

**30th June 2025 –  
26th June 2026**

**Adults**



# **Day Options**

# Dear Participants & Families,

Participate Australia is providing Day Options activities from July 2024 to June 2025, and we invite you to come and join in on the fun! Once you have had a look at which days you are interested in joining, please complete the booking form at the end, by filling out your details and indicating which activities you would like to participate in.

## What to bring

- Activity & Transport Fees in cash
- Spending Money as required
- Concession Card and/or Companion Card
- Opal Card
- Water bottle
- Hat & sunscreen
- Face mask & hand sanitiser
- Appropriate clothing & closed shoes suitable for walking
- Wet weather or swimming attire as required

## Activity Fees & Spending Money

Please be aware of the Activity & Transport Fees for each activity, and bring suitable cash along on the day to cover the expenses. These help cover the cost related to resources such as cooking ingredients, art supplies, van usage, or personal protective equipment, etc. for the activity. For some community-access activities, Activity Fees are subject to change along with price increases from venues, where necessary.

Additional spending money to purchase your lunch is recommended for any activity where "lunch included" is not specified. It is recommended that you bring your spending money on a debit card, if available, as some venues may not accept cash.

For some community-access activities, Concession prices may apply. In order to be eligible for Concession prices, please indicate whether you hold a valid Concession Card or Companion Card for the duration of this program. If you have indicated that you have an eligible card, please ensure you bring it along to the activity to avoid any complications on the day.

## Pick-ups & Drop-offs

Transport to and from the Participate Australia centre can be provided for those who require it to participate. Please discuss with your facilitator if you think you would like to make use of this, and then indicate in the bookings form which days you require a pick-up and/or drop-off to be arranged. Cost of group support, centre capital cost, and flat-rate mileage applies.

- Pick-ups are between 7:45am–9:00am
- Drop-offs are between 2:45pm–4:00pm

# New Program Dates!

Participate Australia is excited to continue our **one-year Day Options program**, operating throughout all 52 weeks of the year. Please be aware that we will not be offering day options activities on public holidays. If you plan to take time off, kindly inform your Support Facilitator; otherwise, you will be automatically enrolled for all weeks.

## Public Holidays (no Day Options activities)

- Monday, 6th October 2025
- Thursday, 25th December 2025
- Friday, 26th December 2025
- Thursday, 1st January 2026
- Monday, 26th January 2026
- Friday, 3rd April 2026
- Monday, 6th April 2026
- Monday, 8th June 2026

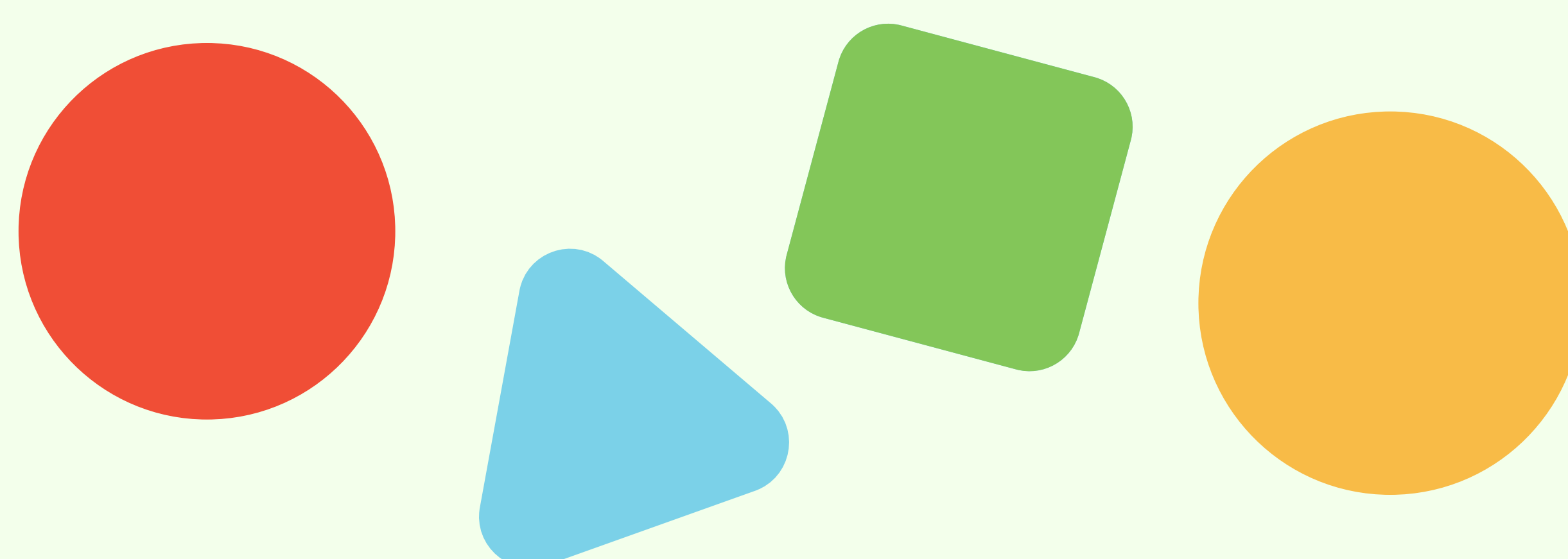
## Ratios & Other Charges

Charged ratios may vary depending on activity, support needs, and group participation. Additionally, there will be a shared charge for non-face-to-face supports, as relating to group activities, along with a set centre capital cost, as outlined by the NDIS pricing guidelines.

