



ACTIVE & HEALTHY HOLIDAY PROGRAM

Summer 2019 – 2020

14 DECEMBER 2019
TO
27 JANUARY 2020

I CAN BE ACTIVE

Summer 2019 – 2020

GET EXCITED AS THE
FESTIVE VIBE IS HERE!

These holidays the whole family CAN be Active & Healthy. It's a great opportunity to relax and try a new activity for free or low cost.

We encourage all kids to get outdoors and PLAY these holidays with great activities on offer all across the city such as:

OUTDOOR OBSTACLE COURSES

SPALSHTACULAR WATER FUN

MOUNTAIN BIKING AND ROCK
CLIMBING

CREATIVE FUN AND POP UP PLAY

CHRISTMAS CAROLS, FIREWORKS
AND FUN

LASER SKIRMISH AND ARCHERY

MOVIES IN THE PARK

DJ PARTY IN THE PARK

BEACH VOLLEYBALL AND
BASKETBALL

CIRCUS SKILLS, TIE DYE
WORKSHOPS

AND SO MUCH MORE

Let's tell that inner voice I CAN move more and eat well to feel great! With over 170 free and low cost activities on offer each week, all across the city, there is something for everyone.

Regular activities kick off again on Tuesday 28 January.

Check out what's on offer near you at

cityofgoldcoast.com.au/ICAN

I CAN
BE ACTIVE & HEALTHY



Child care groups and vacation care programs

Please note that child care and vacation care groups are welcome to attend sessions in the holiday program. The only requirements are that they contact the provider before attending the session and carers must attend to supervise your centre's children. Thank you for your cooperation.

Disclaimer

All the events listed in the Active & Healthy Holiday program are provided by third parties, not the City of Gold Coast. In respect of each activity, your legal relationship is with that third party provider. The City of Gold Coast takes no responsibility or liability for any damage, loss, costs, expenses, liability, claims, demands, actions, proceedings, injury (including death) or dispute due to or arising out of, directly or indirectly, the actions or omissions (whether wilful neglect or otherwise) of the City (including any officer or employee) or any participant (including yourself) or any third party provider. **Note:** All activities are correct at time of printing and are subject to change.









International symbol of access for people with disabilities







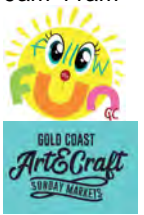












Active & Healthy Summer Holiday Program

Week 1 – Sat 14 Dec to Sun 22 Dec









I CAN
BE ACTIVE & HEALTHY




Date	Time	Activity	Location	Cost / Booking details
Sat 14 Dec	7am 	parkrun Join in a weekly free 5km timed run or walk which is family-friendly and suitable for runners, walkers, prams and dogs. Register prior then come along each Saturday to any of the nine Gold Coast locations. See website for details.	Surfers Paradise Paradise Point Broadbeach Waters Kirra Mudgeeraba Varsity Lakes Upper Coomera Pimpama Main Beach	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sat 14 Dec	9am-10am 	Active & Healthy skateboard workshops Learning new skills can always be a little challenging – but challenge is good. If you feel nervous about trying skateboarding, there's no need as these workshops are aimed at beginners. You don't even need your own gear because we supply skateboards and helmets for up to 15 participants.	Varsity Lakes Varsity Youth Precinct 1 Cassia Drive 	Free Bookings required via text Gold Coast Skateboard Coaching Jay Hetherington M: 0407 910 240
Sat 14 Dec	9am-12pm 	Summer Saturdays – high ropes course Join us every Saturday morning of the summer to learn some of our favourite outdoor activities. The perfect way for adults and teens of all levels to learn something new.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway	\$30.40 Bookings required Tallebudgera Leisure Centre P: 1800 753 732 W: ems.gs/3sty0jcbZtx
Sat 14 Dec	10am-2pm	DJ Party in the Rockpools Get your groove on and come party at the park with all your old favourites, right through to today's hits including lots of games and fun to be had by all.	Southport Broadwater Parklands Gold Coast Highway The Rockpools	Free No bookings required City of Gold Coast
Sat 14 Dec	12pm-6pm	HOTA Christmas artlab Create your own Christmas Craft designed by renegade Samuel Leighton-Dore in our ArtLab drop-in. This ArtLab we will be creating something we can wear and something we can give. Spread the joy and cheer and craft. Children under 16 must be supervised.	Surfers Paradise HOTA 135 Bundall Road 	Free No bookings required HOTA W: hota.com.au/workshop/christmas-artlab/ 

Sat 14 Dec	12.30pm- 1.30pm	Dads and kids yoga workshop Kids and dads will go on a 90 minute yoga journey where they will have fun •learn self-calming techniques through breath and affirmation.	Mermaid Beach Essence of Living 9/2431 Gold Coast Highway	\$15/ \$5 for extra child Bookings required Essence of Living P: 5526 6600 E: essence@essenceofliving.com.au
Sat 14 Dec	1.30pm 	The Junior Skills MTB Clinic Aimed at young riders between the ages of seven and 12 who are keen to get their bikes off-road and want to learn some of the skills and techniques to ride safely and confidently on the trails.	Nerang Nerang State Forest Hope Street	\$20 Bookings required Mal Schulstad M: 0413 880 371 E: info@mtbskillsandprimalhealth.com.au W: mtbskillsandprimalhealth.com.au
Sat 14 Dec	4pm-8pm 	Carols by the lake at Varsity Lakes Celebrate Christmas by the Varsity Lakes waterfront. Enjoy loads of free family fun including kids activities, live entertainment, thrilling water jet pack stunts, delicious food, Christmas carols, Santa, fireworks and so much more! Bring your picnic blankets and enjoy a festive night out with your local community.	Varsity Lakes Varsity Promenade Varsity Parade 	Free No Bookings required City of Gold Coast , Cr Hermann Vorster P: 5581 7282 E: division11@goldcoast.qld.gov.au
Sat 14 Dec	4pm-8pm 	Broadbeach Christmas Carols Get your Santa hats ready and join us for the annual Broadbeach Christmas Carols event. The Broadbeach Christmas Carols commence at 6pm, boasting a phenomenal cast of performers with a spectacular fireworks display to top off the night.	Broadbeach Kurrawa Park Old Burleigh Road 	Free No Bookings required Broadbeach Alliance P: 5656 0100 E: bal@broadbeachgc.com
Sun 15 Dec	7am 	Junior parkrun Join this free, weekly, electronically-timed two kilometre run/walk session just for kids aged four to 14. Great for any level of fitness or ability with all runners and walkers welcomed and encouraged.	Southport The Southport School (TSS) 2 Winchester Street	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sun 15 Dec	9am-11am 	DJ party at the Arts & Craft Sunday Markets Check out the markets and have fun with our DJ's interactive games – maraca madness, hula hoops, limbo and more to get you jumping. The markets are running from 8am to 2.30pm, boast over 150 stalls showcasing the best and most original of Australian-made products, fresh produce, yummy food and live entertainment. Grab your friends and join the fun at the famous beachside markets.	Broadbeach Kurrawa Park Old Burleigh Road Held on the beachfront opposite the Oasis Shopping Centre 	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefungc/ Gold Coast Arts & Crafts Sunday Markets W: artandcraft.com.au/
Sun 15 Dec	10am-11am 	NaturallyGC ocean starts marine education Learn about a variety of marine animals and discover how they move, eat and protect themselves and the important roles they play in the ocean ecosystem. Suitable for ages four and above. Parents must supervise children at all times during workshop.	Varsity Lakes 	Free Bookings required via website City of Gold Coast Naturally GC W: Eventbrite/NaturallyGC
Sun 15 Dec	10am-2pm	Pop-up Playground Sparky Do Dah's pop-up playground is a collection of activities and games like sack races, stilt walking, balance beams and more. Best suited for kids aged three to twelve years.	Southport Broadwater Parklands Gold Coast Highway Casuarina Grove	Free No bookings required City of Gold Coast
Sun 15 Dec	11am-12pm	NaturallyGC Rocky Shore Explore Join our marine biologists from Ocean Connect at the rocky shores to explore this unique environment and learn about living and non-living things in the rock pools. Please register for children only, parents must stay to supervise children during workshop. Times subject to change with the tide.	Burleigh Heads  	Free Bookings required via website City of Gold Coast Naturally GC W: Eventbrite/NaturallyGC











Sun 15 Dec	12pm-6pm	HOTA Christmas artlab  Create your own art that you can wear or something you can give. Spread the joy. Children under 16 must be supervised.	Surfers Paradise HOTA 135 Bundall Road	Free No bookings required HOTA W: hota.com.au/workshop/christmas-artlab/
Sun 15 Dec	2pm-3.30pm	Sunday social ride Join us and explore our great cycle network on this easy, Sunday social ride. We'll cruise along off-road cycle paths and quiet roads. This session is designed for all ages including family groups. Children are welcome but must be accompanied by a parent or guardian.	Coomera	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Sun 15 Dec	4pm-8pm	Christmas Carols Coolangatta Sing along to your favourite Christmas carols with legendary performer, Denis Walter. The Coolangatta Christmas Markets and food trucks will be open from 4pm, with the show starting at 5.30pm.	Coolangatta Queen Elizabeth Park Marina Parade 	Free No Bookings required Connection Southern Gold Coast P: 5534 3500 E: events@southerngoldcoast.com.au W: southerngoldcoast.com.au/coolangatta-christmas-carols
Mon 16 Dec	8.30am-10.30am	Water battles  Make a splash this summer with water games water bomb battles and capture the flag. Bring your swimmers, hat and sunscreen and get prepared for some serious fun! Suitable for children five to thirteen years. Parents must attend for the entirety of the session.	Broadbeach Cascade Gardens 2730 Gold Coast Highway 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Mon 16 Dec	9am-11am	Christmas fun  Santa is watching and wants to see all the families having fun in the leading up to his big arrival. Kids will get into the festive spirit by playing some old fashions games with a Christmas twist like jingle bell tossing, snowball relay race and so much more. Fun for the whole family!	Helensvale Lions Park Helensvale 1A Discovery Drive 	Free No bookings required Focus Fitness E: info@focusfitness.biz M: 0422 220 468 
Mon 16 Dec	9am-11am	Table Tennis junior fun day  Have fun learning the skills and play the great game of table tennis. Open to beginner and social juniors up to 18 years of age.	Molendinar Gold Coast Table Tennis Centre Lot 1 Herbertson Drive	\$20 day/\$55 for all 3 days Bookings required Gold Coast Table Tennis, Cathy Collins M: 0421 397 266 E: info@goldcoasttabletennis.org.au W: goldcoasttabletennis.org.au
Mon 16 Dec- Thu 19 Dec Fri 20 Dec	9am-5pm 9am-1pm	Tallebudgera Recreation Centre Pool Come and check out the 25m pool at the Tallebudgera Recreation Centre. Open to the public this Summer come and cool after a dip in the creek or a play in the park. All ages are welcome. Kids under fifteen need a supervising adult.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway 	\$3.90 per person Pay at reception in main centre P 1800 753 732
Mon 16 Dec	9am-12pm	Park games and tie dye    A fun filled morning of creativity and active fun. Bring more colour to your festive season in tie dye workshop by using groovy swirls, stripes and spiral patterns to make something completely unique. Great Christmas gift! You can bring something white from home and tie-dye it for \$3 or purchase a pillow case or tote bag and tie-dye it for \$4. Only one item per child. Then enjoy the pop up playground which has a fun range of engaging and developmental activities. Come and try stilts, juggling sticks, duck fishing, balance games and more. Activities are best for children two to 12 years. Adults are most welcome to join in the fun.	Burleigh Justins Park The Esplanade 	Free, except tie-dye \$3-\$4 (one item only) No bookings required Nigel Coates – Sparky Do Dah M: 0411 699 928 W: SparkyDoDah.com.au  Shoshana - Aspiral Design M: 0402 616 204 W: aspiraldesign.com

















