

CURRENT PROGRAMS & EVENTS

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 to sign up – it's that easy!

REGULAR WEEKDAY PROGRAMS

Day	Program Description	Time	Cost	Availability
TUESDAYS	HEALTH & WELLBEING 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	1 PLACE AVAILABLE
WEDNESDAYS	ASPIRE: ADVENTURE RECREATION WITH A DIFFERENCE <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	WAITING LIST <i>Additional group commencing soon.</i>
THURSDAYS	HIKERS <i>Hikers</i> focusses on exploring this amazing region we live in. The 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. PLEASE NOTE: All hikes are at an appropriate level for each person.	Approx. 9am -3pm depending on hike location	\$110 per term	PLACES AVAILABLE
THURSDAYS	BELLARINE CONNECTIONS Join us as we make connections to people and places on the Bellarine Peninsula. We attend VALiD meetings, volunteer at local organisations, actively care for our environment, and meet people along the way. It's a great way to build local connections and develop a better understanding of where we live.	9am – 3pm	\$55 per term	PLACES AVAILABLE
THURSDAY (Evenings)	CULTURE CLUB 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	WAITING LIST <i>2nd group starts soon!</i>
FRIDAYS	ADVENTURE RECREATION 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	WAITING LIST <i>Additional group commencing soon.</i>
SATURDAYS (Monthly)	YOUTHLINKS For young people aged 14 -18. Youthlinks activities are based around adventure recreation (such as kayaking, bush walking, surfing, bike riding etc.) and are designed to provide challenges and opportunities to try new things in a fun and supportive environment. Youthlinks aims to build confidence, develop resilience, increase social skills, improve health and to foster friendships.	9am -4pm	\$10 per session	PLACES AVAILABLE