



## CHANGING TRACKS - WEEKDAY PROGRAMS

DAY	PROGRAM DESCRIPTION	TIME	COST
TUESDAYS	<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 sessions. All levels of fitness and ability are catered for.	9am – 3pm	\$110 per term
TUESDAYS	<b>BARWON CONNECTIONS</b> Join us as we make connections to people and places in the Barwon Region. We seek out & visit local community groups, exercise in a variety of different places, volunteer at local organisations, actively care for our environment, and meet people along the way. It's a great way to build meaningful local connections and develop a better understanding of where you live.	9am - 3pm	\$110 per term
TUESDAYS 	<b>WALKATHON 3.30pm -5.30pm Walk or Run -it's your choice!</b> This goal focussed program is suitable for anyone who wants to give a local fun run /charity walk a try or to improve their health & wellbeing in a fun and friendly environment. Every year there are numerous events across the state supporting different charities. We will put together a team of like-minded individuals to train together each week with the aim of entering selected events each year such as 5 -10km walks. Run Geelong, Rip to River, Geelong River Run are just a few of the events we could try.	3.30 -5.30pm	\$55 per term + event fees
WEDNESDAYS	<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
THURSDAYS	<b>EXPLORERS</b> <i>Explorers</i> focusses on discovering this amazing local 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, meet loads of new people, learn about safety, & develop a deeper appreciation of our region. <b>NOTE: All hikes are at an appropriate level for each person.</b>	9am - 3pm	\$110 per term
THURSDAYS 	<b>YOUTHLINKS -AFTER SCHOOL FITNESS GROUP 3.00pm -5.15pm</b> For young people aged 14 -18. This brand-new program aims to improve our younger participants health & wellbeing through weekly training sessions. We'll play sport, hit the gym, swim, walk, whatever keeps us active and having fun! Youthlinks aims to build confidence, develop resilience, increase social skills, improve health and to foster friendships. <b>School pick up provided. Home drop off can be arranged.</b>	3.00 -5.15pm	\$55 per term
THURSDAY	<b>CULTURE CLUB EVENINGS 6.00 -9.00pm</b> This social group meets regularly to tap into events and activities happening around Geelong - including movies, dinners, walks, plays/theatre, and sport. The group members work alongside staff to set the agenda each fortnight.	6pm – 9pm	Varies – cost of planned activity
FRIDAYS	<b>ADVENTURERS</b> This ever-popular group aims to get people active and to enjoy all the outdoor opportunities the Barwon region offers. Activities will include surfing, bike riding, bush walking & kayaking just to name a few. All levels of fitness and ability are catered for.	9am – 3pm	\$110 per term

To enquire or register your interest simply call 0447 325 196 or email [info@changingtracks.com.au](mailto:info@changingtracks.com.au)

**PLEASE NOTE:** Listed costs are for the activities and are an out of pocket expense. Support Costs will come from your NDIS plan.