Mon 16 Dec	9am- 12.30pm 	Varsity Lakes Trampoline and Gymnastics Nonstop fun opportunities to partake in gymnastics and trampoline circuits, circus skills ninja warrior courses and so much more. Bring along a packed lunch and water. For children five years plus	Burleigh Varsity Lakes Trampoline and Gymnastics Club 10 Ramly Drive	\$30 Bookings required Varsity Lakes Trampoline and Gymnastics Club P: 07 5568 0998 E: vtgc@icloud.com
Mon 16 Dec	9am- 12.15pm	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Miami Bill Groom Gymnasium 80 Pacific Avenue 	\$22 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Mon 16 Dec	9am to 1pm 	Laser skirmish An exciting combat team sport in a fun and safe environment for all ages. Gather your friends and family and get everyone having fun firing invisible and harmless infrared beams in the great outdoors. Everyone must wear closed in shoes. Bring water, sunscreen and a smile! Sessions running on the hour: 9am-10am, 10am-11am, 11am-12pm and 12pm-1pm-	Nerang Bischof Pioneer Park 48 Nerang Street 	Free Bookings required via website Laser Skirmish Gold Coast W: laserskirmishgc.eventbrite.com.au E: laserskirmishgc@gmail.com 
Mon 16 Dec	9am-3pm 	Circus Workshop Run off and join the circus at Aerial Angels. Come hang off a trapeze and clown around for a day full of fun, fitness and new friends! For children six to twelve years.	Varsity Lakes Aerial Angels Cirque Central 11 Crown Court	\$45 per day/\$100 for 3 days Bookings required Aerial Angels Cirque Central P: 5522 0702 E: admin@aerialangels.com.au
Mon 16 Dec	9am-3pm	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Miami Bill Groom Gymnasium 80 Pacific Avenue 	\$38 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Mon 16 Dec	9am-3pm 	Gold Coast basketball Summer holiday camp Designed for children aged five to 18 years, the camp will provide fun and enjoyable activities, expert coaching, skill development, competitions, prizes, and an excellent opportunity to mix and make new friends. You don't have to play basketball to attend, we cater for all levels from beginners to elite players.	Reedy Creek Hillcrest Christian College 21 Bridgman Drive	\$50 single day/\$90 two days/\$125 full camp/\$150 for full camp Bookings required via website Gold Coast City Regional Basketball Association W: goldcoastbasketball.com.au/2019-summer-holiday-camp
Mon 16 Dec - Sat 21 Dec	9am-5pm	Rock climb at the Rock Face Challenge our 10 metre high Rock Face and climb your way to the top! Great for ages five years plus. Children five to twelve require a supervising adult. Shoes required.	Palm Beach Tallebudgera Recreation Centre 1525 Gold Coast Highway	\$12.15 per person Pay at reception in main centre P: 1800 753 732 E: goldcoastrec@qld.gov.au W: qld.gov.au/recreationcentres
Mon 16 Dec	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6 Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Mon 16 Dec	10am-2pm	Train Rides Choo choo all aboard, here comes the Broadwater Express! Grab the kids and explore the park on one of our free scenic train rides.	Southport Broadwater Parklands Gold Coast Highway The Great Lawn	Free No bookings required City of Gold Coast
Mon 16 Dec	12.45pm- 3pm	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Miami Bill Groom Gymnasium 80 Pacific Avenue 	\$22 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com

Mon 16 Dec	3.30pm- 4.30pm	Handmade wreath Make a handmade wreath for the festive season. Children must be accompanied by an adult. Not open to group bookings.	Southport Southport Library Corner Garden and Lawson Streets	Free Bookings required online City of Gold Coast W: goldcoast.qld.gov.au/library/calendar-of-events-11041.html
Mon 16 Dec	4pm	Beginner trail familiarisation rides The beginner trail familiarisation rides are for riders who want to get off-road on their bikes and explore some of the Gold Coast's hidden gems. Suitable for riders aged seven years and over. To be able to participate in these rides you should view the online booking information.	Reedy Creek Glossy Black Reserve	\$5 Bookings required Mal Schulstad M: 0413 880 371 E: info@mtbskillsandprimalhealth.com.au W: mtbskillsandprimalhealth.com.au
Mon 16 Dec	5pm-6pm	Yoga at Village Heart Classes include not only the physical practice but also work on pranayama (breathing), meditation and philosophy to help you bring balance to your mind, body and spirit. The classes are suitable for all abilities.	Southport Village Heart Village Boulevard Meet in the Front Yard 	Free No bookings required City of Gold Coast E: villageheart@goldcoast.qld.gov.au W: goldcoast.qld.gov.au/thegoldcoast/village-heart-49325.html
Tue 17 Dec	8.30am- 9.30am 	Kayaking trip to Wave Break Island Paddle through crystal water to Wave Break Island, with the chance of seeing stingrays and dolphins. At the Island there will be a short beach walk where we will have the opportunity to look after our nature by cleaning any rubbish found on our way while spotting wildlife at the same time. Give your kids the opportunity to be active and healthy while returning love to our blue planet. For children five years through to 70 year old adults. All equipment provided.	Biggera Waters Marine Parade (meet on the beach between Burrows street and Parr street)	\$10 Bookings essential Seaway Kayaking Tours - Patrizia Schenone M: 0449 529 251 E: info@seawaykayakingtours.com.au
Tue 17 Dec	8.30am- 10.30am 	A very sporty Christmas Come and celebrate Christmas by getting active with GeckoSports. This session celebrates all things Christmas with Christmas and summer themed games. Suitable for children five to thirteen years. Parents must attend for the entirety of the session.	Main Beach Hollindale Park Seaworld Drive  	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Tue 17 Dec	9am-10am	Training wheels to two wheels This workshop teaches children aged four years and over how to advance from training wheels to two wheels. Children must bring their own two-wheeled bike (with or without training wheels and in good working condition), a helmet and be accompanied by a parent or guardian.	Nerang	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Tue 17 Dec	9am-11am 	DJ party in the park Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years.	Coomababah Grassy Park 46 Hansford Road 	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefungc/
Tue 17 Dec	9am-11am 	Table Tennis junior fun day Have fun learning the skills and play the great game of table tennis. Open to beginner and social juniors up to 18 years of age.	Molendinar Gold Coast Table Tennis Centre Lot 1 Herbertson Drive	\$20 day/\$55 for all 3 days Bookings required Gold Coast Table Tennis, Cathy Collins M: 0421 397 266 E: info@goldcoasttabletennis.org.au W: goldcoasttabletennis.org.au







Tue 17 Dec	9am-12pm 	Obstacles gone mad! Let your kids unleash their inner ninja warrior! Watch them use their strength and skill as they fly, swing, balance, climb and conquer our kids ninja warrior inspired obstacle course. Suitable for most abilities, ages five and up. Perfect for kids who are always on the move and love to try a new challenge.	Mudgeeraba Firth Park Somerset Drive 	Free No bookings required Terrain Training M: 0432 560 050 W: terraintraining.com.au E: info@terraintraining.com.au  <small>www.terraintraining.com.au</small>
Tue 17 Dec	9am-12.15pm 	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Coomera Coomera Indoor Sports Centre 35 Beattie Road	\$22 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Tue 17 Dec	9am-3pm 	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Coomera Coomera Indoor Sports Centre 35 Beattie Road	\$38 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Tue 17 Dec	9am-3pm 	KDV Junior Golf Camp Join us for the best junior golf camp on the Gold Coast. Ideal for beginners looking to learn how to chip, putt and drive. All activities guided by KDV's professional PGA coaches. Running sessions throughout the holidays.	Carrara KDV 221 Nerang-Broadbeach Road	\$75 per day/\$200 for 3 days Bookings required via website KDV M: 0419 028 483 W: kdvsport.com/family/school-holiday-camps/
Tue 17 Dec	10am-11am	Children's intermediate bike skills This course is designed for children aged six and above. It will teach children bike handling and road awareness to enable them to ride safely in low-traffic environments. All participants must be accompanied by a parent or guardian.	Nerang	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Tue 17 Dec	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6 Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Tue 17 Dec	10am-2pm 	Christmas in the Vale Live entertainment, performances, Christmas market stalls, Christmas craft, a special visit from Santa, bake sale, giant snow globe festive plus LEGO Masters. From 12pm A very sporty Christmas Come and celebrate Christmas by getting active with GeckoSports. This session celebrates all things Christmas with Christmas and summer themed games. Suitable for children five to thirteen years. Parents must attend for the entirety of the session.	Helensvale Helensvale Cultural Centre Corner Lindfield Drive and Sir John Overall Drive  	Free No bookings required P: 5582 9187  
Tue 17 Dec	10am-2pm	Circus Training Roll up and learn how to be a circus performer. This circus play will involve learning how to tumble, hula hoop, juggle and much more.	Southport Broadwater Parklands Gold Coast Highway Beside the Bouncy Pillow	Free No bookings required City of Gold Coast
Mon 16 Dec	11am-12pm	Grinch holiday craft Make a Grinch face out of a paper plate. Children must be accompanied by an adult. Not open to group bookings.	Southport Southport Library Corner Garden and Lawson Streets	Free Bookings required online City of Gold Coast W: goldcoast.qld.gov.au/library/calendar-of-events-11041.html

