



Recreation

Creating adventure, relaxation, fun, health and wellbeing through social and recreational activities

Yooralla can support you to participate in any recreational pursuits you enjoy.

We specialise in supporting people of all ages and disabilities and believe that anything is achievable.

If you enjoy participating in group activities, Yooralla runs regular activity sessions, camps, workshops and courses, often with other community groups.

You will find some of our favourite recreational activities listed below, however if you would prefer to enjoy an activity on your own, we can assist with that too.

We are here to support you with whatever goal you want to achieve.

How we can help

As recreation specialists, here is a list of some of the things we can support you with:

Adventure

Surfing, water skiing, snow skiing, abseiling, bowling, tennis, fishing, golf, sailing, scuba diving, kayaking or camping.

Arts

Enjoy visual, musical or performance arts; join a class and access training to assist you to build your range of techniques across various art forms.

Culture

A trip to the theatre or movies, enjoying a gallery, museum or art show, or visiting markets.

Fitness

Gym sessions, fitness classes, team sports, swimming classes, or training for your fitness goal.

Big events

A day at the footy, the ballet, catching a live band, a festival, or maybe just a night out with friends.

Relaxation

Meditation, yoga, music, a health spa, or a day at the wineries.

Holidays

We can support your holiday plans – from a weekend away to a few months travelling. We can do everything from planning your travel, accommodation and supports, insurances and itinerary, to assisting you on the trip.



Family support

Whether it's for parents and children to share a day activity, or for a family to take a trip away together, we can support your family to make it happen.

Children's holiday programs and camps

Yooralla's holiday programs and camps are a great opportunity for children and young people to learn, make friends and have fun in a fully supported environment. Our camps are packed full of activities – anything from boating, abseiling or climbing, to campfire concerts and dress-up nights.

Yooralla can assist you with anything recreationally focused. Simply tell us what you're interested in and we will support you to make it happen.

Why choose Yooralla?

- Yooralla is a disability specialist.
- We have a wide range of services tailored to support people with disability of all ages and needs.
- We have been supporting people with disability since 1918.
- We know the NDIS – we have been supporting participants from the beginning of the NDIS.
- We seek to provide the highest standards in quality, customer wellbeing and safeguards.

Contact us

For more information about Yooralla's recreation services, please contact us:

Phone: 03 9666 4500

Email: rec@yooralla.com.au

www.yooralla.com.au

Yooralla is a registered NDIS provider.



Need language help?

Contact the Translating and Interpreting Service (TIS) on 13 14 50

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