

# Programs of Support

## Weekly schedule

## Autumn / Winter 2026

March 24 to September 4, 2026

## 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 skills development areas and what to expect by clicking below:

[Download our activities handbook](#)



Adult Community  
Services



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to  
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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.

- Activity cost - Fee for service
- BYO (bring your own) cost

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
<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 PM <b>Activity options:</b></p> <p><b>Swimming</b> Cost: \$7.10 <span style="color: purple;">●</span> Location: Brimbank Leisure and Aquatics Centre</p> <p><b>Shopping</b> Location: Various</p> <p><b>Journalism</b> Location: Building 2, Victoria University St Albans Campus</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 PM <b>Activity options:</b></p> <p><b>Gardening offsite</b> Location: Westvale Community Centre</p> <p><b>Gym</b> Cost: \$10.00 <span style="color: green;">●</span> Location: Victoria University, St Albans Campus Gym</p> <p><b>Healthy meal prep</b> Cost: \$10.00 <span style="color: green;">●</span> Location: Building 2, Victorian University, St Albans campus</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 PM <b>Activity options:</b></p> <p><b>The discovery crew, including Bike ed.</b> ALL DAY ACTIVITY Cost: \$15.00 <span style="color: purple;">●</span> (+ Bike ed. costs) Location: Various</p> <p><b>Bike ed</b> Cost: \$11.00 – \$15.70 <span style="color: green;">●</span> Location: Brimbank Bike Education Centre</p> <p><b>Independent living skills</b> Location: Building 2, Victoria University St Albans Campus</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 PM <b>Activity options:</b></p> <p><b>Library</b> Location: Local libraries</p> <p><b>Gym</b> Cost: \$10.00 <span style="color: green;">●</span> Location: Victoria University, St Albans Campus Gym</p> <p><b>Recycling/ volunteering at VU</b> Location: Various</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 PM <b>Activity options:</b></p> <p><b>Bike building work experience</b> ALL DAY ACTIVITY Cost: Aspect funded program Location: Various</p> <p><b>Swimming</b> Cost: \$7.10 <span style="color: purple;">●</span> Location: Brimbank Leisure and Aquatic Centre</p> <p><b>Handmade haven</b> Cost: \$5.00 <span style="color: green;">●</span> Location: Building 2, Victoria University, St Albans campus</p> <p><b>Social sports</b> Cost: \$5.00- \$10.00 <span style="color: green;">●</span> Location: Keilor Stadium</p>
12:00 PM – 1:00 PM				
<b>Preferred activity and lunch</b>				

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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.

- Activity cost - Fee for service
- BYO (Bring your own) cost

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:30 PM – 2:30 PM</p> <p><b>Activity options:</b></p> <p><b>Tenpin bowling</b> Cost: \$ 10.00 ● Location: 36 Wallace Avenue, Point Cook</p> <p><b>Seasonal crafts</b> Location: Building 2, Victoria University, St Albans Campus</p> <p><b>Volunteering marine care</b> Location: Jaw Bone Reserve</p>	<p>12:30 PM – 2:30 PM</p> <p><b>Activity options:</b></p> <p><b>Bush to beach explorers</b> Location: Various</p> <p><b>Indoor games/Olympics onsite</b> Location: Building 2, Victoria University St Albans Campus</p> <p><b>Holey Moley</b> Cost: \$10.00 ● Location: 36, Wallace Avenue, Point Cook</p>	<p>12:30 PM – 2:30 PM</p> <p><b>Activity options:</b></p> <p><b>The discovery crew, including Bike ed.</b> (continued) ALL DAY ACTIVITY</p> <p><b>Dance</b> Cost: \$5.00 ● Location: Keilor Stadium or STACC</p> <p><b>Baking</b> Cost: \$5.00 ● Location: Building 2, Victoria University St Albans Campus</p>	<p>12:30 PM – 2:30 PM</p> <p><b>Activity options:</b></p> <p><b>Native gardening</b> Location: Iramoo Garden, Victoria University, St Albans Campus</p> <p><b>The social bite</b> Cost: \$15.00 ● Location: Various</p> <p><b>Yoga</b> Cost: Aspect funded program Location: Building 2, Victoria University, St Albans Campus</p>	<p>12:30 PM – 2:30 PM</p> <p><b>Activity options:</b></p> <p><b>Art therapy</b> Cost: \$15.00 ● Location: Building 2, Victoria University St Albans Campus</p> <p><b>BBQ</b> Cost: \$10.00 ● Location: Various</p> <p><b>Trampoline fitness</b> Cost: \$10.00 ● Location: Flip out, Derrimut</p>
<p>2.30 PM – 3 PM</p> <p><b>Transition</b></p>	<p>2.30 PM - 3 PM</p> <p><b>Transition</b></p>	<p>2.30 PM - 3 PM</p> <p><b>Transition</b></p>	<p>2.30 PM - 3 PM</p> <p><b>Transition</b></p>	<p>2.30 PM - 3 PM</p> <p><b>Transition</b></p>

# Fees

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Our aim is to keep fees simple, transparent, and easy to understand.

## **Important information about additional program and activity costs**

Under NDIS rules, Programs of Support fees and activity costs **cannot** be funded through NDIS plans. These costs are paid directly by participants (or their family/support network) and are separate from NDIS funded support hours. If you have any questions about payment options, your ACS Team Leader is available to support you before the semester begins.

### **Daily program fee ( Fees for service)**

A small daily fee of **\$2.50** helps cover the shared costs of running our Programs of Support, including facilitators and group resources. You are only charged the daily fee only on the days you attend ACS.

The daily is confirmed and invoiced before the semester begins.

### **Aspect funded programs**

Some programs, such as yoga and other facilitated programs, are fully funded by Aspect. There is no additional cost to participants. *If funding arrangements change in future semesters, participants will be notified in advance.*

### ● **Activity costs ( Fees for service)**

Some programs include additional activity costs such as entry fees, program materials, facilitated program costs and grocery costs for cooking programs. These are invoiced before the start of a Program of Support semester. Activity costs are invoiced before the semester begins. The Activity Cost applies only to programs where additional resources are required.

### **Payment process**

An invoice will be issued to the participant or the nominated support person prior to the semester. Payment is required before participation.

### ● **BYO (Bring your own) costs**

BYO costs apply to community-based activities that focus on social and independent living skills. Examples include café outings, events, swimming pools, and MYKI or travel top-ups. Participants bring their own spending money and staff support money-handling budgeting skills as part of the activity.