Tue 17 Dec	12.45pm-3pm 	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Coomera Coomera Indoor Sports Centre 35 Beattie Road	\$22 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Tue 17 Dec	1pm-2pm	Christmas button ornaments Create holiday ornaments from recycled buttons. Children must be accompanied by an adult. Not open to group bookings. For children six to twelve years.	Upper Coomera Upper Coomera Library 90 Abraham Road	Free Bookings required online City of Gold Coast W: goldcoast.qld.gov.au/library/calendar-of-events-11041.html
Tue 17 Dec	2pm-3pm	Christmas button ornaments and The Grinch Create holiday ornaments from recycled buttons and make a Grinch face out of a paper plate. Children must be accompanied by an adult. For children six to twelve years.	Elanora Elanora Library Guineas Creek Road	Free Bookings required online City of Gold Coast W: goldcoast.qld.gov.au/library/calendar-of-events-11041.html
Tue 17 Dec	2.30pm-3.30pm	Handmade wreath Make a handmade wreath for the festive season. Children must be accompanied by an adult. Not open to group bookings. For children six to twelve years.	Burleigh Waters Burleigh Waters Library Corner Christine Avenue and Galeen Drive	Free Bookings required online City of Gold Coast W: goldcoast.qld.gov.au/library/calendar-of-events-11041.html
Tue 17 Dec	2.30pm-3.30pm	Handmade wreath Make a handmade wreath for the festive season. Children must be accompanied by an adult. Not open to group bookings. For children six to twelve years.	Robina Robina Library 196 Robina Town Centre Drive	Free Bookings required online City of Gold Coast W: goldcoast.qld.gov.au/library/calendar-of-events-11041.html
Tue 17 Dec	3.30pm-4.30pm	STEAM for kids Join others to build, create and innovate. For children six to twelve years.	Runaway Bay Runaway Bay Library Lae Drive	Free Bookings required online City of Gold Coast W: goldcoast.qld.gov.au/library/calendar-of-events-11041.html
Tue 17 Dec	3pm-4.30pm 	Holiday art workshops Kid's will be empowered with a wide variety of creative skills. Each workshop will have a different theme. No experience required and classes are aimed at both boys and girl age five to twelve years. All materials included.	Robina Robina Community Centre Room 1.1 196 Robina Town Centre Drive	\$22 Bookings required The ChromaClub M: 0405 712 711 E: thechromaclub@gmail.com
Wed 18 Dec	9am-10am	Training wheels to two wheels This workshop teaches children aged four years and over how to advance from training wheels to two wheels. Children must bring their own two-wheeled bike (with or without training wheels and in good working condition), a helmet and be accompanied by a parent or guardian.	Palm Beach	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Wed 18 Dec	9am-12pm 	Rock climbing in the park Challenge yourself on the rock wall. Our fully qualified and friendly instructors are constantly on hand to give you all the guidance needed to ensure your climbing adventure is enjoyable, exciting and safe. Enclosed shoes must be worn. Suitable for children aged six years and up.	Burleigh Pizzeys Park 80 Pacific Parade Meet in the green area beside the skate park 	Free No bookings required Vertec Adventure W: vertecadventure.com.au E: info@vertecadventure.com.au
Wed 18 Dec	9am-11am 	Table Tennis junior fun day Have fun learning the skills and play the great game of table tennis. Open to beginner and social juniors up to 18 years of age.	Molendinar Gold Coast Table Tennis Centre Lot 1 Herbertson Drive	\$20 day/\$55 for all 3 days Bookings required Gold Coast Table Tennis, Cathy Collins M: 0421 397 266 E: info@goldcoasttabletennis.org.au W: goldcoasttabletennis.org.au

Wed 18 Dec	9am- 12.15pm	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Miami Bill Groom Gymnasium 80 Pacific Avenue 	\$22 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Wed 18 Dec	9am- 12.30pm 	Varsity Lakes Trampoline and Gymnastics Nonstop fun opportunities to partake in gymnastics and trampoline circuits, circus skills ninja warrior courses and so much more. Bring along a packed lunch and water. For children five years plus	Burleigh Varsity Lakes Trampoline and Gymnastics Club 10 Ramly Drive	\$30 Bookings required Varsity Lakes Trampoline and Gymnastics Club P: 07 5568 0998 E: vtgc@icloud.com
Wed 18 Dec	9am-3pm	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Miami Bill Groom Gymnasium 80 Pacific Avenue 	\$38 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Wed 18 Dec	9am-3pm 	Gold Coast basketball Summer holiday Designed for children aged five to 18 years, the camp will provide fun and enjoyable activities, expert coaching, skill development, competitions, prizes, and an excellent opportunity to mix and make new friends. We cater for all levels from beginners to elite players.	Reedy Creek Hillcrest Christian College 21 Bridgman Drive	\$50 single day/\$90 two days/\$125 full camp/\$150 for full camp Bookings required via website Gold Coast City Regional Basketball Association W: goldcoastbasketball.com.au/2019-summer-holiday-camp
Wed 18 Dec	9.30am- 11.30am 	Splashtacular water fun Get soaked, have a laugh and get active with fun filled water games that will keep you cool this summer. Ages six and up. Prepare to get wet and bring a change of clothes.	Labrador Harley Park Marine Parade 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgsportstraining.com
Wed 18 Dec	10am-12pm 	Athletics This exciting session will have the children from five to 15 years running, jumping, throwing and walking. They will learn the basic skills while having fun in a safe environment.	Oxenford Damian Leeding Memorial Park Watersport Lane 	Free Bookings required via website Aussie Aths – Gold Coast North E: hello@aussieaths.com.au W: aussieaths.com.au
Wed 18 Dec	10am-2pm	Face Painting Christmas themed Face painting. Become a reindeer, Christmas tree or bauble.	Southport Broadwater Parklands Gold Coast Highway Beside the Bouncy Pillow	Free No bookings required City of Gold Coast
Wed 18 Dec	10am-2pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6 Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Wed 18 Dec	12.15pm- 12.45pm 	Village Heart Walking Group Join the largest walking group, be social and have fun staying active. Enjoy the walk around the village. Run in partnership with the Heart Foundation Walking.	Southport Village Heart Village Boulevard Meet by the water feature	Free No bookings required City of Gold Coast E: villageheart@goldcoast.qld.gov.au W: goldcoast.qld.gov.au/thegoldcoast/village-heart-49325.html
Wed 18 Dec	12.45pm- 3pm	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Miami Bill Groom Gymnasium 80 Pacific Avenue 	\$22 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com

Thu 19 Dec	9am-10am 	Archery with Pacific Bowmen Ever wanted to shoot a bow? This is your chance to learn the basic skills of this exciting sport in a calm manner from the senior coaches. This come and try experience is designed for children over seven years. Parents are required to stay through the session and encouraged to get involved.	Reedy Creek Pacific Bowmen Gemvale Road (next to Kings Christian College) 	Free Bookings required via text Pacific Bowman, Graham M: 0414 503 769 W: pacificbowmen.org.au 
Thu 19 Dec	9am-12.15pm 	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Coomera Coomera Indoor Sports Centre 35 Beattie Road	\$22 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Thu 19 Dec	9am-3pm 	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Coomera Coomera Indoor Sports Centre 35 Beattie Road	\$38 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Thu 19 Dec	9.30am-11.30am 	Festive games Santa is watching and wants to see all the families having fun in the lead up to his big arrival. Kids will get into the festive spirit by playing some old fashions games with a Christmas twist like jingle bell tossing, snowball relay race and so much more. Fun for the whole family!	Upper Coomera Tallowood Park Rose Valley Drive 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgssportstraining.com
Thu 19 Dec	10am-11.30am 	Holiday art workshops Kid's will be empowered with a wide variety of creative skills. Each workshop will have a different theme. No experience required and classes are aimed at both boys and girl age five to twelve years. All materials included.	Robina Robina Community Centre Room 1.1 196 Robina Town Centre Drive	\$22 Bookings required The ChromaClub M: 0405 712 711 E: thechromaclub@gmail.com
Thu 19 Dec	10am-12pm 	Basketball Come and shoot some hoops while having fun. Learn the skills of dribbling, shooting, passing, defence and rebounding. The session will finish with a game. This come and try session is designed for beginners aged from six to thirteen years to get a taste of basketball. Parent supervision is required.	Carrara Carrara Indoor Stadium Centre Court Nerang Broadbeach Road 	Free Bookings required Gold Coast City Regional Basketball Association P: 07 5594 4108 E: admin@gccrba.com.au Book centre
Thu 19 Dec	10am-2pm	Grass head and pet rock workshop Create a brand new low maintenance friend, either a grass head or pet rock, all of your own design.	Southport Broadwater Parklands Gold Coast Highway Beside the Bouncy Pillow	Free No bookings required City of Gold Coast
Thu 19 Dec	12.45pm-3pm 	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Coomera Coomera Indoor Sports Centre 35 Beattie Road	\$22 Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Fri 20 Dec	8.30am-10.30am 	A very sporty Christmas Come and celebrate Christmas by getting active with GeckoSports. This session celebrates all things Christmas with Christmas and summer themed games. Suitable for children five to thirteen years. Parents must attend for the entirety of the session.	Coomera Viney Park Yaun Street  	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Fri 20 Dec	9am-11am 	Water wars Make agility training more fun by adding wet sponges to cool you down as you work on your agility and balance. For children eight to sixteen years.	Varsity Lakes Frascott Park Mattocks Road 	Free No bookings required Focus Fitness E: info@focusfitness.biz M: 0422 220 468















Fri 20 Dec	9am-10am 10am-11am 	NaturallyGC nature's art and craft workshop Come along to the Botanic Gardens to find natural materials to create your own works of art with the Friends of the Gardens. Combine seedpods, leaves, twigs, fronds and other wonders of nature to make something special. All materials supplied from the gifts of nature. Suitable for ages five to twelve years. Please register. For children only, parents must stay to supervise children during workshop. Booking via links below 9am - eventbrite.com.au/e/naturallygc-natures-art-and-craft-workshop-kids-tickets-62680708687 10am - eventbrite.com.au/e/naturallygc-natures-art-and-craft-workshop-kids-tickets-62680689630	Benowa 	Free Bookings required via website City of Gold Coast Naturally GC W: Eventbrite/NaturallyGC 
Fri 20 Dec	9am-12pm 	Rock climbing in the park Challenge yourself on the rock wall. Our fully qualified and friendly instructors are constantly on hand to give you all the guidance needed to ensure your climbing adventure is enjoyable, exciting and safe. Enclosed shoes must be worn. Suitable for children aged six years and up.	Palm Beach Laguna Park Laguna Avenue 	Free No bookings required Vertec Adventure W: vertecadventure.com.au E: info@vertecadventure.com.au
Fri 20 Dec	9.30am-11am 	Holiday art workshops Kid's will be empowered with a wide variety of creative skills. Each workshop will have a different theme. No experience required and classes are aimed at both boys and girl age five to twelve years. All materials included.	Robina Robina Community Centre Room 1.1 196 Robina Town Centre Drive	\$22 Bookings required The ChromaClub M: 0405 712 711 E: thechromaclub@gmail.com
Fri 20 Dec	6pm-9pm	Christmas Lights Competition winners Grab your family and friends, jump in the car to see your children's face light up. Winners are selected by a panel of judges based on innovation, colour, interaction, scale, creativity and environmental initiatives. Great way to kick off the festive season.	City wide 	Free No bookings required City of Gold Coast W: goldcoast.qld.gov.au/thegoldcoast/christmas-lights-competition-2015-29313.html
Fri 20 Dec	7pm-9.30pm 	Movies under the Stars, Home Alone What better way to spend an evening! The City of Gold Coast Movies under the Stars program is free, family-friendly fun on offer. Gather your family and friends, pack a picnic or take advantage of delicious food options available.	Southport Village Heart GC Health & Knowledge Precinct Village Boulevard 	Free No bookings required City of Gold Coast P: 5581 5286 W: facebook.com/events/1178754602313246/
Sat 21 Dec	7am 	parkrun Join in a weekly free 5km timed run or walk which is family-friendly and suitable for runners, walkers, prams and dogs. Register prior then come along each Saturday to any of the nine Gold Coast locations. See website for details.	Surfers Paradise Paradise Point Broadbeach Waters Kirra Mudgeeraba Varsity Lakes Upper Coomera Pimpama Main Beach	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sat 21 Dec	8am 	Family fitness session Parents and children from six years can train together as a team. It's a fun fitness session with a Christmas theme games	Southport Broadwater Parklands South of The Chapel Gold Coast Highway	Free Bookings required Killer Body Movements M: 0447 777 487 E: killerbodymovement@outlook.com
Sat 21 Dec	9am-12pm	Summer Saturdays – Stand up paddling Join us every Saturday morning of the summer to learn some of our favourite outdoor activities. The perfect way for adults and teens of all levels to learn something new.	Palm Beach Tallebudgera Recreation Centre 1525 Gold Coast Highway	Bookings required \$30.40 Tallebudgera Leisure Centre P: 1800 753 732 W: ems.gs/3sty0jcbZtx





