

ACCOMMODATION & RECREATION CENTRE CENTRE BASED LIFE SKILLS PROGRAM – July 2019

** Centre based program cost - \$5 per week, due first day of attendance per week

** External activities (highlighted) attract stated cost per activity, due on the day (includes transport) – see attached costs list

** Boccia is customer's responsibility to register and pay directly to Sporting Wheelies – activity cost is for transport only

	DAY	9am-12noon	1pm-4pm
Week Starting 1/07/2019	Monday	PUBLIC HOLIDAY	
	Tuesday	Tammy's Disco or Dancing	Ephemera Project
	Wednesday	Nature appreciation	Wheelchair yoga
	Thursday	Dance and Freeze, Swim/Zumba 11-12	Bowling or Ephemera Project
	Friday	Sensory fun	Music in City 12-2 or Make & Take
	Saturday		
	Sunday		
Week Starting 8/07/2019	Monday	Boccia or Alphabet practice	Cooking – Chocolate Crackles
	Tuesday	Tammy's Disco or Dancing	Ephemera Project
	Wednesday	Nature appreciation	Wheelchair yoga
	Thursday	Balloon Tennis, Swim/Zumba 11-12	Bowling or Ephemera Project
	Friday	Sensory fun	Music in City 12-2 or Make & Take
	Saturday		
	Sunday		
Week Starting 15/07/2019	Monday	Boccia or Numbers tracing	Cooking – Pie maker cakes
	Tuesday	Tammy's Disco or Dancing	Ephemera Project
	Wednesday	Nature appreciation	Wheelchair yoga
	Thursday	Dance and Freeze, Swim/Zumba 11-12	Bowling or Ephemera Project
	Friday	Sensory fun	Music in City 12-2 or Make & Take
	Saturday		
	Sunday		
Week Starting 22/07/2019	Monday	Boccia or Letters tracing	Cooking – Coconut Balls
	Tuesday	Tammy's Disco or Dancing	Ephemera Project
	Wednesday	Nature appreciation	Wheelchair yoga
	Thursday	Simon Says, Swim/Zumba 11-12	Bowling or Ephemera Project
	Friday	Sensory fun	Music in City 12-2 or Make & Take
	Saturday		
	Sunday		

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COST LISTING

Centre based program cost - **\$5** per week

Includes morning & afternoon tea and activity resources

External activities:

Boccia - **\$5** per week

Transport to/from ARC facility only - It is customer's responsibility to register and pay directly to Sporting Wheelies, and to advise our staff if you wish to attend

Tammy's Disco - **\$10** per week

Includes entry to disco and transport to/from ARC facility

Swimming - **\$10** per week

Includes entry in to pool and transport to/from ARC facility

Zumba - **\$10** per week

Includes entry in to class and transport to/from ARC facility

Bowling - **\$10** per week

Includes 1 game, shoe hire, and transport to/from ARC facility

Music in the City - **\$5** per week

Transport to/from ARC facility only – free public event