

Programs of Support

Weekly schedule

Spring-Summer 2025-26

15 September 2025 to 6 March 2026

Northcote

30B Union Street
Northcote VIC 3070

You have choice and control

We offer a range of fun and meaningful activities to choose from. Activities are located at our centre or in the community. Each activity focuses on developing independent living, social and communication and/or health and wellbeing skills.

The activities are created based on your goals and the skills you want to achieve. We run programs in a 24-week semester, giving you time to explore and grow your skills.

On the days you attend, you can choose one morning activity and one afternoon activity, or you can choose an all-day activity, if offered.

Activity overviews

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

[Download our activities handbook](#)



Adult Community
Services



Programs of Support Northcote

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to 6 March 2026



Adult Community
Services

MORNING

For each day of attendance at Aspect, choose one morning program and one afternoon program. If you select ALL DAY ACTIVITY, it will run for both morning and afternoon.

● May be funded by NDIS

● Fee for service only

Monday				Friday
Activity levy: \$2.50 per day	Activity levy: \$2.50 per day	Activity levy: \$2.50 per day	Activity levy: \$2.50 per day	Activity levy: \$2.50 per day
<p>9:00 AM – 10:00 AM Transition</p>	<p>9:00 AM – 10:00 AM Transition</p>	<p>9:00 AM – 10:00 AM Transition</p>	<p>9:00 AM – 10:00 AM Transition</p>	<p>9:00 AM – 10:00 AM Transition</p>
<p>10:00 AM – 11:30 AM Activity options:</p> <p>Swimming Cost: \$8.90 ● Location: Northcote Leisure Centre</p> <p>Social sports Various locations</p> <p>Handmade haven (job skills) Cost: \$5.00 ● Location: 30B Union Street, Northcote</p>	<p>10:00 AM – 11:30 AM Activity options:</p> <p>Gym Cost: \$10.00 ● Location: Victoria University, St Albans Campus Gym</p> <p>Cafe Cost: \$10.00 ● Various locations</p> <p>Art therapy Cost: \$15.00 ● Location: 30B Union Street, Northcote</p>	<p>10:00 AM – 11:30 AM Activity options:</p> <p>The Discovery Crew, Including bike ed. ALL DAY ACTIVITY Cost: \$10.00 (+ Bike ed. costs) ● Various locations</p> <p>Bike ed. Cost: \$11.00–\$15.70 ● Location: Brimbank Bike Education Centre</p> <p>Baking Cost: \$10.00 ● Location: 30B Union Street, Northcote</p>	<p>10:00 AM – 11:30 AM Activity options:</p> <p>Gym Cost: \$10.00 ● Location: Victorian University, St Albans Campus Gym</p> <p>Shopping Various locations</p> <p>Olympics indoor Games Location: 30B Union Street, Northcote</p>	<p>10:00 AM – 11:30 AM Activity options:</p> <p>Swimming Cost: \$8.90 ● Location: Northcote Leisure Centre</p> <p>Bush exploration Various locations</p> <p>Healthy meal prep Cost: \$10.00 ● Location: 30B Union Street, Northcote</p>
<p>11:30 PM – 12:30 PM Preferred activity and lunch</p>				

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AFTERNOON

For each day of attendance at Aspect, choose one morning program and one afternoon program. If you select ALL DAY ACTIVITY, it will run for both morning and afternoon.

● May be funded by NDIS

● Fee for service only

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>BBQ Cost: \$10.00 ● Various locations</p> <p>Travel training Cost: BYO MYKI card Various locations</p> <p>Music and dance Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>Aerobics Cost: \$9.30 – \$15.50 ● Location: Northcote Aquatic and Recreation Centre</p> <p>Shopping Various locations</p> <p>Independent living skills Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>The Discovery Crew, including bike ed. (continued) ALL DAY ACTIVITY</p> <p>Yoga fitness Cost: \$9.30 – \$15.50 ● Location: Northcote Aquatic and Recreation Centre</p> <p>Seasonal crafts Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>Tenpin bowling Cost: \$12.00 ● Location: The Keys, Preston</p> <p>Independent living skills Location: 30B Union Street, Northcote</p> <p>Gardening Location: St John's Riverside Community Garden</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>Sensory science Cost: \$3.00 ● Various locations</p> <p>Newsletter Location: 30B Union Street Northcote</p> <p>The social bite Cost: \$15.00 ● Various locations</p>
<p>2:30 PM – 3.00 PM</p> <p>Transition</p>	<p>2:30 PM – 3.00 PM</p> <p>Transition</p>	<p>2:30 PM – 3.00 PM</p> <p>Transition</p>	<p>2:30 PM – 3.00PM</p> <p>Transition</p>	<p>2:30 PM – 3.00 PM</p> <p>Transition</p>

For more information, visit: [Aspect Adult Community Services](#)

Fees

Daily activity levies

Aspect charges an activity levy of \$2.50 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. These fees are not covered in your NDIS plan.

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'. They cover items such as grocery costs for the cooking programs or cafe 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.