

**Step Out & Get Active: Sessions Schedule**

Please note times include travel to and from activity locations



Description of Activity	8:00	8:15	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30
Session 1	ALL DAY COAST WALK (HARD)																										OPTIONAL (EASY)	Return to Registration Area and begin departing Audley via car or bus.			
Session 2	LIVE WELL TALK & CIRCUITS (EASY)		HALF DAY COAST WALK (MODERATE)														Lunch		OPTIONAL (EASY)												
Session 3	ABORIGINAL CULTURE WALK (EASY)										Lunch										ZUMBA (MODERATE)		LANDSCAPE ART (EASY)								
Session 4	BIKE RIDE (HARD)																				LIVE WELL TALK & CIRCUITS (EASY)		PHOTOGRAPHY LESSON (EASY)								
Session 5	GUIDED BUSH WALK (MODERATE)					LIVE WELL TALK & CIRCUITS (EASY)															WATER SPORTS (MODERATE)		ZUMBA (MODERATE)								
Session 6	TAI CHI (EASY)					WATER SPORTS (MODERATE)															ABORIGINAL CULTURE WALK (EASY)										
Session 7	KAYAK (MODERATE)					ZUMBA (MODERATE)															PHOTOGRAPHY LESSON (EASY)		OPTIONAL (EASY)								
Session 8	ZUMBA (MODERATE)					PHOTOGRAPHY LESSON (EASY)															GUIDED BUSH WALK (EASY)										
Session 9	GUIDED BUSH WALK (EASY)																				TAI CHI (EASY)		LIVE WELL TALK & CIRCUITS (EASY)								
Session 10	PHOTOGRAPHY LESSON (EASY)					TAI CHI (EASY)															LANDSCAPE ART (EASY)		WATER SPORTS (MODERATE)								
Arrive At Park Registrations	Welcome Talk	Warm Up																													

**Optional Activities Include:**

Bocce, Cards, Chess, Water Sports, Tai Chi, Landscape Art Class and Massages