friday night socials including dinner, movies, bowling, dance, live music and more! Catch up with old friends and make new ones at Friday with Friends!



1. Movies & Dinner 1 (Fridays).

Dinner and the latest movie at various venues around Darwin. The Movies & Dinner group will attend one movie session each month. Specific movie, venues and times will be communicated closer to the date of the events.

- Friday 15th January
- Friday 12th February
- Friday 12th March

NDIS
\$617
3 sessions

Member
\$45
3 sessions

2. Movies & Dinner 2 (Fridays).

- Friday 9th April
- Friday 7th May
- Friday 4th June

NDIS
\$617
3 sessions

Member
\$45
3 sessions

FRIDAYS WITH FRIENDS

Total Recreation socials aim to promote social independence through community experiences in a supportive environment with peers. Build social networks, make new friends and gain confidence in accessing your community.

3. Bowling & Dinner (Fridays)

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.

- Friday 29th January
- Friday 26th March
- Friday 21st May

NDIS
\$617
3 sessions

Member
\$66
3 sessions

4. Dinner & Dancing (Fridays)

Enjoy dinner, 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.

- Friday 26th February
- Friday 30th April
- Friday 18th June

NDIS
\$537
3 sessions

Member
\$30
3 sessions

SHOW TIME



5. Dinner & Show (Saturdays).

Enjoy a live show? Come along with the Total Recreation crew have dinner and see the best live shows Darwin has on offer. Taking in big name acts from Darwin and other touring and local performers. These events will be conducted on Saturday evenings, event details will be advertised closer to performance dates.

- Saturday 17th April
- Saturday 15rd May
- Saturday 12th June

NDIS
\$749
3 sessions

Member
\$120
3 sessions



WORKSHOP SERIES

Learn new skills, the workshop series returns in 2021 with member favourites Cooking, Plant and Chocolate workshops. Make something with your own hands and display or eat your own creations.

6. Chocolate Workshop (Saturday)

Using high quality gluten free chocolate, design and make your very own chocolate treat. Staff from Darwin's locally owned chocolate factory will guide your chocolate making adventure.

Saturday 23rd January

NDIS
\$260
1 session

Member
\$60
1 session

7. Cooking Workshop

This one is for the master chefs! Learn how to cook a great meal with friends and after the cooking is done, sit down and enjoy the food you have prepared.

Saturday 6th February

NDIS
\$260
1 session

Member
\$75
1 session

8. Plant Workshop

Plant your own 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 13th March

NDIS
\$260
1 sessions

Member
\$65
1 session

SPORTS FANS

9. NTFL Grand Final

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 20th March

NDIS
\$260
1 session

Member
\$25
1 session

10. NRL Rugby

The NRL rugby blockbuster Paramatta vs Brisbane comes to Darwin. Join Total Recreation and watch Australia's toughest sports men try to win the match.

Friday 23rd April

NDIS
\$189
1 session

Member
\$49
1 session

11. V8 Supercars

Start your engines, Hidden Valley come alive with the sound of V8 Supercars, and for the first time in the NT V8s combine with the Australian super bikes series.

Sunday 20th June

NDIS
\$319
1 session

Member
\$70
1 session

WET AND WILD



12. Leanyer Water Park (Saturday)

Wet and wild, hit Darwin biggest water slide and water park! Take on the white water slides or just relax in the pools followed by a BBQ lunch with friends.

Saturday 20th February

NDIS
\$236
1 session

Member
\$20
1 session

13. Wave pool (Saturday)

Surfs Up! Hit Darwin's best surf spot, cool off, swim and enjoy the Darwin Waterfront's wave pool followed by BBQ lunch.

Saturday 6th March

NDIS
\$236
1 session

Member
\$25
1 session

POPUUP EVENTS



14 / 15 / 16. Popup Events

This year Total Recreation have introduced the Popup Event concept. Popup Events are events we would like to attend that we haven't planned for or were unaware of at the time of advertising programs.

This will provide some flexibility in programing to ensure that Total Recreation and members don't miss out on events that popup!