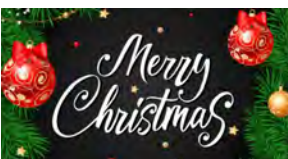


Sat 21 Dec	9am-10am 	Active & Healthy skateboard workshops Come on down to your local skate park and be taught by our great coaches. Learning new skills can always be a little challenging – but challenge is good. If you feel nervous about trying skateboarding, there's no need as these workshops are aimed at beginners. You don't even need your own gear because we supply skateboards and helmets for up to 15 participants.	Nerang Nerang Youth Precinct Arthur Earle Park Nerang Connection Road 	Free Bookings required via text Gold Coast Skateboard Coaching Jay Hetherington M: 0407 910 240 
Sat 21 Dec	9am-12pm 	Obstacles gone mad! Let your kids unleash their inner ninja warrior! Watch them use their strength and skill as they fly, swing, balance, climb and conquer our kids ninja warrior inspired obstacle course. Suitable for most abilities, ages five and up. Perfect for kids who are always on the move and love to try a new challenge.	Varsity Lakes Frascott Park Mattocks Road   www.terraintraining.com.au	Free No bookings required Terrain Training M: 0432 560 050 W: terraintraining.com.au E: info@terraintraining.com.au
Sat 21 Dec	7pm-9.30pm	Movies under the Stars, The Grinch What better way to spend an evening than outdoors watching a free movie under the stars! The City of Gold Coast Movies under the Stars program is free, family-friendly fun on offer. Gather your family and friends, pack a picnic or take advantage of delicious food options available.	Southport Broadwater Parklands Broadwater Parklands 	Free No bookings required City of Gold Coast P: 5581 5286 W: facebook.com/events/1178754602313246/
Sun 22 Dec	7am 	Junior parkrun Join this free, weekly, electronically-timed two kilometre run/walk session just for kids aged four to 14. Great for any level of fitness or ability with all runners and walkers welcomed and encouraged.	Southport The Southport School (TSS) 2 Winchester Street	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sun 22 Dec	9am-11am  	Splashtacular water fun at the Arts & Crafts Sunday Markets Get soaked, have a laugh and get active with fun filled water games that will keep you cool. Prepare to get wet and bring a change of clothes. The markets are running from 8am to 2.30pm, boast over 150 stalls showcasing the best and most original of Australian-made products, fresh produce, yummy food and live entertainment. Grab your friends and join the fun at the famous beachside markets.	Coolangatta Queen Elizabeth Park Marine Parade Held in the park off Marine Parade, on the beach front, opposite the Showcase Shopping Centre 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmg sportstraining.com Gold Coast Arts & Crafts Sunday Markets W: artandcraft.com.au/
Sun 22 Dec	6.30pm-8pm	Carols on the beach Surfers Paradise You're invited to experience a Carols like no other, under the stars at Surfers Paradise Carols on the Beach. The festive event features a stunning line-up of local talent, then finishes with a magical display of vibrant fireworks that is sure to spread Christmas cheer!	Surfers Paradise 	Free No Bookings required Surfers Paradise Alliance P: 5584 3700 E: info@surfersparadise.com













Active & Healthy Summer Holiday Program

Week 2 – Mon 23 Dec to Sun 29 Dec

I CAN
BE ACTIVE & HEALTHY

Date	Time	Activity	Location	Cost / Booking details
Mon 23 Dec 	8.30am-10.30am	Water battles Make a splash this summer with water games water bomb battles and capture the flag. Bring your swimmers, hat and sunscreen and get prepared for some serious fun! Suitable for children five to thirteen years. Parents must attend for the entirety of the session.	Nerang Bischof Pioneer Park 48 Nerang Street 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Mon 23 Dec 	9am-11am	Christmas fun Santa is watching and wants to see all the families having fun in the leading up to his big arrival. Kids will get into the festive spirit by playing some old fashions games with a Christmas twist like jingle bell tossing, snowball relay race and so much more. Fun for the whole family!	Surfers Paradise Budds Beach Reserve River Drive 	Free No bookings required Focus Fitness E: info@focusfitness.biz M: 0422 220 468 
Mon 23 Dec 	9am-11am	DJ party in the park Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years.	Varsity Lakes North Shore Park Tourangau Crescent 	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefungc/
Mon 23 Dec	9am-5pm	Tallebudgera Recreation Centre Pool Come and check out the 25m pool at the Tallebudgera Recreation Centre. Open to the public this Summer come and cool after a dip in the creek or a play in the park. All ages are welcome. Kids under fifteen need a supervising adult.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway 	\$3.90 per person Pay at reception in main centre P 1800 753 732
Tue 24 Dec	9am-12pm			
Tue 24 Dec 	9am-11am	Christmas fun Santa is watching and wants to see all the families having fun in the leading up to his big arrival tonight. Kids will get into the festive spirit by playing some old fashions games with a Christmas twist like jingle bell tossing, snowball relay race and so much more. Fun for the whole family!	Burleigh Justins Park The Esplanade 	Free No bookings required Focus Fitness E: info@focusfitness.biz M: 0422 220 468 
Mon 23 Dec	9am-5pm	Rock climb at the Rock Face Challenge our 10 metre high Rock Face and climb your way to the top! Great for ages five years plus. Children five to twelve require a supervising adult. Shoes required.	Palm Beach Tallebudgera Recreation Centre 1525 Gold Coast Highway	\$12.15 per person Pay at reception in main centre P: 1800 753 732 E: goldcoastrec@qld.gov.au W: qld.gov.au/recreationcentres
Tue 24 Dec	9am-12pm			
Mon 23 Dec  	9.30am-11.30am	Festive games Santa is watching and wants to see all the families having fun in the lead up to his big arrival. Kids will get into the festive spirit by playing some old fashions games with a Christmas twist like jingle bell tossing, snowball relay race and so much more. Fun for the whole family!	Carrara Emerald Lakes Park Lakeside Drive (meet at the grass area next to the little bridge on Lakeside Drive) 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgssportstraining.com

Mon 23 Dec	10am-2pm	Christmas Craft Activity Keep those little hands busy over the holiday season and get creative making Christmas tree decorations.	Southport Broadwater Parklands Gold Coast Highway Beside the Bouncy Pillow	Free No bookings required City of Gold Coast
Mon 23 Dec	5pm-6pm	Yoga at Village Heart Classes include not only the physical practice but also work on pranayama (breathing), meditation and philosophy to help you bring balance to your mind, body and spirit. The classes are suitable for all abilities.	Southport Village Heart Village Boulevard Meet in the Front Yard Village Heart	Free No bookings required City of Gold Coast E: villageheart@goldcoast.qld.gov.au W: goldcoast.qld.gov.au/thegoldcoast/village-heart-49325.html
Tue 24 Dec	9.30am-11.30am	 Festive games Santa is watching and wants to see all the families having fun in the lead up to his big arrival. Kids will get into the festive spirit by playing some old fashioned games with a Christmas twist like jingle bell tossing, snowball relay race and so much more. Fun for the whole family!	Labrador Norm Rix Park 119 Government Road I CAN BE ACTIVE & HEALTHY	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgsportstraining.com
Tue 24 Dec	10am-1pm	 Park games and tie dye A fun filled morning of creativity and active fun. Bring more colour to your festive season in tie dye workshop by using groovy swirls, stripes and spiral patterns to make something completely unique. Great Christmas gift! You can bring something white from home and tie-dye it for \$3 or purchase a pillow case or tote bag and tie-dye it for \$4. Only one item per child. Then enjoy the pop up playground which has a fun range of engaging and developmental activities. Come and try stilts, juggling sticks, duck fishing, balance games and more. Activities are best for children two to 12 years. Adults are most welcome to join in the fun.	Helensvale Lions Park Helensvale 1A Discovery Drive  I CAN BE ACTIVE & HEALTHY	Free, except tie-dye \$3-\$4 (one item only) No bookings required Nigel Coates – Sparky Do Dah M: 0411 699 928 W: SparkyDoDah.com.au  Shoshana - Aspiral Design M: 0402 616 204 W: aspiraldesign.com
Tue 24 Dec	10am-2pm	Roving Summer Santa and Elf Get into the Christmas spirit by grabbing a photo with the Summer Santa or a selfie with the Elfie.	Southport Broadwater Parklands Gold Coast Highway Beside the Bouncy Pillow	Free No bookings required City of Gold Coast
Wed 25 Dec				
Fri 27 Dec	9am-11am	 Water wars Make agility training more fun by adding wet sponges to cool you down as you work on your agility and balance. For children eight to sixteen years.	Palm Beach Laguna Park 130 Laguna Avenue I CAN BE ACTIVE & HEALTHY	Free No bookings required Focus Fitness E: info@focusfitness.biz W: 0422 220 468
Fri 27 Dec	9am-11am	 DJ party in the park Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years.	Upper Coomera Tallowood Park Rose Valley Drive I CAN BE ACTIVE & HEALTHY	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefunc/












Fri 27 Dec	9am-12pm	   Park games and tie dye A fun filled morning of creativity and active fun. Bring more colour to your festive season in tie dye workshop by using groovy swirls, stripes and spiral patterns to make something completely unique. Great Christmas gift! You can bring something white from home and tie-dye it for \$3 or purchase a pillow case or tote bag and tie-dye it for \$4. Only one item per child. Then enjoy the pop up playground which has a fun range of engaging and developmental activities. Come and try stilts, juggling sticks, duck fishing, balance games and more. Activities are best for children two to 12 years. Adults are most welcome to join in the fun.	Paradise Point Paradise Point Parklands The Esplanade  	Free, except tie-dye \$3-\$4 (one item only) No bookings required Nigel Coates – Sparky Do Dah M: 0411 699 928 W: SparkyDoDah.com.au  Shoshana - Aspiral Design M: 0402 616 204 W: aspiraldesign.com
Fri 27 Dec	10am-2pm	Commando obstacle course Experience the rush of beating your mate through the course! Suitable for four years and up.	Southport Broadwater Parklands Gold Coast Highway The Great Lawn	Free No bookings required City of Gold Coast
Sat 28 Dec	7am	parkrun Join in a weekly free 5km timed run or walk which is family-friendly and suitable for runners, walkers, prams and dogs. Register prior then come along each Saturday to any of the nine Gold Coast locations. See website for details.	Surfers Paradise Paradise Point Broadbeach Waters Kirra Mudgeeraba Varsity Lakes Upper Coomera Pimpama Main Beach 	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sun 29 Dec	7am	 Junior parkrun Join this free, weekly, electronically-timed two kilometre run/walk session just for kids aged four to 14. Great for any level of fitness or ability with all runners and walkers welcomed and encouraged.	Southport The Southport School (TSS) 2 Winchester Street	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sat 28 Dec	8am	 Family fitness session Parents and children from six years can train together as a team. It's a fun fitness session with a Christmas theme games	Southport Broadwater Parklands South of The Chapel Gold Coast Highway	Free Bookings required Killer Body Movements M: 0447 777 487 E: killerbodymovement@outlook.com
Sun 29 Dec	9am-11am	 Retro carnival games at the Arts & Craft Sunday Markets Have fun experiencing the old throwback games: capture the flag, sack races, three legged races, egg and spoon, hula hoops, toss the bean bag, tug a war to name a few. The markets are running from 8am to 2.30pm, boast over 150 stalls showcasing the best and most original of Australian-made products, fresh produce, yummy food and live entertainment. Grab your friends and join the fun at the famous beachside markets.	Burleigh Heads Justins Park The Esplanade Held in the park off The Esplanade running from 1st to 3rd Avenues 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689  Gold Coast Arts & Crafts Sunday Markets W: artandcraft.com.au/
Sat 28 Dec	10am-2pm	Challenge masters personal best workshop Come along to set your very own personal best times in a variety of challenges that test hand eye coordination and physical abilities with some challenges being just silly fun.	Southport Broadwater Parklands Gold Coast Highway Beside the Bouncy Pillow	Free No bookings required City of Gold Coast
Sun 29 Dec	10am-2pm	Salsa in the park If you love salsa, bachata, cha cha or merengue, chances are you will love this free workshop. The session caters for beginners right through to advanced dancers.	Southport Broadwater Parklands Gold Coast Highway Northern Pavilion	Free No bookings required City of Gold Coast

