

## CHANGING TRACKS - WEEKDAY PROGRAMS

Extra programs are being added on different days. Keep an eye on our website for updates - [www.changingtracks.com.au](http://www.changingtracks.com.au)

DAY	PROGRAM DESCRIPTION
<b>MONDAYS</b> 9am -3pm	<b>SMART ARTS</b> Every Monday we support 2 young artists in their creative pursuits. This is not our typical style of program or 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.
<b>TUESDAYS</b> 9am -3pm	<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.
<b>TUESDAYS</b> 9am -3pm	<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.
<b>WEDNESDAYS</b> 9am -3pm	<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.
<b>THURSDAYS</b> 9am -3pm	<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>
<b>FRIDAYS</b> 9am -3pm	<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.

### PROGRAM COSTS

NDIS support costs are approximately \$160 and \$175 per person, per session. These costs come from your NDIS plan, and they include a standard hourly rate, non-face to face support charges and centre capital costs. In addition, all groups have a \$110 term fee which is typically paid for by the participant at the start of each term.

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