## Cancellations

Participate Australia requires 14 days notice for cancellations of Day Options, otherwise the cost of supports may be charged to your NDIS package. Cancellation notices may be provided through your facilitator, or via email to:

**[bookings@participateaustralia.com.au](mailto:bookings@participateaustralia.com.au)**



# Monday

## 1. Zumba & Cooking

9:00am–3:00pm ☀️

Centre Based 🏠

Spend the morning moving to the music in a Zumba class run by a qualified instructor, along with a delicious and healthy lunch.

**\$20 - Activity Fee\***  
(for zumba, lunch included)

**\*Please note that cancellations made within 14 days of the scheduled activity will incur the full activity cost.**



or

## 2. Tenpin Bowling

9:00am–3:00pm ☀️

Community Access 🌳

Head out for an action-packed game of tenpin bowling to start your week right! Lace-up those shoes and get ready to strike!

**\$15 - Activity Fee**  
(for one game of bowling)

+

**\$5 - Transport Fee**  
(for van travel)



# Tuesday

## 3. Creativity Club

9:00am–3:00pm ☀️

Centre Based 🏠

Experiment with your creative side! Each week there will be a different type of art to try. Work with clay, paint, pencils, wool, paper and more, to practice your art skills.

**\$10** - Activity Fee  
(for resources)



or

## 4. Sydney Picnic Club

9:00am–3:00pm ☀️

Community Access 🌳

Pick out some of your favourite foods from the store with the group, then spend the day enjoying a lovely picnic and a hike across a variety of Sydney's best parks!

