

## CURRENT PROGRAMS & EVENTS

Welcome to Changing Tracks!

Read on for descriptions and more details about our current programs, events and holidays.

Please note: Listed costs are for the activities, and are an out of pocket expense. Support Costs will come from your NDIS plan.

Please call 0447 325 196 or go to [www.changingtracks.com.au](http://www.changingtracks.com.au) to sign up – it's that easy!

### REGULAR WEEKDAY PROGRAMS

Day	Program Description	Time	Cost	Place	Availability
<b>TUESDAYS</b>	<b>Health &amp; Wellbeing</b> This group is designed to help improve people's health whilst also having fun with friends! The community-based activities include gym & swim programs, walking & exercise groups. All levels of fitness and ability are catered for.	9am – 3pm	\$55 per term	Meet @ Geelong West Neighbourhood House, 89 Autumn St	1 PLACE AVAILABLE
<b>WEDNESDAYS</b>	<b>Aspire: Adventure Recreation with a Difference</b> <i>Confidence building, teamwork, goal-setting, planning, training and achievement</i> are the focus skills of this group. Activities may include bike riding, hikes, learning to surf, camping & bush skills, kayaking - the options are endless! An interest in outdoor adventure is essential. All activities are tailored to each participant.	9am – 3pm	\$110 per term	Meet @ Geelong West Neighbourhood House, 89 Autumn St	WAITING LIST
<b>THURSDAYS</b>	<b>Aspire 2. Adventure Recreation with a Difference</b> <i>Our 2<sup>nd</sup> instalment of this very popular program.</i> <b>With such great outcomes</b> for our Wednesday Aspire group we've opened up this 2 <sup>nd</sup> program but for a different age range. We are seeking at least 1 more participant between the ages of 17 -25. A desire to challenge yourself is essential!	9am – 3pm	\$110 per term	Meet @ Geelong West Neighbourhood House, 89 Autumn St	1 PLACE AVAILABLE
<b>THURSDAYS</b> <b>BRAND NEW</b> <b>Starts -6<sup>th</sup> Dec</b>	<b>Hikers</b> <i>Hikers</i> is a new program that focusses on exploring this amazing region we live in. Otways, Surf Coast, Bellarine, Brisbane Ranges -the list goes on! Walking /hiking is the main objective, but we'll also learn a lot about the natural environment, safety and develop a deeper appreciation of our region. A desire to <b>explore</b> and an interest in the <b>environment</b> and <b>community</b> is essential. <b>PLEASE NOTE:</b> All hikes will be at an appropriate level for each participant.	Approx. 9am - 3pm depending on hike location	\$110 per term	Meet @ Geelong West Neighbourhood House, 89 Autumn St	1 PLACE AVAILABLE
<b>THURSDAY EVENINGS</b>	<b>Culture Club</b> This social group meets regularly to tap into events and activities happening around Geelong - including movies, dinners, walks, plays/theatre, sport etc. The group members work alongside staff to set the agenda each fortnight.	6pm – 9pm	Varies – cost of planned activity	Meet @ Geelong West Neighbourhood House, 89 Autumn St	WAITING LIST
<b>FRIDAYS</b>	<b>Adventure Recreation</b> This ever-popular group aims to get people active and to enjoy all the best bits this amazing Barwon region has to offer. Activities will include surfing, bike riding, bush walking, kayaking etc. All levels of fitness and ability are catered for.	9am – 3pm	\$110 per term	Meet @ Geelong West Neighbourhood House, 89 Autumn St	WAITING LIST