


CHANGING TRACKS - WEEKDAY PROGRAMS

Extra programs are being added on different days. Keep an eye on our website for updates - www.changingtracks.com.au

DAY	PROGRAM DESCRIPTION	TIME	COST
MONDAYS 	SMART ARTS -BRAND NEW PROGRAM Every Monday we support 2 young artists in their creative pursuits. This is not our typical style of program our a typical art group! Our support workers are all creative but not trained art teachers. Our role is to assist you (the artist) in your creative endeavours. If you have a passion for art and are looking for a supported outlet to be creative on a regular basis, then this could be a great option for you. Our passion is helping you find yours! Limited spaces available.	9am -3pm	\$110 per term
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 sessions. All levels of fitness and ability are catered for.	9am – 3pm	\$110 per term
TUESDAYS	BARWON CONNECTIONS 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
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
THURSDAYS	EXPLORERS <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. NOTE: All hikes are at an appropriate level for each person.	9am - 3pm	\$110 per term
THURSDAY	CULTURE CLUB EVENINGS 6.00 -9.00pm 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	ADVENTURERS 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

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