

# Programs of Support

## Weekly schedule

## Autumn / Winter 2025

March 24 to September 11, 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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Adult Community  
Services

**Autumn – Winter**  
March 24  
to  
September 11, 2025

## 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<br/><b>Transition</b></p> <p>10:00 AM – 11:30 AM<br/><b>Activity options:</b></p> <p><b>Swimming</b><br/>Cost: \$6.85 ●<br/>Location: Brimbank Leisure and Aquatics Centre</p> <p><b>Circuit fitness</b><br/>Location: Building 2, Victoria University, St Albans Campus or local community parks</p> <p><b>Yoga</b><br/>Location: Building 2, Victoria University St Albans Campus</p> | <p>9:00 AM – 10:00 AM<br/><b>Transition</b></p> <p>10:00 AM – 11:30 AM<br/><b>Activity options:</b></p> <p><b>Photography</b><br/>Location: Various locations</p> <p><b>Gym</b><br/>Cost: \$10 ●<br/>Location: Victoria University, St Albans Campus Gym</p> <p><b>Cultural and community connections</b><br/>Location: Various locations</p> | <p>9:00 AM – 10:00 AM<br/><b>Transition</b></p> <p>10:00 AM – 11:30 AM<br/><b>Activity options:</b></p> <p><b>Gardening/Imaroo</b><br/>Location: Victoria University, St Albans campus &amp; Westvale Community Gardens</p> <p><b>Bike ed</b><br/>Cost: \$11.00 – \$15.70 ●<br/>Location: Brimbank Bike Education Centre</p> <p><b>Aspect Arcade</b><br/>Location: Building 2, Victoria University St Albans Campus</p> | <p>9:00 AM – 10:00 AM<br/><b>Transition</b></p> <p>10:00 AM – 11:30 AM<br/><b>Activity options:</b></p> <p><b>Library</b><br/>Location: Local libraries</p> <p><b>Gym</b><br/>Cost: \$10 ●<br/>Location: Victoria University, St Albans Campus Gym</p> <p><b>Competitive sports</b><br/>Location: Various locations</p> | <p>9:00 AM – 10:00 AM<br/><b>Transition</b></p> <p>10:00 AM – 11:30 AM<br/><b>Activity options:</b></p> <p><b>Swimming</b><br/>Cost: \$6.85 ●<br/>Location: Brimbank Aquatic and Wellness Centre</p> <p><b>Gardening/Imaroo</b><br/>Location: Victoria University, St Albans campus &amp; Westvale Community Gardens</p> <p><b>Healthy meal prep</b><br/>Cost: \$10 ●<br/>Location: Building 2, Victorian University, St Albans campus</p> |
| <p>11:30 PM – 12:30 PM<br/><b>Preferred activity and lunch</b></p>  |   |   |   |  |

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## AFTERNOON

● May be funded by NDIS ● Fee for service only

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <p>12:30 PM – 2:00 PM</p> <p><b>Activity options:</b></p> <p><b>Shopping</b><br/>Location: Various locations</p> <p><b>Café</b> ●<br/>Cost: \$10<br/>Location: Various locations</p> <p><b>Car wash</b><br/>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>Indoor sports</b><br/>Cost: \$5-\$10 ●<br/>Location: Keilor stadium</p> <p><b>Pen pals</b><br/>Location: Building 2, Victoria University St Albans Campus</p> <p><b>Healthy meal prep</b><br/>Cost: \$10 ●<br/>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>Shopping</b><br/>Location: Various locations</p> <p><b>Baking</b> ●<br/>Cost: \$10<br/>Location: Building 2, Victoria University St Albans Campus</p> <p><b>Independent living</b><br/>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> ●<br/>Cost: \$10<br/>Location: Various locations</p> <p><b>Travel training</b><br/>Cost: BYO MYKI card<br/>Location: Various locations</p> <p><b>Circuit fitness</b><br/>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>Art therapy</b><br/>Cost: \$15 ●<br/>Location: Building 2, Victoria University St Albans Campus</p> <p><b>Olympics</b><br/>Location: Local parks</p> <p><b>Recycling</b><br/>Location: Various locations</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>  |

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

# 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.