Active & Healthy Summer Holiday Program

Week 3 – Mon 30 Dec to Sun 5 Jan



Date	Time	Activity	Location	Cost / Booking details
Mon 30 Dec	9am-11am 	DJ party in the park Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years.	Burleigh Justins Park The Esplanade 	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefuncg/
Mon 30 Dec	9am-11am 	Water wars Make agility training more fun by adding wet sponges to cool you down as you work on your agility and balance. For children eight to sixteen years.	Coomera Viney Park Yaun Street 	Free No bookings required Focus Fitness E: info@focusfitness.biz M: 0422 220 468
Mon 30 Dec	10am-2pm	Pedal Cars Cruise around the Great Lawn on the coolest pedal cars around. Both kids and adult sizes available so the whole family can have a go.	Southport Broadwater Parklands Gold Coast Highway The Great Lawn	Free No bookings required City of Gold Coast
Mon 30 Dec	5pm-6pm	Yoga at Village Heart Classes include not only the physical practice but also work on pranayama (breathing), meditation and philosophy to help you bring balance to your mind, body and spirit. The classes are suitable for all abilities.	Southport Village Heart Village Boulevard 	Free No bookings required City of Gold Coast E: villageheart@goldcoast.qld.gov.au W: goldcoast.qld.gov.au/thegoldcoast/village-heart-49325.html
Tue 31 Dec	9am-11am 	Kids agility, Oztag and touch football skills and drills Challenge yourself on various agility stations to improve strength and speed. Then learn the skills and drills before teaming up for a fun game of Oztag and touch football. Fun for all fitness levels and children from five years.	Mudgeeraba Firth Park Somerset Drive 	Free No bookings required Focus Fitness E: info@focusfitness.biz M: 0422 220 468 
Tue 31 Dec	9.30am-11.30am 	Splashtacular water fun Get soaked, have a laugh and get active with fun filled water games that will keep you cool this summer. Ages six and up. Prepare to get wet and bring a change of clothes.	Pacific Pines Pacific Pines Central Park 149 Pacific Pines Boulevard 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgsportstraining.com
Tue 31 Dec	9am-1pm 	Laser skirmish An exciting combat team sport in a fun and safe environment for all ages. Gather your friends and family and get everyone having fun firing invisible and harmless infrared beams in the great outdoors. Everyone must wear closed in shoes. Bring water, sunscreen and a smile! Sessions running on the hour: 9am-10am, 10am-11am, 11am-12pm and 12pm-1pm-	Oxenford Damian Leeding Memorial Park Watersport Lane 	Free Bookings required via website Laser Skirmish Gold Coast W: laserskirmishgc.eventbrite.com.au E: laserskirmishgc@gmail.com 
Wed 1 Jan	6am-8am	New Year's Sunrise yoga & meditation Sun salute and meditate into 2020! Let's welcome this new year of endless possibilities and opportunities by dedicating our morning to an invigorating yoga practice, special mantra meditations and mindfulness. Includes all levels yoga class and a deep peace meditation session incorporating mantra, breath work, mindfulness and kirtan.. BYO mat.	Miami Ed Hardy Park The Esplanade 	Free Bookings required via website Australian School of Meditation and Yoga M: 0466 811 234 E: janina@asmy.org.au W: eventbrite.com.au/e/new-years-sunrise-yoga-meditation-tickets-75979399429?aff=eac2

Thu 2 Jan	9am-11am 	Water wars Make agility training more fun by adding wet sponges to cool you down as you work on your agility and balance. For children eight to sixteen years.	Merrimac Faerie Park Inwood Circuit 	Free No bookings required Focus Fitness E: info@focusfitness.biz M: 0422 220 468
Thu 2 Jan	9am-11am 	DJ party in the park Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years.	Palm Beach Laguna Park 130 Laguna Avenue	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefungc/
Thu 2 Jan	9am-5pm 	Tallebudgera Recreation Centre Pool Come and check out the 25m pool at the Tallebudgera Recreation Centre. All ages are welcome. Kids under fifteen need a supervising adult.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway	\$3.90 per person Pay at reception in main centre P 1800 753 732
Fri 3 Jan				
Thu 2 Jan	9.30am-11.30am 	Athletics and fun games Improve your athletic skills with throwing, jumping, running, athletics and games. Bring the whole family down to get moving with the GMG crew.	Varsity Lakes North Shore Park Tourangau Crescent 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com
Thu 2 Jan to Sat 4 Jan	9am-5pm 9am-4pm	Rock climb at the Rock Face Challenge our 10 metre high Rock Face and climb your way to the top! Great for ages 5 years plus (ages 5-12 need a supervising adult). Shoes required.	Palm Beach Tallebudgera Recreation Centre 1525 Gold Coast Highway	\$12.15 per person Pay at reception in main centre P: 1800 753 732 E: goldcoastrec@qld.gov.au W: qld.gov.au/recreationcentres
Thu 2 Jan	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6, Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Fri 3 Jan	8.30am-10.30am 	Water battles Make a splash this summer with water games water bomb battles and capture the flag. Bring your swimmers, hat and sunscreen and get prepared for some serious fun! Suitable for children five to thirteen years. Parents must attend for the entirety of the session.	Upper Coomera Tallowood Park Rose Valley Drive 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Fri 3 Jan	9am-10am 	Burleigh Bar Park - junior bar warrior Learn how to use the bars and your own body weight to increase your functional strength and fitness. You will be hanging, grasping, pushing, running and having a great fun. Perfect for adults and kids from 7 years who are always on the move and love to try a new challenge.	Burleigh Heads Rudd Park Goodwin Terrace 	Free No bookings required Terrain Training M: 0432 560 050 W: terraintraining.com.au E: info@terraintraining.com.au
Fri 3 Jan	9am-11am 	DJ party in the park Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years.	Labrador Norm Rix Park 119 Government Road 	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefungc
Fri 3 Jan	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6 Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com











Sat 4 Jan	7am 	parkrun Join in a weekly free 5km timed run or walk which is family-friendly and suitable for runners, walkers, prams and dogs. Register prior then come along each Saturday to any of the nine Gold Coast locations. See website for details.	Surfers Paradise Paradise Point Broadbeach Waters Kirra Mudgeeraba Varsity Lakes Upper Coomera Pimpama Main Beach	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sat 4 Jan	8am 	Family kickboxing session Parents and children from six years can train together as a team. It's a fun fitness session with non-contact martial arts games	Southport Broadwater Parklands South of The Chapel Gold Coast Highway	\$10 Bookings required Killer Body Movements M: 0447 777 487 E: killerbodymovement@outlook.com
Sat 4 Jan	9am-10am 	Active & Healthy skateboard workshops Come on down to your local skate park and be taught by our great coaches. Learning new skills can always be a little challenging – but challenge is good. If you feel nervous about trying skateboarding, there's no need as these workshops are aimed at beginners. You don't even need your own gear because we supply skateboards and helmets for up to 15 participants.	Miami Pizze Park Skate Park 80 Pacific Parade 	Free Bookings required via text Gold Coast Skateboard Coaching Jay Hetherington M: 0407 910 240 
Sat 4 Jan	9am-12pm 	Summer Saturdays – Surfing Join us every Saturday morning of the summer to learn some of our favourite outdoor activities. The perfect way for adults and teens of all levels to learn something new.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway	Bookings required \$30.40 Tallebudgera Leisure Centre P: 1800 753 732 W: ems.qs/3sty0jcbZtx
Sun 5 Jan	7am 	Junior parkrun Join this free, weekly, electronically-timed two kilometre run/walk session just for kids aged four to 14. Great for any level of fitness or ability with all runners and walkers welcomed and encouraged.	Southport The Southport School (TSS) 2 Winchester Street	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sun 5 Jan	8am-11am   	Tie-dye at the Arts & Craft Sunday Markets Fill your world with colour by creating your own wearable art with Aspiral Design! Bring to life your old white t-shirts, shorts, skirts and socks to create wearable art for only \$3. Otherwise, purchase pillowcases and/or tote bags and tie-dye for \$4. Groovy swirls, stripes and spiral patterns created for your uniquely designed rainbow tie-dye. The markets are running from 8am to 2.30pm, boast over 150 stalls showcasing the best and most original of Australian-made products, fresh produce, yummy food and live entertainment. Grab your friends and join the fun at the famous beachside markets.	Broadbeach Kurrawa Park Old Burleigh Road Held on the beachfront opposite the Oasis Shopping Centre 	\$3-\$4 (one item only) No bookings required Shoshana - Aspiral Design M: 0402 616 204 W: aspiraldesign.com Gold Coast Arts & Crafts Sunday Markets W: artandcraft.com.au/















Active & Healthy Summer Holiday Program

Week 4 – Mon 6 Jan to Sun 12 Jan






I CAN
BE ACTIVE & HEALTHY

Date	Time	Activity	Location	Cost / Booking details
Mon 6 Jan – Fri 10 Jan	8am-10am	Little Lifesavers The Little Lifesavers program is a great introduction to surf lifesaving for children aged five to eleven without having to travel to a surf beach or join a surf life saving club. Throughout the program, children have the opportunity to participate in a wide range of water activities, beach games and rescue techniques to teach them how to stay safe in and around water. The cost includes participant pack and rash shirt.	Tallebudgera Tallebudgera Creek 	\$175 Bookings required via online P: 5566 1009 E: littlelifesavers@lifesaving.com.au W: littlelifesavers.com.au
Mon 6 Jan 	8.30am-10.30am 	Beach ball bash Get the feet sandy playing old fashion beach games which include beach volleyball, beach footy and beach cricket. Suitable for children five to thirteen years. Parents are welcome to join as an guardian must attend this activity for the entirety of the session.	Currumbin Kropp Park Pacific Parade 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Mon 6 Jan	8.30am-11.30am 	Wandering wombat story time – mini adventures Get ready to embark on a half-day exploration! Get up close with some of our favourite reptile and insect friends, before getting hands-on with nature craft. For children three to five years. Parents are encouraged to attend.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$25 child/\$15 adult. Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Mon 6 Jan	8.30am-3.30pm 	Animal trainer for a day - wild adventures This day will allow participants to learn all about the training techniques used for animal health checks and behaviours for the shows. For children six to thirteen years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$55 Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Mon 6 Jan – Fri 10 Jan	9am-5pm 	Tallebudgera Recreation Centre Pool Come and check out the 25m pool at the Tallebudgera Recreation Centre. Open to the public this Summer come and cool after a dip in the creek or a play in the park. All ages are welcome. Kids under fifteen need a supervising adult.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway	\$3.90 per person Pay at reception in main centre P 1800 753 732
Mon 6 Jan	9am-11am 	DJ party in the park Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years.	Paradise Point Paradise Point Parklands The Esplanade 	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefunc
Mon 6 Jan	9am-10am 	Yeah girl skateboard workshops Calling all females and non-binary skateboarders! Joins us for all ages and all abilities skate session. This is a safe space to learn how to ride a skateboard, master your tricks and most importantly have fun. Equipment provided so bookings essential.	Nerang Nerang Youth Precinct Arthur Earle Park Nerang Connection Road 	Free Bookings required via text Gold Coast Skateboard Coaching Jay Hetherington M: 0407 910 240