**\$5** - Activity Fee  
(for resources)



or

## 5. Movie Club

9:00am–3:00pm ☀️

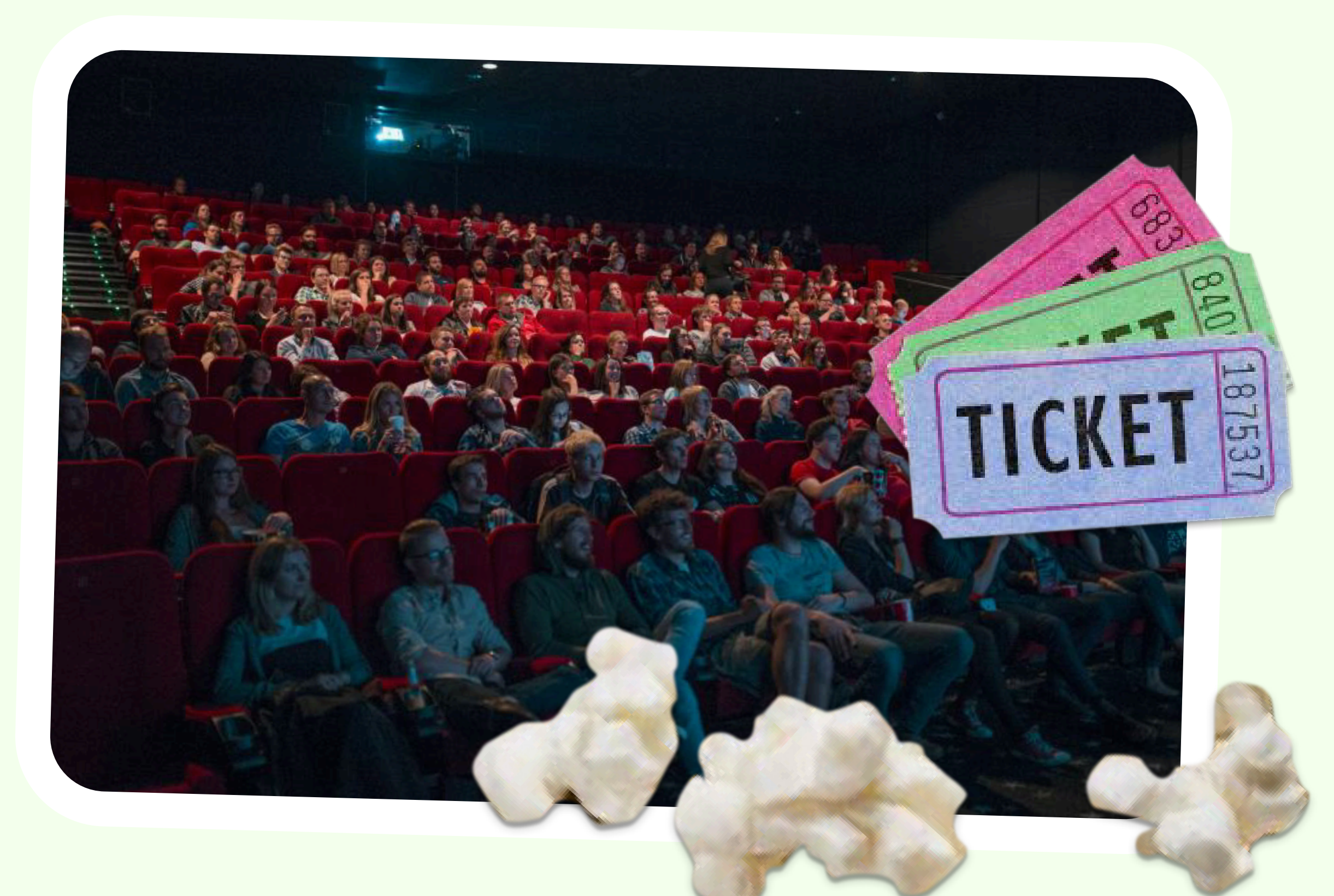
Community Access 🌳

Catch up with the Movie Club to check out the latest blockbuster each week. Grab some lunch afterwards and share your review of the movie with the rest of the group!

**\$20** - Activity Fee  
(for movie ticket)

+

**\$5** - Transport Fee  
(for van travel)



# Wednesday

## 6. Baking Club

9:00am–3:00pm ☀️

Centre Based 🏠

Experiment with baking delicious goodies and learn some new skills to try out at home! Afterwards, join in on some light centre-based entertainment, or a nice stroll outside.

**\$15 - Activity Fee**  
(for resources, lunch included)



or

## 7. Outdoor Adventures

9:00am–3:00pm ☀️

Community Access 🌳

Keep active with a range of activities from frisbee, tennis, local walks, football, basketball and heaps more. It's a fun way to stay fit and have a blast with friends each week!

