Programs of Support

Weekly schedule

Spring-Summer 2026-27

8 September, 2026 to 9 March, 2027

St Albans

Building 2 - Victoria University
University Boulevard
St Albans VIC 3021



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

© Aspect (Autism Spectrum Australia) - aspect.org.au

Programs of Support
St Albans

Spring - Summer
8 September, 2026
to 9 March, 2027

aspect Autism Spectrum Australia | Adult Community Services

MORNING

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

Monday	Tuesday	Wednesday	Thursday	Friday
Program fee $2.50 per day	Program fee $2.50 per day	Program fee: $2.50 per day	Program fee: $2.50 per day	Program fee: $2.50 per day
9:00 AM – 10:00 AM **Transition**	9:00 AM – 10:00 AM **Transition**	9:00 AM – 10:00 AM **Transition**	9:00 AM – 10:00 AM **Transition**	9:00 AM – 10:00 AM **Transition**
10:00 AM – 11:30 AM **Activity options:**	10:00 AM – 11:30 AM **Activity options:**	10:00 AM – 11:30 AM **Activity options:**	10:00 AM – 11:30 AM **Activity options:**	10:00 AM – 11:30 AM **Activity options:**
Swimming Cost: $7.40 Location: Brimbank Leisure and Aquatics Centre	**Gym** Cost: $12.80 Location: Victoria University, St Albans Campus Gym	**Bike education** Cost: $14.00 Location: Brimbank Bike Education Centre	**Healthy meal prep** Cost: $10.00 Location: Building 2, Victoria University, St Albans campus	**Swimming** Cost: $6.50 Location: Sunshine Leisure Centre
Shopping Cost: $0 Locations: Various	**Independent living skills** Cost: $0 Location: Building 2, Victoria University, St Albans Campus	**Indoor games** Cost: $0 Location: Building 2, Victoria University, St Albans Campus	**Outdoor fitness** Cost: $0 Locations: Various	**Photography/ scrapbooking** Cost: $0 Locations: Various
Yoga Cost: $0 Location: Building 2, Victoria University, St Albans Campus				**Gardening** Cost: $6.00 Location: Building 2, Victoria University, St Albans Campus
11:30 PM – 12:30 PM **Preferred activity and lunch**	11:30 PM – 12:30 PM **Preferred activity and lunch**	11:30 PM – 12:30 PM **Preferred activity and lunch**	11:30 PM – 12:30 PM **Preferred activity and lunch**	11:30 PM – 12:30 PM **Preferred activity and lunch**

For more information, visit: Aspect Adult Community Services

Programs of Support
St Albans

Spring - Summer
8 September, 2026
to 9 March, 2027

aspect Autism Spectrum Australia | Adult Community Services

AFTERNOON

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

Monday	Tuesday	Wednesday	Thursday	Friday
12:30 PM – 2:30 PM **Activity options:**	12:30 PM – 2:30 PM **Activity options:**	12:30 PM – 2:30 PM **Activity options:**	12:30 PM – 2:30 PM **Activity options:**	12:30 PM – 2:30 PM **Activity options:**
Recycling Cost: $0 Location: Stadium Drive, Keilor Park	**BBQ** Cost: $6.00 Location: Brimbank Park	**Baking** Cost: $6.00 Location: Building 2, Victoria University, St Albans Campus	**Library/newsletter** Cost: $0 Location: Building 2, Victoria University, St Albans Campus	**Travel training** Cost: BYO MYKI Locations: Various
Tenpin bowling Cost: $ 10.00 Locations: Various	**Handmade Haven** Cost: $7.00 Location: Building 2, Victoria University, St Albans Campus	**Afternoon discovery crew** Cost: $0 Locations: Various	**Competitive sports** Cost: $0 Locations: Various	**Art therapy** Cost: $15.00 Location: Building 2, Victoria University, St Albans Campus
Gardening Cost: $6.00 Location: Building 2, Victoria University, St Albans Campus	**Bush to beach** Cost: $0 Locations: Various			**Yoga** Cost: $0 Location: Building 2, Victoria University, St Albans Campus
2:30 PM – 3.00 PM **Transition**	2:30 PM – 3.00 PM **Transition**	2:30 PM – 3.00 PM **Transition**	2:30 PM – 3.00PM **Transition**	2:30 PM – 3.00 PM **Transition**

For more information, visit: Aspect Adult Community Services

Program fees

Why do we charge program fees?

Some activities and programs have costs that are not covered by NDIS funding. Program fees help cover costs such as entry fees, materials, groceries, and other resources needed to deliver quality programs and community experiences.

Paying your program fees

Program fees should be paid before the semester begins wherever possible to allow activities and resources to be organised and booked in advance.

Fees can be paid by:

- Invoice issued before the start of the semester; or
- Bringing your own money on the day for applicable activities.

Flexible payment options

Your Team Leader can discuss the available payment options with you before the semester begins. Agreed payment arrangements will be confirmed in your individual timetable.

If you are unable to pay by the due date, please speak with your Team Leader. Payment arrangements may be available to support your participation. Failure to make payment or agree on a payment arrangement may affect attendance at activities that require advance bookings or resources.

Important information

Program fees and activity costs are separate from NDIS-funded support hours and **cannot** be claimed through NDIS funding. If you have any questions, please speak with your Team Leader.