The Popup events will be like program credits that can be used on events that popup but can also be used for existing events that you decide to attend but hadn't planned for.

Popup Events will be advertised at 8 hours on Sunday NDIS rate, this ensures that all event opportunities are covered. Members will only be charged at the NDIS rate relevant to the activity or event.

- *e.g. Sumer Salt Music fest*
- Event To Be Confirmed
- Event To Be Confirmed

NDIS

\$495

1 session

Member

\$110

1 session

TOTAL ARTS



17. Crafty Arts

With a variety of art experiences and crafts this program will expose members to various art mediums. Meeting weekly on Wednesdays for a six week program. Participants will also be invited to attend Saturday field trip to see art in action.

February 10th, 17th, 24th
March 3rd, 10th, 17th

NDIS
\$718
6 sessions

Member
\$120
6 sessions

18. 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.

March 31st,
April 7th, 14th, 21st, 28th
May 5th

NDIS
\$718
6 sessions

Member
\$120
6 sessions

19. Totally Focussed

Totally focussed 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 12th, 19th, 26th

June 2nd, 9th, 16th

NDIS

\$904

6 sessions

Member

\$320

6 sessions

Arts day trips are aligned to arts programs and are an opportunity to experience art in the community. Day trips may include attending arts exhibitions, festivals to see art examples but may also include the opportunity to make and exhibit art (i.e. photography) in the community.

20. Arts Day Trip 1 (Crafty Arts)

Arts & craft related field trip.

Saturday 10th April

NDIS

\$363

1 session

Member

\$55

1 session

21. Arts Day Trip 2 (Dance)

Dance Related related field trip.

Saturday 1st May

NDIS

\$363

1 session

Member

\$55

1 session

22. Arts Day Trip 2 (Photography)

Photography related field trip.

Saturday 19th June

NDIS

\$393

1 session

Member

\$55

1 session

TOTAL TRAVEL

Total Recreation offers a range of travel opportunities from day trips, weekend getaways to interstate and international holidays. We are now offering a Territory weekender each month and will provide a more significant travel opportunity (interstate etc) every three months.

NOTE: Due to Covid-19 interstate travel will be continually assessed.

23. Alice Springs



Fly to Australia's red centre and experience the amazing landscapes and indigenous culture. Seven nights accommodation food and activities will provide an experience to remember. A thriving, spirited outback centre, Alice Springs is as famous for the personality of its locals and traditional art as it is for the natural wonders, including the MacDonnell Ranges surrounding it.

February 1st - 8th

NDIS

\$3956

7 nights

Member

\$1800

7 nights

24. City Staycation

Stay overnight in one of Darwin's city hotels, dine out and enjoy various activities or events around town. Relax by a pool, dine at one of Darwin restaurants and enjoy a staycation away from home.

February 27th & 28th

NDIS

\$1346

1 night

Member

\$240

1 night

25. Litchfield

Litchfield National Park is a must see if you're in the Top End. It's 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 favourite pastime for visitors and locals alike.

March 27th & 28th

NDIS

\$1346

1 night

Member

\$240

1 night

26. Mary River Wilderness Retreat

Mary River Wilderness Retreat is located halfway between Darwin and Kakadu National Park. This family owned and operated eco-tourism property offers bush walks, river cruises and many other great facilities and experiences

April 24th - 26th

NDIS

\$2410

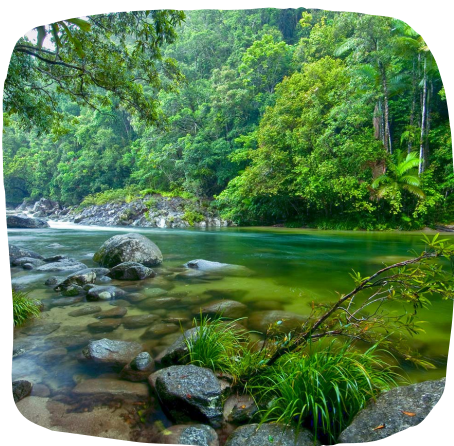
2 nights

Member

\$380

2 nights

27. Cairns



Cairns is one of Australia's premier holiday destinations for both international and domestic 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. *(Travel subject to covid-19 restrictions).*

