



# ADVENTURE & RECREATION

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A program for confidence and connection,  
exploring community, building independence,  
and supporting wellbeing.



# PROGRAM OVERVIEW

Engaging activities that build confidence, connection, and wellbeing

Our Adventure & Recreation Program offers participants a fun, inclusive way to explore their community while building important life skills. Through activities such as Passport Adventures, Bowling, Swimming, Farm Experiences, and our Sports Program, participants are supported to try new things, grow their independence, and enjoy meaningful social experiences.

Each activity is designed to be supportive and accessible, ensuring everyone can participate at their own pace. Whether discovering local culture and nature, keeping active, or connecting with peers, the program provides safe and enjoyable opportunities to learn, explore, and thrive.

Programs are subject to a program fee. All reasonable efforts have been made to ensure fees remain minimal.



# PROGRAM THEMES & GOALS

## Passport Adventures - Six Months of Discovery, Fun and New Adventures

Passport Adventures is a six month recreational program that encourages participants to explore, build confidence, and create lasting memories. Each month features a new adventure theme, with weekly outings ranging from local sightseeing and creative workshops to wildlife experiences, fitness activities, and an end-of-program celebration.

The inclusive program supports participants to join in at their own pace. Throughout the journey, they record their experiences in a personalised “travel passport,” capturing their growth, achievements, and the places they’ve explored with friends. An additional entry/game fee may apply to this program.

Daily Program Fee: \$8.00

## All-Stars Sports Program - Discover, Learn & Play a New Sport Every Month

The All-Stars Sports Program is a dynamic, hands-on recreation program where participants explore a different sport each month, from football and cricket to basketball, athletics, netball and more. Each sport is introduced through simple drills, teamwork activities, and supportive practice sessions that teach core techniques while covering the rules, equipment, history, and notable athletes behind each game.

Designed for both beginners and those building existing skills, sessions are adapted so everyone can participate at their own pace. The focus is on staying active, having fun, building confidence, and enjoying a friendly, inclusive team environment.

Daily Program Fee: \$8.00

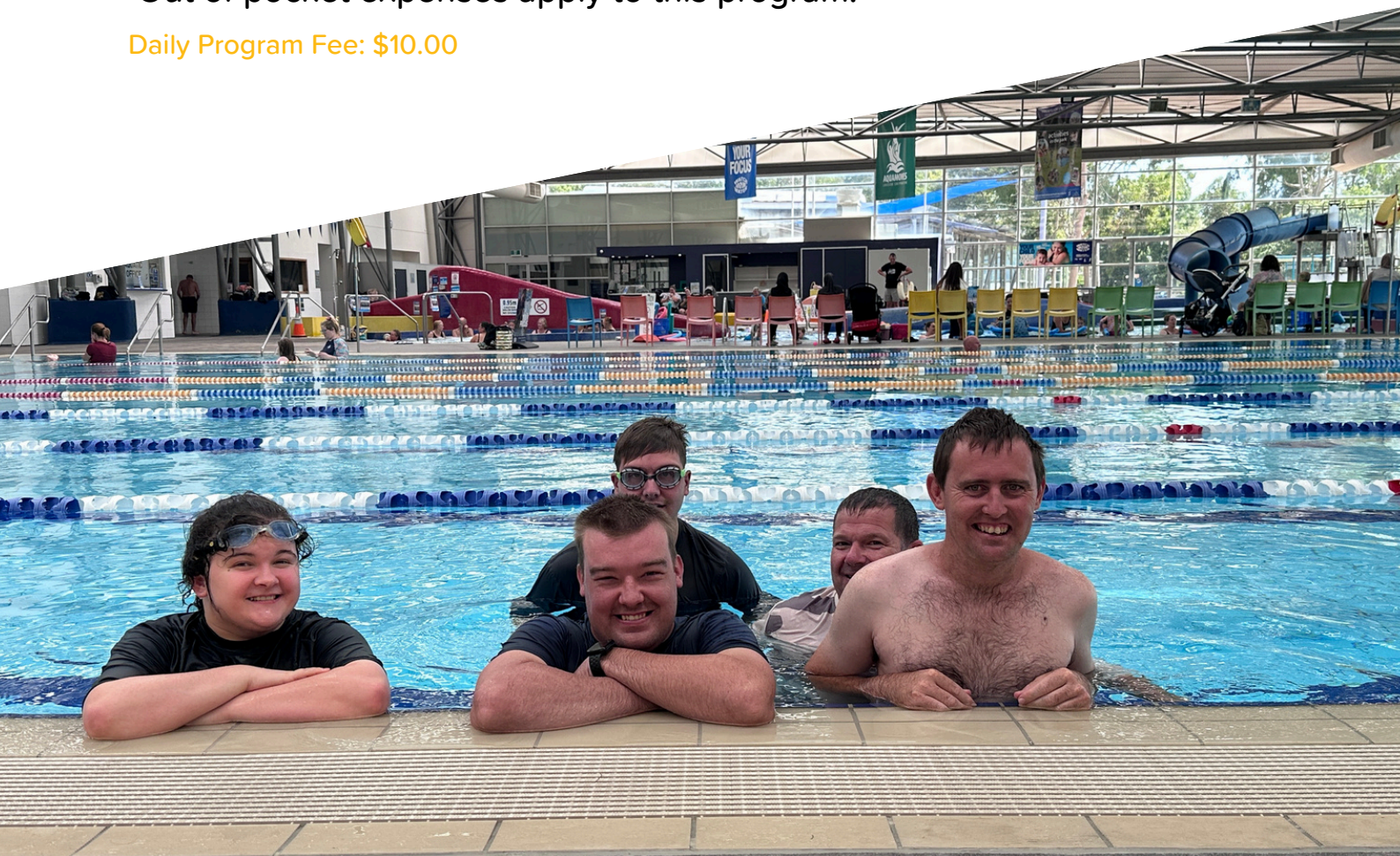
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## Swimming Club - Weekly Swimming Group

A weekly swimming group held in a warm hydrotherapy pool, making it suitable and comfortable all year round, where participants can enjoy gentle movement, water play, and confidence building activities in a relaxed, supportive environment. Each session focuses on developing basic swimming skills, practicing safe water habits, and building strength and mobility through low-impact exercise.

With plenty of encouragement, participants can join in at a pace that feels right for them, whether they prefer calm floating and walking in the water or want to try simple strokes and guided activities. It is a great way to stay active, build wellbeing, and have fun with friends. Out of pocket expenses apply to this program.

Daily Program Fee: \$10.00





# WE ARE VIVID

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## GET SUPPORT

[www.wearevivid.org.au](http://www.wearevivid.org.au)



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