

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	Description of Activity						
Session 1	Arrive At Park Registrations Welcome Talk Warm Up						20	FIRST AID - Back to Basics Unlimited		ALL DAY COAST WALK (HARD) 1 Guide: 20 Participants																	Session 1											
Session 2							20	HALF DAY COAST WALK (MODERATE) 1 Guide: 20 Participants													Lunch	GUIDED KAYAK (MODERATE) 1 Guide: 20 Participants				Session 2												
Session 3							40	GUIDED BUSH WALK (Moderate) 2 Ranger: 40 Participants						Lunch						WATER SPORTS (MODERATE) 40 Participants		LANDSCAPE DRAWING (EASY) 40 Participants		Session 3														
Session 4							40	WATER SPORTS (MODERATE) 40 Participants			LANDSCAPE DRAWING (EASY) 40 Participants									ABORIGINAL CULTURE WALK (EASY) 2 Ranger: 40 Participants				Session 4														
Session 5							40	PHOTOGRAPHY LESSON (EASY) 1 Guide: 40 Participants			FIRST AID - Back to Basics Unlimited									GUIDED BUSH WALK (EASY) Lady Carrington 2 Guides: 40 Participants				Session 5														
Session 6							40	ABORIGINAL CULTURE WALK (EASY) 2 Guides: 40 Participants												'Live Well' Fitness & Talk 4 Instructors: 40 Participants				Session 6														
Session 7							40	'Live Well' Fitness & Talk 4 Instructors: 40 Participants												SELF-PACED ACTIVITIES Unlimited		WATER SPORTS (MODERATE) 40 Participants		Session 7														
Session 8							40	HISTORICAL WALK 2 Guide: 40 Participants												LANDSCAPE DRAWING (EASY) 40 Participants		PHOTOGRAPHY LESSON (EASY) 1 Guide: 40 Participants		Session 8														
Session 9							20	GUIDED KAYAK (MODERATE) 1 Guide: 20 Participants												PHOTOGRAPHY LESSON (EASY) 1 Guide: 20 Participants		FIRST AID - Back to Basics Unlimited		Session 9														
Session 10							40	LANDSCAPE DRAWING (EASY) 40 Participants			WATER SPORTS (MODERATE) 40 Participants									FIRST AID - Back to Basics Unlimited		SELF-PACED ACTIVITIES Unlimited		Session 10														
Session 11							60	SELF-PACED ACTIVITIES Picnic/Bike Ride/Non-Guided Walk, Water Sports & Optional Activites (Bocce, Chess, Cards & more)												SELF-PACED ACTIVITIES Picnic/Bike Ride/Non-Guided Walk, Water Sports & Optional Activites (Bocce, Chess, Cards & more)						Session 11												
	400																																					

Return to Registration Area and begin departing Audley via car or bus.