May 7th - 14th

NDIS

\$4576

7 nights

Member

\$1480

7 nights

28. Outback 4WD Experience

Go off the beaten track with Total Recreation and enjoy an outback 4WD experience. This four wheel drive experience will include camping and some short walks. Participants will require a level of fitness and be willing to camp out. If you have any questions about this holiday experience contact the office to find out more.

May 23rd - 30th

NDIS

\$4447

8 nights

Member

\$1900

8 nights

29. City Staycation

Stay overnight in one of Darwin's city hotels, dine out and enjoy various activities or events around town. Relax by a pool, dine at one of Darwin restaurants and enjoy a staycation away from home.

June 12th & 13th

NDIS

\$1346

1 night

Member

\$240

1 night

Happy travel snaps!



Total Recreations all inclusive FREDI fitness program provides two weekly fitness sessions with various active recreation and gym sessions. The FREDI programs aims to provide inclusive active fitness sessions in an enjoyable and fun environment.

30. FREDI - Pedal Power (Tuesdays)

Pedal your way to fitness in airconditioned comfort indoors, music and your peers will help you build strength and stamina in the FREDI spin class.

Feb 2nd, 9th, 16th, 23rd
March 4th, 11th

NDIS
\$968
6 sessions

Member
\$150
6 sessions

31. FREDI - Pound (Thursdays)

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.

Feb 4th, 11th, 18th, 25th
March 4th, 11th

NDIS
\$908
6 sessions

Member
\$120
6 sessions

32. FREDI - Aqua Zumba (Tuesdays)

Cool down with some Aqua fun. Join Total Recreation in the pool for some submerged strengthening and dance to the healthier you.

April 6th, 13th, 20th, 27th
May 4th, 11th

NDIS
\$938
6 sessions

Member
\$150
6 sessions

33. FREDI - Circuit (Thursdays)

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

April 8th, 15th, 22nd, 29th
May 6th, 13th

NDIS
\$908
6 sessions

Member
\$120
6 sessions

34. FREDI - Combat Fitness (Tuesdays)

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.

June 1st, 8th, 15th, 22nd,

NDIS
\$606
4 sessions

Member
\$80
4 sessions

35. FREDI - Walking (Thursdays)

As the weather cools down the FREDI fitness program returns to Thursday walking sessions. Talking in a various walks around Darwin and Palmerston join your friends a take a stroll toward a healthier you.

June 3rd, 10th, 17th, 24th

NDIS
\$566
4 sessions

Member
\$40
4 sessions

SPORT

The Rising Stars basketball competition is back in terms one and two. Join the Hot Steppers and the Total Stars compete and enjoy basketball in a fun inclusive program. Rising Stars basketball includes skill development sessions and games. (competition date may vary).

36. Basketball (term 1).

Feb 5th, 12th, 19th, 26th
March 5th, 12th, 19th, 26th

NDIS
\$904
8 sessions

Member
\$100
8 sessions

37. Basketball (term 2).

April 23rd, 30th
May 7th, 14th, 21st, 28th
June 4th, 11th

NDIS
\$904
8 sessions

Member
\$100
8 sessions

38. Indoor Games & Sports

A variety of indoor based games will be held over four weeks e.g. Table tennis, and other activities delivered in the indoors.

March 8th, 15th, 22nd, 29th

NDIS
\$452
4 sessions

Member
\$80
4 sessions

39. Lawn Bowls (term 2).

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

May 10th, 17th, 24th, 31st
June 7th, 21st

NDIS
\$618
4 sessions

Member
\$135
4 sessions

CONTACTS

For all general enquiries contact the Total Recreation office.

(08) 8981 3686

Specific program enquiries can be directed program area contacts, either by phone or email, see relevant program contact below.

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