Mon 6 Jan	9am-1pm 	Laser skirmish An exciting combat team sport in a fun and safe environment for all ages. Gather your friends and family and get everyone having fun firing invisible and harmless infrared beams in the great outdoors. Everyone must wear closed in shoes. Bring water, sunscreen and a smile! Sessions running on the hour: 9am-10am, 10am-11am, 11am-12pm and 12pm-1pm.	Surfers Paradise Budds Beach Reserve River Drive 	Free Bookings required via website Laser Skirmish Gold Coast W: laserskirmishgc.eventbrite.com.au E: laserskirmishgc@gmail.com 
Mon 6 Jan - Sat 11 Jan	9am-5pm Fri to 1pm Sat to 4pm	Rock climb at the Rock Face Challenge our 10 metre high Rock Face and climb your way to the top! Great for ages five years plus. Children five to twelve require a supervising adult. Shoes required.	Palm Beach Tallebudgera Recreation Centre 1525 Gold Coast Highway	\$12.15 per person Pay at reception in main centre P: 1800 753 732 E: goldcoastrec@qld.gov.au W: qld.gov.au/recreationcentres
Mon 6 Jan	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6 Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Mon 6 Jan	5pm-6pm	Yoga at Village Heart Classes include not only the physical practice but also work on pranayama (breathing), meditation and philosophy to help you bring balance to your mind, body and spirit. The classes are suitable for all abilities.	Southport Village Heart Village Boulevard Meet in the Front Yard 	Free No bookings required City of Gold Coast E: villageheart@goldcoast.qld.gov.au W: goldcoast.qld.gov.au/thegoldcoast/village-heart-49325.html
Tue 7 Jan	8.30am- 9.30am 	Kayaking trip to Wave Break Island Paddle through crystal water to Wave Break Island, with the chance of seeing stingrays and dolphins. At the Island there will be a short beach walk where we will have the opportunity to look after our nature by cleaning any rubbish found on our way while spotting wildlife at the same time. Give your kids the opportunity to be active and healthy while returning love to our blue planet. For children five years through to 70 year old adults. All equipment provided.	Biggera Waters Marine Parade (meet on the beach between Burrows street and Parr street)	\$10 Bookings essential Seaway Kayaking Tours - Patrizia Schenone M: 0449 529 251 E: info@seawaykayakingtours.com.au
Tue 7 Jan	8.30am- 10.30am 	Water battles Make a splash this summer with water games water bomb battles and capture the flag. Bring your swimmers, hat and sunscreen and get prepared for some serious fun! Suitable for children five to thirteen years. Parents must attend for the entirety of the session.	Varsity Lakes Frascott Park Mattocks Road 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Tue 7 Jan	8.30am- 11.30am 	Sensory day – inclusive adventures A half-day of exclusive animal encounters and sensory experiences designed for children with moderate to high support needs. This program involves minimal walking, and is suitable for children with mobility restrictions. For children five to 18 years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$25 child/\$15 adult Bookings required Currumbin Wildlife Sanctuary P: 5534 0895 E: education@cws.org.au
Tue 7 Jan	8.30am- 3.30pm 	Paws and claws – wild adventures Paws and claws, feet and fur! Meet some of our furry and feathered friends in our paws and claws day. For children six to thirteen years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$55 Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Tue 7 Jan	9am-11am 	Tie dye workshop Colour your world with creative fun. For only \$3 you can tie dye a tote bag or a pillowcase. There is a limit of 1 item per person.	Varsity Lakes Varsity Lakes Community Resource Centre Mattocks Road	\$3 No bookings required Varsity Lakes Community Resource Centre P: 5593 7006 W: varsitylakes.org.au

Tue 7 Jan	9am-12pm   	Park games and tie dye A fun filled morning of creativity and active fun. Bring more colour to your festive season in tie dye workshop by using groovy swirls, stripes and spiral patterns to make something completely unique. Great Christmas gift! You can bring something white from home and tie-dye it for \$3 or purchase a pillow case or tote bag and tie-dye it for \$4. Only one item per child. Then enjoy the pop up playground which has a fun range of engaging and developmental activities. Come and try stilts, juggling sticks, duck fishing, balance games and more. Activities are best for children two to 12 years. Adults are most welcome to join in the fun.	Mudgeeraba Firth Park Somerset Drive  	Free, except tie-dye \$3-\$4 (one item only) No bookings required Nigel Coates – Sparky Do Dah M: 0411 699 928 W: SparkyDoDah.com.au  Shoshana - Aspiral Design M: 0402 616 204 W: aspiraldesign.com
Tue 7 Jan	9am-1pm 	Move, groove and water fun! DJ party in the park - 9am-11am Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years. Splashtacular water fun - 11am-1pm Get soaked, have a laugh and get active with fun filled water games that will keep you cool this summer. Ages six and up. Prepare to get wet and bring a change of clothes	Burleigh Justins Park The Esplanade 	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefungc/ GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgsportstraining.com
Tue 7 Jan	9am-3pm 	KDV Junior Golf Camp Join us for the best junior golf camp. Ideal for beginners looking to learn how to chip, putt and drive. All activities guided by KDV's professional PGA coaches. Running sessions throughout the holidays.	Carrara KDV 221 Nerang- Broadbeach Road	\$75 per day/\$200 for 3 days Bookings required via website KDV M: 0419 028 483 W: kdvsport.com/family/school-holiday-camps/
Tue 7 Jan	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6, Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Tue 7 Jan	1pm-3pm	Inflatable fun activity Gather your friends to cool down and have fun in the pool on the scull island, flamingo and swan play inflatable.	Palm Beach Palm Beach Aquatic Centre 1 Thrower Drive	Pool entry No bookings required Palm Beach Aquatic Centre P: 5534 4188
Wed 8 Jan	8.30am-10.30am 	Water battles Make a splash this summer with water games water bomb battles and capture the flag. Bring your swimmers, hat and sunscreen and get prepared for some serious fun! Suitable for children five to thirteen years. Parents must attend for the entirety of the session.	Oxenford Damian Leeding Memorial Park Watersport Lane 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Wed 8 Jan	8.30am-3.30pm 	Keeper for a day - wild adventures See exactly what it's like to be a wildlife keeper. From cleaning, to food preparation, health checks, enrichment and more. For children six to thirteen years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$55 Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Wed 8 Jan	9am-11am 	DJ party in the park Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years.	Carrara Emerald Lakes Park Lakeside Drive (meet at the grass area next to the little bridge on Lakeside Drive)	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefungc/ 

Wed 8 Jan	9am –10am	Zumba Parents and children will get the chance to be active and jam out to their favourite music. You will leave with a boost of energy, smiles and know they CAN have fun while being active. The young people attending need to be able to follow instructions. For young people ten to 18 years.	Labrador Labrador Community and Youth Centre 57 Billington Street (hall) 	Free. Zumba with Kass E: zumbawithkass@hotmail.com M: 0409 495 608 
Wed 8 Jan	9am-12pm	 Obstacles gone mad! Let your kids unleash their inner ninja warrior! Watch them use their strength and skill as they fly, swing, balance, climb and conquer our kids ninja warrior inspired obstacle course. Suitable for most abilities, ages five and up. Perfect for kids who are always on the move and love to try a new challenge.	Miami Pizzezy Park Pacific Avenue Next to the skate park 	Free No bookings required Terrain Training M: 0432 560 050 W: terraintraining.com.au E: info@terraintraining.com.au 
Wed 8 Jan	10am	 Texture collectors little artlab Children five and under will be taken on a journey along the paths and walls of HOTA to uncover patterns, lines and shapes that we can feel. Children must be accompanied by an adult. Spaces are limited.	Surfers Paradise HOTA 135 Bundall Road 	\$10/ Adult ticket included in Child ticket Bookings required W: hota.com.au/workshop/texture-collectors-little-artlab/
Wed 8 Jan	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6, Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Wed 8 Jan	10am-12pm	 Animal drawing workshop Students will learn how to draw animals fur, claws, ears and other trickier elements of drawing animals. For children eight to thirteen years.	Currumbin Alissa – Artlis Studios 1/30 Currumbin Creek Road	\$15 Bookings required Alissa – Artlis Studios W: artlis.com.au
Wed 8 Jan	1pm	 Texture collectors little artlab Children five and under will be taken on a journey along the paths and walls of HOTA to uncover patterns, lines and shapes that we can feel. Children must be accompanied by an adult. Spaces are limited.	Surfers Paradise HOTA 135 Bundall Road 	\$10/ Adult ticket included in Child ticket Bookings required W: hota.com.au/workshop/texture-collectors-little-artlab/
Wed 8 Jan	12.15pm-12.45pm	 Village Heart Walking Group Join the largest walking group, be social and have fun staying active. Enjoy the walk around the village. Run in partnership with the Heart Foundation Walking.	Southport Village Heart Village Boulevard Meet by the water feature	Free No bookings required City of Gold Coast E: villageheart@goldcoast.qld.gov.au W: goldcoast.qld.gov.au/thegoldcoast/village-heart-49325.html
Thu 9 Jan	8.30am-10.30am	  Beach ball bash Get the feet sandy playing old fashion beach games which include beach volleyball, beach footy and beach cricket. Suitable for children five to thirteen years. Parents are welcome to join as a guardian must attend this activity for the entirety of the session.	Burleigh Heads Ed Hardy Park The Esplanade 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Thu 9 Jan	8.30am-11.30am	 Creative day – inclusive adventures A half day of exclusive animal experiences, and creative activities designed for children with low support needs. This program does involve some walking, and is unsuitable for children with mobility restrictions. For children five to 18 years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$25 child/\$15 adult Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au

Thu 9 Jan	8.30am- 3.30pm 	Slimy and scaly with optional tree tops challenge - wild adventures You never know what lies below the surface! Get eye to eye with our reptilian friends and up close with our aquatic acquaintances. For children six to thirteen years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$55, additional fees apply Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Thu 9 Jan	9am-11am 	Kids agility, Oztag and touch football skills Challenge yourself on various agility stations to improve strength and speed. Then learn the skills and drills before teaming up for a fun game of Oztag and touch football. Fun for all fitness levels and children from five years.	Broadbeach Pattern Park Old Burleigh Road (meet in front of the fenced playground)	Free No bookings required Focus Fitness E: info@focusfitness.biz M: 0422 220 468 
Thu 9 Jan	9am-10am 	Yeah girl skateboard workshops Calling all females and non-binary skateboarders! Joins us for all ages and all abilities skate session. This is a safe space to learn how to ride a skateboard, master your tricks and most importantly have fun. Equipment provided so bookings essential.	Tugun Tugun Skate Park Boyd Street 	Free Bookings required via text Gold Coast Skateboard Coaching Jay Hetherington M: 0407 910 240
Thu 9 Jan	9am-11am 	DJ party in the park Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years.	Pacific Pines Pacific Pines Central Park 149 Pacific Pines Boulevard	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefuncg 
Thu 9 Jan	9am-11am 	Beach volleyball come and try A fun and interactive volleyball session for anyone who hasn't played before or who may be looking to try a new sport! You will learn the fundamental skills then be able to put them in to play in a game style setting. 9am-10am – eight to 11 years 10am-11am – 12 to 15 years	Surfers Paradise Surfers Paradise Beach Volleyball Courts The Esplanade 	Free Bookings required via email Volleyball in Paradise M: 0433 131 595 E: szunker@gmail.com
Thu 9 Jan	9.30am- 11.30am 	Splashtacular water fun Get soaked, have a laugh and get active with fun filled water games that will keep you cool this summer. Ages six and up. Prepare to get wet and bring a change of clothes.	Coombabah Grassy Park 46 Hansford Road 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgssportstraining.com
Thu 9 Jan	10am-11am 11am-12pm 12pm-1pm 	Nature drawing workshop Using Charcoal, graphite and pastel pencils to draw objects in nature. Covering a broad range of sketching and drawing techniques. For all children. If under five years parents supervision required.	Currumbin Winders Park Currumbin Creek Road Meet near Gecko Hall	\$10 Bookings required Alissa – Artlis Studios W: artlis.com.au
Thu 9 Jan	3pm- 6pm 	Fun soccer sessions Exciting and fun soccer activities with enthusiastic and energetic coaches! A safe and relaxed environment for children to get active, play soccer and have fun. 3pm-3.30pm for two years 3.30pm-4.15pm for three to four years 4.15-5pm for five to six years 5pm-6pm for seven to eight years	Coombabah Grassy Park 46 Hansford Road	\$8 two years/\$10 three to five years/\$12 for seven to eight years Bookings required via website Ginger Sport P: 07 3890 3338 E: info@gingersport.com.au W: gingersport.com.au/services/gold-coast-program/register/
Fri 10 Jan	8.30am- 10.30am 	Beach ball bash Get the feet sandy playing old fashion beach games which include beach volleyball, beach footy and beach cricket. Suitable for children five to thirteen years. Parents are welcome to join as an guardian must attend this activity for the entirety of the session.	Main Beach The Spit Seaworld Drive Meet by the rock wall 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689

Fri 10 Oct	8.30am- 3.30pm 	Vet for a day - wild adventures Participants will learn about rehabilitation and rescue, veterinary equipment and their uses and conduct health checks on animals. For children six to thirteen years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$55 Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Fri 10 Jan	9am-11am 	Water wars Make agility training more fun by adding wet sponges to cool you down as you work on your agility and balance. For children eight to sixteen years.	Upper Coomera Tallowood Park Rose Valley Drive 	Free No bookings required Focus Fitness E: info@focusfitness.biz M: 0422 220 468
Fri 10 Jan	9am-12pm  	Park games and tie dye A fun filled morning of creativity and active fun. Bring more colour to your festive season in tie dye workshop by using groovy swirls, stripes and spiral patterns to make something completely unique. Great Christmas gift! You can bring something white from home and tie-dye it for \$3 or purchase a pillow case or tote bag and tie-dye it for \$4. Only one item per child. Then enjoy the pop up playground which has a fun range of engaging and developmental activities. Come and try stilts, juggling sticks, duck fishing, balance games and more. Activities are best for children two to 12 years. Adults are most welcome to join in the fun.	Palm Beach Laguna Park 130 Laguna Avenue 	Free, except tie-dye \$3-\$4 (one item only) No bookings required Nigel Coates – Sparky Do Dah M: 0411 699 928 W: SparkyDoDah.com.au  Shoshana - Aspiral Design M: 0402 616 204 W: aspiraldesign.com
Fri 10 Jan	9am-12pm 	Rock climbing in the park Challenge yourself on the rock wall. Our fully qualified and friendly instructors are constantly on hand to give you all the guidance needed to ensure your climbing adventure is enjoyable, exciting and safe. Enclosed shoes must be worn. Suitable for children aged six years and up.	Varsity Lakes Frascott Park Mattocks Road 	Free No bookings required Vertec Adventure W: vertecadventure.com.au E: info@vertecadventure.com.au
Fri 10 Jan	1pm-3pm	Inflatable fun activity Gather your friends to cool down and have fun in the pool on the scull island, flamingo and swan play inflatable.	Palm Beach Palm Beach Aquatic Centre 1 Thrower Drive	Pool entry No bookings required Palm Beach Aquatic Centre P: 5534 4188
Sat 11 Jan	7am 	parkrun Join in a weekly free 5km timed run or walk which is family-friendly and suitable for runners, walkers, prams and dogs. Register prior then come along each Saturday to any of the nine Gold Coast locations. See website for details.	Surfers Paradise Paradise Point Broadbeach Waters Kirra Mudgeeraba Varsity Lakes Upper Coomera Pimpama Main Beach	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sat 11 Jan	8am 	Family kickboxing session Parents and children from six years can train together as a team. It's a fun fitness session with non-contact martial arts games	Southport Broadwater Parklands South of The Chapel Gold Coast Highway	\$10 Bookings required Killer Body Movements M: 0447 777 487 E: killerbodymovement@outlook.com
Sat 11 Jan	9am-10am 	Active & Healthy skateboard workshops Come on down to your local skate park and be taught by our great coaches. Learning new skills can always be a little challenging – but challenge is good. If you feel nervous about trying skateboarding, there's no need as these workshops are aimed at beginners. You don't even need your own gear because we supply skateboards and helmets for up to 15 participants.	Coomera Viney Park Yaun Street 	Free Bookings required via text Gold Coast Skateboard Coaching Jay Hetherington M: 0407 910 240











Sat 11 Jan	9am-11am	Commuter cycling Learn to ride the roads confidently, safely and become a better cyclist and commuter. You'll learn bicycle handling techniques and valuable safety tips. This workshop is designed for intermediate to advanced cyclists aged 15 and above.	Miami	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Sat 11 Jan	9am-12pm	Summer Saturdays – Abseiling and quick drops Join us at the Gold Coast Recreation Centre every Saturday morning of the summer to learn some of our favourite outdoor activities. The perfect way for adults and teens of all levels to learn something new, and even pick up a new hobby.	Palm Beach Tallebudgera Recreation Centre 1525 Gold Coast Highway	From \$30.40 per person Bookings required P: 1800 753 732 E: goldcoastrec@qld.gov.au W: qld.gov.au/recreationcentres
Sat 11 Jan	10am - 1pm	 Illustration for kids Artlab Kids will experiment with different mark making techniques and textures to draw everyday objects with feeling and spark. Workshop will run by champion illustrator Sam Oyelowo Sam. For children five to sixteen years.	Surfers Paradise HOTA 135 Bundall Road 	\$15/ Adult ticket included in Child ticket Bookings required via website W: hota.com.au/workshop/illustration-for-kids-artlab/
Sat 11 Jan	11am-12.30pm	Better bike maintenance Keep your bike safe and in shape. Learn valuable tips and be shown how to clean your bike, repair punctures, adjust your brakes and maintain the chain. This session is designed for all ages including family groups. Children are welcome but must be accompanied by a parent or guardian.	Miami	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Sat 11 Jan	1.30pm	 The Junior Skills MTB Clinic Aimed at young riders between the ages of seven and 12 who are keen to get their bikes off-road and want to learn some of the skills and techniques to ride safely and confidently on the trails.	Nerang Nerang State Forest Hope Street	\$20 Bookings required. Mal Schulstad M: 0413 880 371 E: info@mtbskillsandprimalhealth.com.au W: mtbskillsandprimalhealth.com.au
Sat 11 Jan	3pm	Beginner trail familiarisation rides The beginner trail familiarisation rides are for riders who want to get off-road on their bikes and explore some of the Gold Coast's hidden gems. Suitable for riders aged seven years and over.	Upper Coomera Upper Coomera Adventure Parklands	\$5 Bookings required Mal Schulstad M: 0413 880 371 E: info@mtbskillsandprimalhealth.com.au W: mtbskillsandprimalhealth.com.au
Sun 12 Jan	7am	 Junior parkrun Join this free, weekly, electronically-timed two kilometre run/walk session just for kids aged four to 14. Great for any level of fitness or ability with all runners and walkers welcomed.	Southport The Southport School (TSS) 2 Winchester Street	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sun 12 Jan	9am-11am	  Sparky's Pop Up Playground at the Arts & Crafts Sunday Markets Welcome to the wonderful world of Sparky Do Dah. The park is transformed into a kids wonderland with a range of engaging and developmental activities to suit all ages and abilities. Come and try stilts, juggling sticks, duck fishing, balance games and more. Activities are best for ages two to 12, and adults are most welcome to play. The markets are running from 8am to 2.30pm, boast over 150 stalls showcasing the best and most original of Australian-made products, fresh produce, yummy food and live entertainment. Grab your friends and join the fun at the famous beachside markets.	Coolangatta Queen Elizabeth Park Marine Parade Held in the park off Marine Parade, on the beach front, opposite the Showcase Shopping Centre 	Free No bookings required Nigel Coates – Sparky Do Dah M: 0411 699 928 W: SparkyDoDah.com.au  old Coast Arts & Crafts Sunday Markets W: artandcraft.com.au/

Active & Healthy Summer Holiday Program


Week 5 – Mon 13 Jan to Sun 19 Jan

I CAN
BE ACTIVE & HEALTHY



Date	Time	Activity	Location	Cost / Booking details
Mon 13 Jan 	8.30am- 10.30am 	Beach ball bash Get the feet sandy playing old fashion beach games which include beach volleyball, beach footy and beach cricket. Suitable for children five to thirteen years. Parents are welcome to join as an guardian must attend this activity for the entirety of the session	Surfers Paradise Surfers Paradise Beach The Esplanade 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Mon 13 Jan	8.30am- 11.30am 	Kipping Koalas story time – mini adventures Get ready to embark on a half-day exploration! Get up close with some of our favourite reptile and insect friends, before getting hands-on with nature craft. For children three to five years. Parents are encouraged to attend.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$25 child/\$15 adult. Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Mon 13 Jan	8.30am- 3.30pm 	Animal trainer for a day - wild adventures This day will allow participants to learn all about the training techniques used for animal health checks and behaviours for the shows. For children six to thirteen years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$55 Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Mon 13 Jan - Fri 17 Jan	9am-5pm 	Tallebudgera Recreation Centre Pool Come and check out the 25m pool at the Tallebudgera Recreation Centre. All ages are welcome. Kids under fifteen need a supervising adult.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway	\$3.90 per person Pay at reception in main centre P 1800 753 732
Mon 13 Jan	9am –10am	Zumba Parents and children will get the chance to be active and jam out to their favourite music. You will leave with a boost of energy, smiles and know they CAN have fun while being active. The young people attending need to be able to follow instructions. For young people ten to 18 years.	Hope Island Banksia Park Hall 27 Crescent Avenue 	Free. Zumba with Kass E: zumbawithkass@hotmail.com M: 0409 495 608 
Mon 13 Jan – Thu 16 Jan	9am-12pm	Diving come and try Learn to dive from the spring board one to three meters high. The program involved the kids having fun learning through different activities. These include trampolines, foam pit and diving board practice. For children six to sixteen years. Price includes insurance of \$2.50 per day.	Southport Gold Coast Aquatic Centre Marine Parade	\$30 per day/\$75 three days Bookings required via email Kevin Hall M: 0415 787 207 E: kevvyhall1@gmail.com
Mon 13 Jan - Sat 18 Jan	9am-5pm Sat to 4pm	Rock climb at the Rock Face Challenge our 10 metre high Rock Face and climb your way to the top! Great for ages five years plus. Children five to twelve require a supervising adult. Shoes required.	Palm Beach Tallebudgera Recreation Centre 1525 Gold Coast Highway	\$12.15 per person Pay at reception in main centre P: 1800 753 732 E: goldcoastrec@qld.gov.au W: qld.gov.au/recreationcentres
Mon 13 Jan	9am-1pm 	Laser skirmish An exciting combat team sport in a fun and safe environment for all ages. Gather your friends and family and get everyone having fun firing invisible and harmless infrared beams in the great outdoors. Everyone must wear closed in shoes. Bring water, sunscreen and a smile! Sessions running on the hour: 9am-10am, 10am-11am, 11am-12pm and 12pm-1pm-	Miami Pizzey Park 80 Pacific Parade Meet in the green area beside the skate park 	Free Bookings required via website Laser Skirmish Gold Coast W: laserskirmishgc.eventbrite.com.au E: laserskirmishgc@gmail.com 

