

# Programs of Support

## Weekly schedule

## Spring / Summer 2024-25

September 16, 2024 to March 7, 2025

## St Albans (VIC)

Building 2 - Victoria University  
University Boulevard  
St Albans VIC 3021

### You have choice and control

We offer a range of fun and meaningful activities for you to choose from, located at our centre or around the community, every day of the week for 24 week-long semesters.

Each activity focuses on developing independent living skills, social and communication, and/or health and wellbeing.

### Activity overviews

Learn more about all the activities on offer, including skills development areas and what to expect by clicking below:

[Download our activities handbook](#)



Adult Community  
Services



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**Spring – Summer**

September 16, 2024  
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Adult Community  
Services

## MORNING

● May be funded by NDIS ● Fee for service only

Monday	Tuesday	Wednesday	Thursday	Friday
Activity levy: \$2.00 per day	Activity levy: \$2.00 per day	Activity levy: \$2.00 per day	Activity levy: \$2.00 per day	Activity levy: \$2.00 per day
<p>9:00 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 11:30 AM <b>Activity options:</b></p> <p><b>Outdoor exercise</b> Location: Various locations</p> <p><b>Healthy meal prep</b> Location: Building 2, Victoria University St Albans Campus</p>	<p>9:00 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 11:30 AM <b>Activity options:</b></p> <p><b>Cultural and community connections</b> Location: Various locations</p> <p><b>Gym</b> ● Cost: \$10 Location: Victoria University, St Albans Campus Gym</p>	<p>9:00 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 11:30 AM <b>Activity options:</b></p> <p><b>Gardening</b> Location: Westvale Gardening Centre</p> <p><b>Healthy meal prep</b> Location: Building 2, Victoria University, St Albans Campus</p>	<p>9:00 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 11:30 AM <b>Activity options:</b></p> <p><b>Photography</b> Location: Various locations</p> <p><b>Gym</b> ● Cost: \$10 Location: Victoria University, St Albans Campus Gym</p> <p><b>VU CHEW</b> Location: Victoria University, Werribee Campus</p>	<p>9:00 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 11:30 AM <b>Activity options:</b></p> <p><b>Swimming</b> Cost: \$6.85 ● Location: Brimbank Leisure Centre</p> <p><b>Work experience</b> Location: Victorian University, St Albans Nursery</p>
		11:30 PM – 12:30 PM <b>Preferred activity and lunch</b>		

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## AFTERNOON

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:30 PM – 2:00 PM</p> <p><b>Activity options:</b></p> <p><b>Swimming</b> Cost: \$6.85 ● Location: Brimbank Leisure Centre</p> <p><b>Independent living skills</b> Location: Building 2, Victoria University St Albans Campus</p>	<p>12:30 PM – 2:00 PM</p> <p><b>Activity options:</b></p> <p><b>Café</b> Cost: \$10 ● Location: Various locations</p> <p><b>Outdoor games</b> Location: Building 2, Victoria University St Albans Campus</p>	<p>12:30 PM – 2:00 PM</p> <p><b>Activity options:</b></p> <p><b>Competitive Sport</b> Location: Various locations</p> <p><b>Yoga</b> Location: Building 2, Victoria University St Albans Campus</p>	<p>12:30 PM – 2:00 PM</p> <p><b>Activity options:</b></p> <p><b>Recycling</b> Location: Various locations</p> <p><b>Circuit fitness</b> Location: Building 2, Victoria University St Albans Campus</p> <p><b>VU CHEW</b> Location: Victoria University, Werribee Campus</p>	<p>12:30 PM – 2:00 PM</p> <p><b>Activity options:</b></p> <p><b>Library</b> Location: Various locations</p> <p><b>Art therapy</b> Cost: \$15 ● Location: Building 2, Victoria University St Albans Campus</p>
<p>2PM – 3 PM</p> <p><b>Transition</b></p>	<p>2 PM - 3 PM</p> <p><b>Transition</b></p>	<p>2 PM - 3 PM</p> <p><b>Transition</b></p>	<p>2 PM - 3 PM</p> <p><b>Transition</b></p>	<p>2 PM - 3 PM</p> <p><b>Transition</b></p>

# Fees

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## Daily activity levies

Aspect charges an activity levy of \$2.00 per day to cover the Programs of Support's running costs, including facilitators and resources. You are only charged the activity levy fee on the days you attend ACS.

The daily activity levy may be subject to change. If this happens, an ACS team member will contact you to confirm the new amounts prior to the start of a new semester.

## Additional fees: NDIS and 'fees for service'

In addition to the daily activity levies, some activities have an additional cost outlined on the weekly schedule.

- Some activities may be funded through your NDIS Plan.

These costs include entrance to aquatics centres, gyms or bowling centres, as well as access to facilitator-run programs, such as art therapy and music therapy.

If these items are included in your NDIS plan, you have the choice to pay these through NDIS, or you may wish to pay for them yourself.

- Some activities are not eligible to be charged to your NDIS plan.

These are called 'fees for service', and cover items such as grocery costs for the cooking programs, and café and restaurant costs. These are invoiced before the start of a Program of Support.

If you have any questions regarding the fees, please contact Aspect ACS Team Leader.