Activity Place - Schedule

Schedule from October 2026

Please note that all sessions have a 72 hour cancellation policy

Activity	Length	Days & Start Times
Art	1 hour	Monday 10:00, 11:15, 14:00 Tuesday 10:00, 11:15 Thursday 10:00,11:15 Friday 10:00, 11:15
Art	2 hour	Tuesday 14:00 Thursday 14:00 Friday 14:00
Cooking	1 hour	Monday 10:00, 11:15 Tuesday 10:00, 11:15, 14:00 Wednesday 10:00, 11:15, 14:00 Thursday 10:00, 11:15, 14:00 Friday 10:00, 11:15, 14:00
Creative Music	45 minutes	Monday 14:00, 15:15
Creative Music 1:1	30 minutes	Monday 14:45
Dance	1 hour	Tuesday 10:00, 11:15
Sensory Dance	1 hour	Thursday 10:00, 11:15
Drama	1 hour	Wednesday 10:00, 11:15
Drumming	45 minutes	Thursday 14:00, 15:15
Drumming 1:1	30 minutes	Thursday 14:45
Friday Fun	1 hour 30 minutes	Once a month, Friday afternoon
Fun on Foot	45 minutes	Monday 13:00, 15:45
Games	1 hour	Tuesday 15:00 Thursday 14:00, 15:00 Friday 14:00, 15:00

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Activity	Length	Days & Times
Games	1 hour	Tuesday 15:00 Thursday 14:00, 15:00 Friday 14:00, 15:00
Gym	1 hour	Monday - Friday: Sessions are hourly between 10:00 – 16:50
Gym Assessment	1 hour	Arranged by appointment.
Immersive Sensory Art	1 hour	Tuesday 10:00, 11:15
Immersive Sensory Space	1 hour	Monday 12:30 Wednesday 14:00, 15:00 Thursday 10:00, 11:15 Friday 10:00, 11:15
Massage Therapy	30 min or 1 hour	Monday - Thursday: Arranged by appointment.
Mindfulness	30 minutes	Wednesday 14:00, 14:30, 15:00, 15:30
Music Therapy	1 hour	Friday 10:00, 11:00, 14:00, 15:00
Music Therapy 1:1	30 minutes	Friday 12:30, 13:00, 13:30
Patchwork Farm	1 hour	Monday 14:00 Thursday 10:30 Friday 14:00
Rebound Therapy	30 minutes	Monday 15:30, 16:00 Tuesday 09:30, 10:00, 10:30, 11:00, 11:30, 12:00, 15:30, 16:00 Wednesday 13:30, 14:00, 14:30, 15:00, 15:30 Thursday 15:30, 16:00 Friday 10:00, 10:30, 11:00, 11:30, 12:00
Rebound Assessment	30 minutes	Arranged by appointment.

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Activity	Length	Days & Start Times
Sense-A-Story	45 minutes	Monday 10:15, 11:15 (Fortnightly)
Sensory Room	1 hour	Monday - Friday: Sessions are hourly between 10:00 – 16:00
Singalong	45 minutes	Tuesday 14:00, 15:15
Singalong 1:1	30 minutes	Tuesday 14:45
Sound Bath Group	1 hour	Thursday 10:00, 11:15 (Fortnightly)
Sound Bath 1:1	30 minutes or 1 hour	Friday: Arranged by appointment.
Swimming	30 minutes	Start time includes 15 minutes for changing Monday 09:15 Wednesday 09:15, 09:45 Thursday 09:15, 09:45, 12:30, 14:30 Friday 09:15, 09:45 Additional sessions available during school holidays.
Stretch & Move	45 minutes	Wednesday 14:00, 15:00 Friday 09:45, 10:30, 11:30
The Sensory Lab	45 minutes	Fortnightly Wednesdays 11:15
Tech	1 hour	Tuesday 14:00, 15:00 Wednesday 14:00, 15:00 Thursday 14:00, 15:00
Yoga	1 hour	Monday 13:45, 14:45
Social Relaxation spaces: Kimmins & Rennie	1 hour	Booking available between Monday - Friday 10:00 - 16:00