**\$5 - Activity Fee**  
(for resources)



or

## 8. Aqua Action

9:00am–3:00pm ☀️

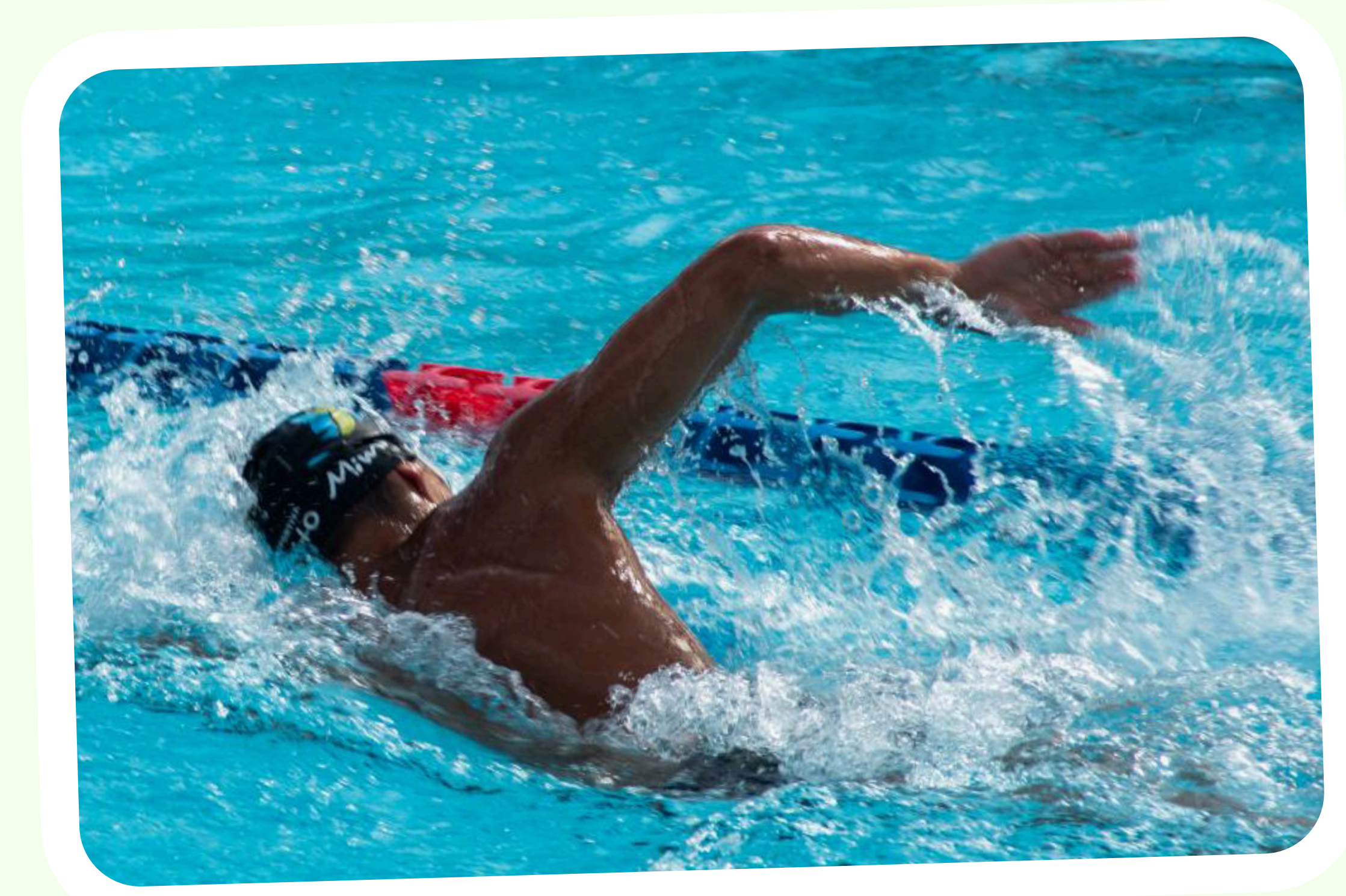
Community Access 🌳

Enjoy the health benefits of an Aquarobics class, a gentle workout for you to recharge halfway through your week. If Aquarobics isn't your thing, jump in the main pool for a few laps.

**\$20 - Activity Fee**  
(for aquarobics class)

or

**\$10 - Activity Fee**  
(for swimming only)



# Thursday

## 9. Wellness & Games

9:00am–3:00pm ☀️

Centre Based 🏠

Practice relaxation & mindfulness in the wellness program with breathwork, meditation, yoga, art therapy and more. After, hang out with your mates and play a few friendly matches of classic card games and board games.

**\$10** - Activity Fee  
(for resources)



or

## 10. Tenpin Bowling

9:00am–3:00pm ☀️

Community Access 🌱

For those who just can't get enough of bowling, let's head out again for some tenpin action this Thursday. Bring your best game, and smash your high score!

**\$12 / 20** - Activity Fee  
(for one/two games of bowling) +

**\$5** - Transport Fee  
(for van travel)



# Friday

## 11. Lunch Club

9:00am–3:00pm ☀️

Centre Based 🏠

Experiment with some new recipes, or try out an old favourite at Lunch Club. Each Friday, get involved in crafting up a lunchtime feast for you and your friends!

**\$15 - Activity Fee**  
(for resources, lunch included)



or

## 12. Sydney Sightseers

9:00am–3:00pm ☀️

Community Access 🌳

Each week we will visit a different location in Sydney! Come and join in on the exploration as we visit iconic parks, art galleries, and landmarks.

**\$10 - Activity Fee**  
(for resources)



or

## 13. Smart Shopping

9:00am–3:00pm ☀️

Community Access 🌳

Learn how to create shopping lists, improve budgeting skills, compare prices and make informed purchases while out and about!

**\$5 - Transport Fee**  
(for van travel)



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Please complete this form, sign below, and return it to Participate Australia to secure your place. Bookings can be made at any time throughout the duration of the program, however a guarantee cannot be made for bookings made within 10 days of the activity date. You can email this scanned form to [bookings@participateaustralia.com.au](mailto:bookings@participateaustralia.com.au) with your choices and details clearly indicated or send a hard copy of this form to your support facilitator.

Participant's Name:

Contact Number:

Companion Card:

Tick yes, if you have valid Companion or Concession Card(s) for the duration of this program.

Concession Card:

Mondays  
9:00pm–3:00pm

Zumba & Cooking

or

Tenpin Bowling

Pick-up

Drop-off

Tuesdays  
9:00pm–3:00pm

Creativity Club

or

Sydney Picnic Club

or

Movie Club

Pick-up

Drop-off

Wednesdays  
9:00pm–3:00pm

Baking Club

or

Outdoor Adventures

or

Aqua Action

Pick-up

Drop-off

Continued on next page...

## Day Options

30th June 2025 – 26th June 2026

Thursdays  
9:00pm–3:00pm

Wellness & Games

or

Tenpin Bowling

Pick-up

Drop-off

Fridays  
9:00pm–3:00pm

Lunch Club

or

Sydney Sightseers

or

Smart Shopping

Pick-up

Drop-off

Ratios may vary depending on activity, support needs and group participation.

Please note that once you receive your confirmation you must keep these dates written down as we will not be sending daily reminders.

Signature: