



2025 NDIS PROGRAMS

DAY TIME

MONDAYS (8:30AM - 3:30PM) SUPPORT 1:2

SEE DARWIN

Learn new skills while exploring all that Darwin and its surrounds has to offer

TUESDAYS (8:30AM - 3:30PM) SUPPORT 1:2

COOKING

Develop skills in budgeting, meal preparation and understanding recipes

WEDNESDAYS (8:30AM - 3:30PM) SUPPORT 1:2

ARTS SKILLS

Learn a range of art mediums and new techniques

THURSDAYS (8:30AM - 3:30PM) SUPPORT 1:2

MARKET PROJECTS

Create your own micro business selling your product at local markets

FRIDAYS (8:30AM - 3:30PM) SUPPORT 1:2

MARKET PROJECTS

Create your own micro business selling your product at local markets

ALL WEEKLY PROGRAMS RUN ON NT GOVERNMENT SCHOOL DAYS

SATURDAYS (9:30AM - 3:30PM) SUPPORT 1:3
FORTNIGHTLY

SOCIAL SATURDAY

Includes movies at The Rec Room, local markets, food, sporting and music events

MONDAYS (3:45PM - 6:45PM) SUPPORT 1:2

DANCE

Weekly dance classes preparing for the DWTC Ball each October

TUESDAYS (3:45PM - 6:45PM) SUPPORT 1:2

FREDI FITNESS

Fredi at The Rec Room includes zumba, pound, circuit and yoga

WEDNESDAYS (3:45PM - 6:45PM) SUPPORT 1:2

ARTS

Includes art creative, photography, and digital media

THURSDAYS (3:45PM - 6:45PM) SUPPORT 1:2

FREDI FITNESS

FREDI out and about includes walking, cycling and kayaking

THURSDAYS (3:45PM - 6:45PM) SUPPORT 1:2

ARTS

Includes art creative, photography, and digital media

FRIDAYS (3:45PM - 9:45PM) SUPPORT 1:3
FORTNIGHTLY

FRIDAY SOCIALS

Includes movies, dance, tenpin minigolf and all with a dinner locally

TRAVEL - FROM LOCAL WEEKENDERS TO EXPLORING OVERSEAS

CITY STAYS AND LOCAL (Support 1:3)- February, April, August & December
INTERSTATE (Support 1:2)- Vic Country (March) & Blue Mountains (November)
INTERNATIONAL (Support 1:2)- Cruise (July) & Fiji (September)

FOR MORE INFORMATION CALL 8981 3686 OR VISIT WWW.TOTALRECREATION.ORG.AU