



2019

PROGRAMS ACT & QUEANBEYAN

Star Dancers ACT

Star Dancers ACT provides an opportunity for self expression in a fun and engaging environment. Star Dancers allows participants to build their physical health, including fitness and coordination, and offers opportunities to socialise with other like-minded peers. Participants learn new skills and will have an opportunity to demonstrate them at an end of year performance alongside other Disability Trust creative groups.

Times: Tuesday afternoons during school term, 4:00pm - 5:30pm
 Venue: Wanniasa P-10 School Gym
 Wheeler Crescent Wanniasa
 Cost: Covered by your NDIS supports
 Ages: 6 years and above
 Clothing: T-shirt, shorts, closed toe shoes (joggers/sand shoes) & water bottle

Tennis Queanbeyan & ACT

Tennis offers a great opportunity to engage in cardiovascular exercise and develop physical fitness. Tennis ACT & Tennis Queanbeyan gives participants the opportunity to develop fundamental tennis skills with a fun and experienced coach.

Times: Thursday afternnons during school term, 5:00pm-6:30pm
 Venue: Queanbeyan Park Tennis Club
 100 Campbell St Queanbeyan
 ACT - Eastlake Tennis Club
 47 Flinders Way Griffith ACT
 Cost: Covered by your NDIS supports
 Ages: 6 years and above
 Clothing: T-shirt, shorts, closed toe shoes (joggers/sand shoes) & water bottle

Indoor Sports Queanbeyan

Indoor Sports offers participants the opportunity to develop their skillsets in a wide variety of sporting areas. Participants will practice old skills and develop new skills in different sports such as basketball, netball, cricket, soccer and more. A great program to start if this is your first experience in a sporting group or you like to change it up!

Times: Wednesday afternoons during school term, 4:00pm-5:30pm
 Venue: Q Indoor Sports Centre
 1A Yass Rd Queanbeyan
 Cost: Covered by your NDIS supports
 Ages: 6 years and above
 Clothing: T-shirt, shorts, closed toe shoes (joggers/sand shoes) & water bottle

Altogether Drama ACT

Altogether Drama offers participants the opportunity to explore their creative side on stage in a small cooperative group. Drama provides an opportunity to develop and refine skills such as cooperation, communication, imagination and creative problem solving. Participants implement these skills in an end of year performance along side other Disability Trust creative groups.

Times: Saturday morning during school term, 9:00am-11:00am
 Venue: Namadgi School Hall
 141 O'Halloran Circuit Kambah
 Cost: Covered by your NDIS supports
 Ages: 6 years and above
 Clothing: T-shirt, shorts, closed toe shoes (joggers/sand shoes) & water bottle

Score Raiders Rugby League

Score Raiders Rugby League is a new and exciting program which offers participants to be part of the Canberra Raiders community! Score Raiders will train weekly.

Times: Monday afternoons
 4:00pm-5:30pm
 Venue: Aranda 101, Aranda District Playing Fields, Banaga Pl, Aranda ACT 2614
 Cost: Covered by your NDIS supports
 Ages: 6 years and above
 Clothing: T-shirt, shorts, closed toe shoes (joggers/sand shoes) & water bottle



Wednesday Wonders Social Group ACT

Join the Wednesday Wonders social group as they get together in SOuthern Canberra. Wednesday Wonders social group attends either the movies or the bowling alley, along with a delicious dinner.

Times: Fortnightly Wednesday nights
Pickups from 4:30pm for 6:00pm dinner
Drop offs from 8:30pm
Venue: South Point Centre
Tuggeranong
(Transport available for ACT residents)
Cost: NDIS supports plus activity cost
Ages: 18 years and above

Wild Ones Social Group ACT

Wild Ones social group meets with participants from the QBN Night Owls social group fortnightly for dinner, fun and dancing at The Tigers Football Club.

Times: Fortnightly Friday nights .
Pickups from 5:00pm for 6:00pm dinner
Drop offs from 8:30pm
Venue: The Tigers Club
20 Queenbar Rd Queanbeyan
(Transport available for ACT residents)
Cost: NDIS supports plus activity cost
Ages: 18 years and above

Camps

Over 18 - October 2019 Myuna Bay NSW

NDIS Supports - Short Term Accommodation
(Includes transport to and from camp/ accommodation and staffing supports)

Under 18 - June 2019 Berry NSW

NDIS Supports - Short Term Accommodation
(Includes transport to and from camp/ accommodation and staffing supports)

Early Birds Social Group QBN

Early Birds social group meets fortnightly for dinner and fun with friends at The Tigers Football Club.

Times: Fortnightly Friday nights .
Pickups from 5:00pm for 6:00pm dinner
Drop offs from 8:30pm
Venue: The Tigers Club
20 Queenbar Rd Queanbeyan
(Transport available for QBN residents)
Cost: NDIS supports plus activity cost
Ages: 18 years and above

Night Owls Social Group QBN

Night Owls social group meets with participants from the ACT Wild Ones social group fortnightly for dinner, fun and dancing at The Tigers Football Club.

Times: Fortnightly Friday nights .
Pickups from 5:00pm for 6:00pm dinner
Drop offs from 8:30pm
Venue: The Tigers Club
20 Queenbar Rd Queanbeyan
(Transport available for QBN residents)
Cost: NDIS supports plus activity cost
Ages: 18 years and above

Girls Night Out Social Group ACT

Girls Night Out social group meets for fun in a wide variety of locations in the ACT. Dinner, bowling, movies, special events, get togethers.
Girls Night Out mixes it up every fortnight!

Times: Fortnightly Friday nights .
Pickups from 4:45pm for 6:00pm dinner
Drop offs from 8:30pm
Venue: Various locations in the ACT and Queanbeyan
(Transport available for ACT residents)
Cost: NDIS supports plus activity cost
Ages: 18 years and above

For more information see our 2019 programs Booklet online -
<https://www.disabilitytrust.org.au/services-and-supports/sports-and-recreation>

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