



**TOTAL  
RECREATION**

**PROGRAM  
HANDBOOK  
2025**



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## PROGRAM OUTCOMES

Total Recreation programs and activities provide members with opportunities to refine and develop skills towards achieving the following goals.

**SKILLS** - Learn and develop new skills across various program offerings, with a focus on individualised skill development and personal growth.

**DANCE** - Increase movement and fitness, learn new dances, increase confidence and work towards an annual performance.

**ARTS** - Self-expression, tell your story, increase your art skills and build social networks.

**FITNESS** - Get fit and healthy, learn about nutrition, movement fundamentals, get active, challenge yourself and increase your capacity to exercise.

**SPORTS** - Team work, fitness, community access, technical movement, sports skills, pathways and representation of the NT and beyond.

**SOCIALS** - Make friends, build relationship, access your local community, learn money handling and develop independence.

**TRAVEL** - New experiences, learn about different communities, budgeting and cash handling and create lifelong memories.

# ABOUT US



Total Recreation provides inclusive programs and activities supporting people with disabilities to enjoy social and recreational activities in their community. Programs are influenced by members who guide program offerings, activities and experiences.

Operating for more than thirty years, Total Recreation provides door-to-door supported programs that build confidence and skills through guided, peer-supported experiences.

Total Recreation is an official service provider under NDIS (National Disability Insurance Scheme) and provides services at a 1:2 and 1:3 ratio. (1 staff to 2 / 3 members)



## BECOME A MEMBER

Becoming a member is easy and only costs \$10 per year (concession).

1. Complete and submit a 'Members Interest Form' (this provides us with your contact details).
2. We then contact you for a face-to-face meeting.
3. Complete your Operoo profile and all related forms.

Find the **Membership Interest Form** on our website, or speak to our friendly staff.

[www.totalrecreation.org.au](http://www.totalrecreation.org.au)

Phone: **(08) 8981 3686**

# HANDBOOK

This program handbook will inform you of all the programs, activities and events that are on offer to Total Recreation members in 2025.

1. Read through this program handbook and information with your guardian or family member and mark the programs you wish to attend.
2. Log in to your Operoo account and mark all programs on the Schedule of Supports to be added to the interest list.
3. Total Recreation will contact you around two weeks before the program begins to confirm your attendance (Travel 3-9 months).
4. You will receive a text message confirming your attendance details between 24 and 48 hours prior to the program commencing.

## PROGRAM PRICING

Program pricing indicated in this handbook includes two prices. NDIS costs (purple) and Member costs (green).

**NDIS Cost** indicates the funding that will be charged from your NDIS plan. This is invoiced after the program (all NDIS pricing is determined by the NDIS price guide and is subject to change at any time).

NDIS costs include planning, center costs, travel and hours of support.

**Member Cost** includes program costs not covered by the NDIS including; event tickets, meals, accommodation and flights.

**An example:**

• Thursday 15th May	<b>NDIS EST</b>	<b>MEMBER</b>	
	<b>\$222</b> 6 hours	<b>\$15</b> 1 event	\$40

## PROGRAM OF SUPPORTS

All program of supports (weekly program) members will be charged for the block of programs whether or not they attend.

Members will not be charged for a program of supports if on another Total Recreation program at the time for example, travel or sporting trip.



## MEALS

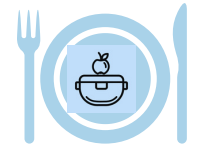
Some programs require members to bring money for meals and drinks, as indicated with the orange plate and include a recommended amount.



Meals are included on some programs and are indicated with a green plate with 'Included'.



Where a blue plate is shown members can bring a packed lunch or \$20. We encourage members to independently make healthy meal choices and assist with transactions at venues.



If no plate is shown there is no meal with this program.

## MORE ACTIVE PROGRAMS

Total Recreation ensures we offer programs to suit a range of ability and fitness levels. Programs that include walks of distances over 2kms will be identified using this shoe.



## OPEROO

Total Recreation uses Operoo to manage members' medical and support requirements as well as all program forms and communications.

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.



Manage all your Total Recreation programs from your mobile phone or PC.

Book into programs, confirm your attendance, make payments, check program details (date, time, locations) and more.

# WEEKDAY PROGRAMS

MONDAY-FRIDAY 8:30am -3:30pm

## SKILLS

SEE DARWIN - MONDAYS  
(K1, K6, K11 & K160).

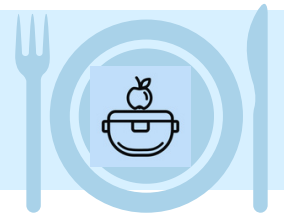


With a focus on accessing the community, transportation and getting out and about, this program encourages members to learn and develop new life skills, while seeing all the highlights of Darwin and surrounds.

- Each Monday during school terms

NDIS EST  
**\$2839**  
63 hours

MEMBER  
**\$90**  
9 weeks



COOKING - TUESDAYS  
(K2, K7, K12 & K17).

Want to learn new skills such as knife handling, food preparation and cooking? Members will learn how to shop for food and budget, with a focus on recipe reading, development and skills in the kitchen. There is a minimal cost to members to cover the ingredients and we supply all equipment.

- Each Tuesday during school terms

NDIS EST  
**\$3155**  
70 hours

MEMBER  
**\$100**  
10 weeks



## ART SKILLS - WEDNESDAYS

(K3, K8, K13 & K18)

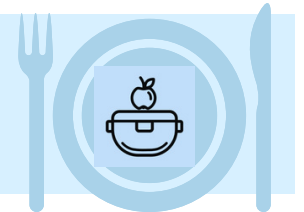
An introduction to the arts including a range of art mediums throughout the year. This is the perfect program to start your arts journey or develop a skill to then move into the Market Project.



- Each Wednesday during school terms

NDIS EST  
**\$3357**  
70 hours

MEMBER  
**\$100**  
10 weeks



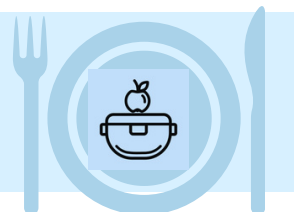
## MARKET PROJECTS - THURSDAYS (K4, K9, K14 & K19) & FRIDAYS (K5, K10, K15 & K20)

During the Market Project members design, develop and create their own art-based products. Members then participate as a collective market stall selling the products at the three Tactile Arts Creative Markets throughout the year.

- Each Thursday & Friday during school terms

NDIS EST  
**\$3357**  
70 hours

MEMBER  
**\$50**  
10 weeks



# EVENINGS

MONDAYS 3:45am - 6:45pm



## DANCING (D1)

Do you love the DWTC Ball each year and want to keep on dancing all year around? Learn a number of progressive and ballroom dances.

- 3rd Feb to 31 March

NDIS EST

**\$1532**

27 hours

MEMBER

**\$135**

9 sessions

## LINE DANCING (D2)

Get your groove on, maintain your fitness and get set to line dance your way to fun.

- 14th April to 16th June

NDIS EST

**\$1192**

21 hours

MEMBER

**\$105**

7 sessions

## DANCING WITH THE CELEBRITIES (D3)

This 12 week ballroom dance programs teaches a range of dances in preparation to compete at Total Recreation's night of nights. The member's price includes your DWTC Ball ticket!

- Mondays 11th Aug - 20th Oct
- Friday 24th October
- DWTC Ball 25th October

NDIS EST

**\$2043**

36 hours

MEMBER

**\$280**

12 sessions



## TUESDAYS 3:45am - 6:45pm

### CIRCUIT (F1)

Circuit training offers a variety of fun activities to build strength and fitness in a supportive environment.

- 4th Feb - 1st April

NDIS EST

\$1532

24 hours

MEMBER

\$135

9 sessions

### POUND (F3)

Pound your way to fitness with a drumstick workout playing along to the the greatest hits.

- 15th April - 17th June

NDIS EST

\$1702

30 hours

MEMBER

\$150

10 sessions

### KAYAKING (F5)

Kayak around the beautiful Lake Alexander and really enjoy the Darwin dry season.

- 15th July - 18th Sept

NDIS EST

\$1652

30 hours

MEMBER

\$180

10 sessions

### ZUMBA (F7)

Dance your way to fitness whilst having a great time with your mates.

- 7th Oct - 9th Dec



NDIS EST

\$1702

30 hours

MEMBER

\$150

10 sessions

## WEDNESDAY 3:45 AM - 6:45 PM

### CRAFTY ARTS (M1)

Members will explore art mediums including ceramics, traditional painting methods and block printing.

- 2nd Feb - 3 April

NDIS EST  
**\$1715**  
27 hours

MEMBER  
**\$162**  
9 sessions

### PHOTOGRAPHY (M2)

Members will visit a range of local sites to explore different photography skills then learn to edit and print.

- 17th April - 19th June

NDIS EST  
**\$1905**  
30 hours

MEMBER  
**\$180**  
10 sessions

### ARTS CREATIVE (M3)

Art creative focusses designing, developing and making art products ideal for gifts and for members to display at home.

- 17th July - 18 Sept

NDIS EST  
**\$1905**  
30 hours

MEMBER  
**\$180**  
10 sessions

### DIGITAL MEDIA (M4)

Get creative in Digital Media with 10 weeks of Cricut, Canva, Photography and video production.

- 9th Oct - 11 Dec

NDIS EST  
**\$1905**  
30 hours

MEMBER  
**\$180**  
10 sessions

## WEEKEND ARTS

### PHOTOGRAPHY DAY TRIP I (M5)

Day trips encourage members to build on skills learnt during weekly classes by getting out and about.

• 22nd June

NDIS EST

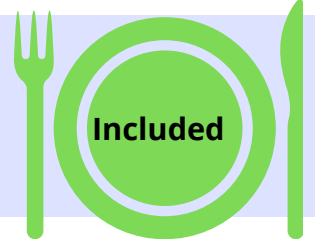
\$530

8 hours

MEMBER

\$90

1 day



### DIGITAL MEDIA DAY TRIP II (M6)

Day trips encourage members to build on skills learnt during weekly classes by getting out and about.

• 16th November

NDIS EST

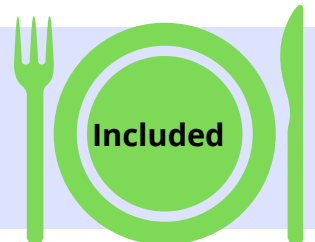
\$530

8 hours

MEMBER

\$90

1 day



### ARTS CREATIVE WEEKEND (M7)

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.

• 21st - 22nd September

NDIS EST

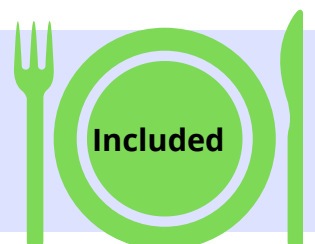
\$1537

24 hours

MEMBER

\$420

2 days



## THURSDAYS 3:45am - 6:45pm

### AQUA ZUMBA (F2)

Dance along while keeping cool in one of Darwin newest beautiful pools.

- 18th April - 20th June

NDIS EST

\$1532

27 hours

MEMBER

\$162

9 sessions

### WALKING ONE(F4)

Keep fit and healthy while walking the many beautiful tracks from Darwin city to beyond Palmerston.

- 16th July - 17th Sept



NDIS EST

\$1652

30 hours

MEMBER

\$50

10 sessions

### WALKING TWO (F6)

Keep fit and healthy while walking the many beautiful tracks from Darwin city to beyond Palmerston.

- 18th April - 20th June



NDIS EST

\$1652

30 hours

MEMBER

\$50

10 sessions

### PEDAL (F8)

Indoor cycling, ride along to the tunes and get fit while having heaps of fun.

- 18th July - 19th Sept

NDIS EST

\$1702

30 hours

MEMBER

\$180

10 sessions

## FRIDAYS 10am - 1pm

# SPORTS

Sports are offered on Friday mornings. Basketball has four seasons (aligned to the school terms) that will run for eight weeks.

### BASKETBALL RISING STARS (S1, S2, S3 & S4)

Join the Rising Stars basketball program and compete against teams from around Darwin.

- **Season 1: 7 Feb - 28 Mar (S1)**
- **Season 2: 2 May - 13 Jun (S2)**
- **Season 3: 1 Aug - 12 Sep (S3)**
- **Season 4: 17 Oct - 5 Dec (S4)**

NDIS EST

**\$1051**

24 hours

MEMBER

**\$100**

8 sessions

### BASKETBALL SKILLS (S5 & S6)

Weekly basketball skills sessions. Develop new skills and keep practicing.

- **27 Jun - 18 July (S5)**
- **19 Sept - 10 Oct (S6)**

NDIS EST

**\$526**

12 hours

MEMBER

**\$60**

4 sessions

### SWIMMING, ATHLETICS AND NETBALL

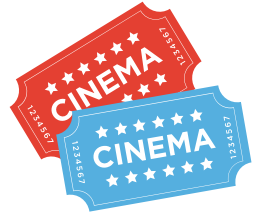
If you are interested in joining a weekly swimming, athletics or netball squad please get in contact with our office as inclusive programs are available to Total Recreation members.

Please call Kim on 8981 3686 Ext. 3



# TOTALLY SOCIAL

## Friday Socials



### MOVIES & DINNER x 8 (A1)

Watch the latest movie blockbusters at a cinema in Darwin or Palmerston and enjoy a meal with your friends.

- Jan 17 • May 23 • Sep 26
- Feb 28 • July 18 • Nov 7
- April 11 • Aug 29

NDIS EST

\$222

6 hours

MEMBER

\$15

1 session



### DANCING & DINNER x 8 (A2)

Enjoy a meal and dance the night away with the band at a local sports club or bar.

- Jan 31 • June 6 • Oct 10
- Mar 14 • July 4 • Nov 21
- May 9 • Aug 15

NDIS EST

\$197

5 hours

MEMBER

\$10

1 session



### TENPIN BOWLING & DINNER x 4 (A3)

Are you ready to bowl a strike, come along to see if you can bowl a top score followed by dinner.



- Feb 14 • Aug 1
- Mar 28 • Dec 5

NDIS EST

\$222

6 hours

MEMBER

\$35

1 session



### MINIGOLF & DINNER x 2 (A4)

Enjoy an evening playing mini golf with your mates followed by dinner at a local club.

- Jun 20
- Sept 12

NDIS EST

\$222

6 hours

MEMBER

\$30

1 session



# Saturday Socials

## MOVIES & LUNCH- The Rec Room x 6 (B1)

Enjoy movies and lunch at The Rec Room

- Feb 8
- April 5
- May 3
- Sept 6
- Oct 18
- Dec 13

NDIS EST

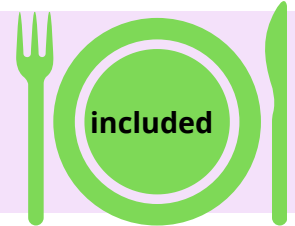
\$269

6 hours

MEMBER

\$15

1 session



## MARKETS & LUNCH x 4 (B2)

Enjoy all of the food, culture and atmosphere of the Darwin markets, buy yourself lunch or a smoothy.

- Feb 22
- June 28
- July 26
- Sept 20

NDIS EST

\$235

5 hours

MEMBER

\$5

1 session



## LIVE MUSIC & DARWIN FESTIVAL x 6 (B3)

This is your ticket to the best event held at the Darwin Entertainment Centre and 3 shows during the Darwin Festival.

- |                 |                        |
|-----------------|------------------------|
| <b>DEC</b>      | <b>DARWIN FESTIVAL</b> |
| • Various Dates | • August 9             |
|                 | • August 16            |
|                 | • August 23            |

NDIS EST

\$268

6 hours

MEMBER

\$49

1 session



## SPORTS FANS x 6 (B4)

Watch the best sport offered in Darwin including the NTFL grand final, NRL, AFL, V8's and a local basketball match

- March NTFL
- April NRL
- May AFL
- June V8's
- July Basketball
- One other TBC

NDIS EST

\$268

6 hours

MEMBER

\$35

1 session



# Sunday Socials

## GREYHOUNDS x 3 (G1)

Spend a relaxing Sunday evening at The Darwin Greyhound track to pick your favorite dog and enjoy dinner.

- May
- July
- Sept

NDIS EST  
\$330  
6 hours

MEMBER  
\$10  
1 event



## Christmas 2025

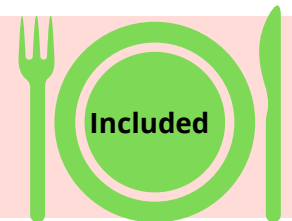
### CHRISTMAS CAROLS (C1)

Pack a rug and enjoy a night of music at Darwin's Amphitheatre.

- Sunday 1st December

NDIS EST  
\$289  
6 hours

MEMBER  
\$25  
1 event



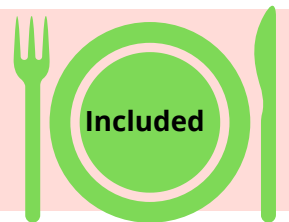
### LIGHTS TOUR (C2)

See Darwin's best Christmas houses come to light, twinkle, flash and even snow!

- Monday 9th December

NDIS EST  
\$209  
6 hours

MEMBER  
\$30  
1 event



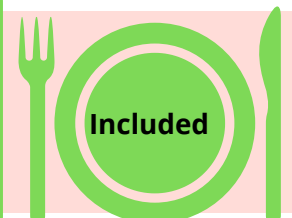
### CHRISTMAS PARTY (C3)

Come and enjoy all the Christmas fun with friends, family and the Total Recreation crew.

- Friday 13th December

NDIS EST  
\$159  
Transport

MEMBER  
\$75  
1 event



# TRAVEL

## BBQ BOAT CRUISE (T1)

A day spent at Corroboree Billabong, relishing a delightful BBQ lunch while surrounded by incredible wildlife.

- **Saturday 21st June**

NDIS EST

**\$394**

8 hours

MEMBER

**\$95**

1 day



## CAPE ADEIU (T2)

An evening spent on Darwin Harbour, enjoying the breathtaking Northern Territory sunset while savoring a delightful three-course meal.

- **Saturday 2nd August**

NDIS EST

**\$364**

8 hours

MEMBER

**\$149**

1 day



## LITCHFIELD (T3)

Enjoy a leisurely time in the rock pools while exploring the attractions of the national park, complete with lunch and drinks.

- **Saturday 27th Sept**



NDIS EST

**\$404**

8 hours

MEMBER

**\$55**

1 day



## CITY WEEKENDER (T4)

Relaxing by the pool at one of Darwin's tropical resorts while enjoying the company of your friends.

- **14 - 16 February**

NDIS EST

**\$1472**

36 hours

MEMBER

**\$675**

3 days



## VICTORIA HIGH COUNTRY (T5)

Explore Victoria's hidden treasures over the course of a week, including Puffing Billy in the Dandenongs and the gold country of Sovereign Hill, along with some distinctive gallery experiences.

- **March 2025**



NDIS EST

**\$4107**

84 hours

MEMBER

**\$3700**

7 days



## NT TRAVEL (T6)

Take some time out of Darwin to explore and visit a location in the NT that promises to be an adventure full of surprises.

- **7 - 10 April**

NDIS EST

**\$2210**

48 hours

MEMBER

**\$1800**

4 days



## CRUISE DEPARTING BRISBANE (T7)

We are returning to enjoy cruising and entertainment, staying in Brisbane before and after the trip. The destination will be confirmed once we have names and numbers, **so book early!**

- **July 2025**

NDIS EST

**\$4883**

96 hours

MEMBER

**\$3800**

8 days



## FESTIVAL WEEKENDER (T4)

Experience the vibrant sights and sounds of the Darwin Festival while enjoying an overnight stay in town. This is an event you won't want to miss!

- **23 - 24 August**

NDIS EST

**\$1098**

36 hours

MEMBER

**\$480**

2 days





## FIJI (T9)

Back by popular demand, Snorkeling, swimming, dancing and a visit to a local village for a cultural experience while indulging in the many culinary delights of the resort.

- **September 2025**



**NDIS EST**

**\$4883**

**96 hours**

**MEMBER**

**\$4800**

**8 days**



## BLUE MOUNTAINS - NSW (T10)

Take in the majestic beauty of the Three Sisters with a visit to Jenolan caves and listen out for the sounds of the Bellbirds. Stop over in Sydney to take in some highlights.

- **November 2025**



**NDIS EST**

**\$4107**

**84 hours**

**MEMBER**

**\$3750**

**7 days**



## CHRISTMAS WEEKEND (T11)

A classic way to finish the year with friends in the tropical surrounds of Darwin's iconic Airport Resort includes a seat at the member's Christmas party.

- **19 - 21 December**

**NDIS EST**

**\$1467**

**36 hours**

**MEMBER**

**\$680**

**3 days**



## SHORT TERM ACCOMMODATION (STA)

We also offer Short Term Accommodation (Respite) and can design a travel experience around your individual needs. For more information call Josh at the office on 8981 3686 Ext. 2

# **Contact us**

## **SOCIALS / COOKING**

**8981 3686 Ext 1**

**ramona.bartlett@totalrecreation.org.au**

## **TRAVEL**

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## **FREDI FITNESS**

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## **ART/ MARKETS**

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## **Executive Director**

**8981 3686 Ext 7**

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## **Finance - Chris**

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**REGISTERED  
PROVIDER**