Mon 13 Jan	9.30am & 11am 	Puppetry – Gingerbread Man Don't miss this entertaining puppetry performance run by volunteers who have a passion for puppets and theatre. Child care groups and senior citizens welcome. The theatre is fully air conditioned. Running everyday until Friday 24 January.	Surfers Paradise Macintosh Island Park Gold Coast Highway 	\$6/cash only at the door. Children under 2 free. No bookings required Queensland Theatre of Puppetry W: qtop.org.au
Mon 13 Jan	9.30am- 11.30am 	Fleay's Heroes Kids can become a Fleay's hero and learn how to care for our environment. Go behind the scenes to experience a close-encounter and take-home practical eco-tips to protect our beautiful native wildlife. Ages eight to twelve years only.	Burleigh Heads David Fleay Wildlife Park Loman Lane	\$36.80 per child Bookings required David Fleay Wildlife Park P: 5669 2051 E: fleays@des.qld.gov.au W: qld.gov.au/rangeractivities
Mon 13 Jan	9.30am- 11.30am 	Splashtacular water fun Get soaked, have a laugh and get active with fun filled water games that will keep you cool this summer. Ages six and up. Prepare to get wet and bring a change of clothes.	Upper Coomera Tallowood Park Rose Valley Drive 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgssportstraining.com
Mon 13 Jan	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6 Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Mon 13 Jan	3pm- 6pm 	Fun soccer sessions Exciting and fun soccer activities with enthusiastic and energetic coaches! A safe and relaxed environment for children to get active, play soccer and have fun. 3pm-3.30pm for two years 3.30pm-4.15pm for three to four years 4.15-5pm for five to six years 5pm-6pm for seven to eight years	Mudgeeraba Hinterland Regional Park Hardys Road	\$8 two years/\$10 three to five years/\$12 for seven to eight years Bookings required via website Ginger Sport P: 07 3890 3338 E: info@gingersport.com.au W: gingersport.com.au/services/gold-coast-program/register/
Mon 13 Jan	5pm-6pm	Yoga at Village Heart Classes include not only the physical practice but also work on pranayama (breathing), meditation and philosophy to help you bring balance to your mind, body and spirit. The classes are suitable for all abilities.	Southport Village Heart Village Boulevard Meet in the Front Yard 	Free No bookings required City of Gold Coast E: villageheart@goldcoast.qld.gov.au W: goldcoast.qld.gov.au/thegoldcoast/village-heart-49325.html
Tue 14 Jan	8.30am- 9.30am	Training wheels to two wheels This workshop teaches children aged four years and over how to advance from training wheels to two wheels. Children must bring their own two-wheeled bike (with or without training wheels and in good working condition), a helmet and be accompanied by a parent or guardian.	Runaway Bay	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Tue 14 Jan	8.30am- 10am 	In search of insects Summer is a great time to discover insects in the Botanic Gardens. Go on a bug hunt to identify and survey these important critters and find out why our survival depends on them! Wear closed in shoes, a hat and bring a water bottle. Suitable for children five to twelve years.	Benowa Friends Centre Gold Coast Regional Botanic Gardens 230 Ashmore Road	\$5 Bookings require via website. Friends of the Botanic Gardens Shelly Kelly M: 0449 561 674 E: info@friendsgcrbg.org.au W: trybooking.com/BGHUW
Tue 14 Jan	8.30am- 10.30am 	Water battles Make a splash this summer with water games water bomb battles and capture the flag. Bring your swimmers, hat and sunscreen and get prepared for some serious fun! Suitable for children five to thirteen years. Parents must attend for the entirety of the session.	Palm Beach Laguna Park 130 Laguna Avenue 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689



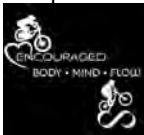







Tue 14 Jan	8.30am- 11.30am 	Sensory day – inclusive adventures A half-day of exclusive animal encounters and sensory experiences designed for children with moderate to high support needs. This program involves minimal walking, and is suitable for children with mobility restrictions. For children five to 18 years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$25 child/\$15 adult Bookings required Currumbin Wildlife Sanctuary P: 5534 0895 E: education@cws.org.au
Tue 14 Jan	8.30am- 3.30pm 	Paws and claws – wild adventures Paws and claws, feet and fur! Meet some of our furry and feathered friends in our paws and claws day. For children six to thirteen years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$55 Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Tue 14 Jan	9am-10am 	Archery with Pacific Bowmen Ever wanted to shoot a bow? This is your chance to learn the basic skills of this exciting sport in a calm manner from the senior coaches. This come and try experience is designed for children over seven years. Parents are required to stay through the session and encouraged to get involved.	Reedy Creek Pacific Bowmen Gemvale Road (next to Kings Christian College) 	Free Bookings required via text Pacific Bowman, Graham M: 0414 503 769 W: pacificbowmen.org.au 
Tue 14 Jan	9am-11am 	Tie dye workshop Colour your world with creative fun. For only \$3 you can tie dye a tote bag or a pillowcase. There is a limit of 1 item per person.	Varsity Lakes Varsity Lakes Community Resource Centre Mattocks Road	\$3 No bookings required Varsity Lakes Community Resource Centre P: 5593 7006 W: varsitylakes.org.au
Tue 14 Jan	9am-12pm 	Obstacles gone mad! Let your kids unleash their inner ninja warrior! Watch them use their strength and skill as they fly, swing, balance, climb and conquer our kids ninja warrior inspired obstacle course. Suitable for most abilities, ages five and up. Perfect for kids who are always on the move and love to try a new challenge.	Nerang Bischof Pioneer Park 48 Nerang Street 	Free No bookings required Terrain Training M: 0432 560 050 W: terraintraining.com.au E: info@terraintraining.com.au 
Tue 14 Jan	9am-12pm 	Park games and tie dye A fun filled morning of creativity and active fun. Bring more colour to your festive season in tie dye workshop by using groovy swirls, stripes and spiral patterns to make something completely unique. Great Christmas gift! You can bring something white from home and tie-dye it for \$3 or purchase a pillow case or tote bag and tie-dye it for \$4. Only one item per child. Then enjoy the pop up playground which has a fun range of engaging and developmental activities. Come and try stilts, juggling sticks, duck fishing, balance games and more. Activities are best for children two to 12 years. Adults are most welcome to join in the fun.	Surfers Paradise Macintosh Island Park Gold Coast highway  	Free, except tie-dye \$3-\$4 (one item only) No bookings required Nigel Coates – Sparky Do Dah M: 0411 699 928 W: SparkyDoDah.com.au  Shoshana - Aspiral Design M: 0402 616 204 W: aspiraldesign.com
Tue 14 Jan	9.30am- 10.30am	Children's beginners bike skills Following on from training wheels to two wheels, this course teaches children basic bike control skills to ride confidently in a traffic-free environment. This session is recommended for children aged four years and older. A parent/guardian must accompany participants.	Runaway Bay	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Tue 14 Jan	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6 Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com




Tue 14 Jan	1pm-3pm	Inflatable fun activity Gather your friends to cool down and have fun in the pool on the scull island, flamingo and swan play inflatable.	Palm Beach Palm Beach Aquatic Centre 1 Thrower Drive	Pool entry No bookings required Palm Beach Aquatic Centre P: 5534 4188
Wed 15 Jan 	8.30am-10.30am 	Beach ball bash Get the feet sandy playing old fashion beach games which include beach volleyball, beach footy and beach cricket. Suitable for children five to thirteen years. Parents are welcome to join as an guardian must attend this activity for the entirety of the session.	Paradise Point Paradise Point Parklands The Esplanade 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Wed 15 Jan	8.30am-9.30am	Training wheels to two wheels This workshop teaches children aged four years and over how to advance from training wheels to two wheels. Children must bring their own two-wheeled bike (with or without training wheels and in good working condition), a helmet and be accompanied by a parent or guardian.	Mudgeeraba	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Wed 15 Jan	8.30am-3.30pm 	Keeper for a day - wild adventures See exactly what it's like to be a wildlife keeper. From cleaning, to food preparation, health checks, enrichment and more. For children six to thirteen years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$55 Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Wed 15 Jan	9am –10am	Zumba Parents and children will get the chance to be active and jam out to their favourite music. You will leave with a boost of energy, smiles and know they CAN have fun while being active. The young people attending need to be able to follow instructions. For young people ten to 18 years.	Varsity Lakes Varsity Lakes Community Resource Centre Mattocks Road 	Free Zumba with Kass E: zumbawithkass@hotmail.com M: 0409 495 608 
Wed 15 Jan	9am-3pm 	KDV Junior Golf Camp Join us for the best junior golf camp on the Gold Coast. Ideal for beginners looking to learn how to chip, putt and drive. All activities guided by KDV's professional PGA coaches. Running sessions throughout the holidays.	Carrara KDV 221 Nerang-Broadbeach Road	\$75 per day/\$200 for 3 days Bookings required via website KDV M: 0419 028 483 W: kdvsport.com/family/school-holiday-camps/
Wed 15 Jan	9.30am-10.30am	Children's beginners bike skills Following on from training wheels to two wheels, this course teaches children basic bike control skills to ride confidently in a traffic-free environment. This session is recommended for children aged four years and older. A parent/guardian must accompany participants.	Runaway Bay	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Wed 15 Jan	9.30am-11.30am 	Splashtacular water fun Get soaked, have a laugh and get active with fun filled water games that will keep you cool this summer. Ages six and up. Prepare to get wet and bring a change of clothes.	Mudgeeraba Firth Park Somerset Drive	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmfitness@gmail.com W: gmgsportstraining.com
Wed 15 Jan	9am-12.30pm 	Varsity Lakes Trampoline and Gymnastics Nonstop fun opportunities to partake in gymnastics and trampoline circuits, circus skills ninja warrior courses and so much more. Bring along a packed lunch and water. For children five years plus	Burleigh Varsity Lakes Trampoline and Gymnastics Club 10 Ramly Drive	\$30 Bookings required Varsity Lakes Trampoline and Gymnastics Club P: 5568 0998 E: vtgc@icloud.com
Wed 15 Jan	10am-12pm 	Athletics This exciting session will have the children from five to 15 years running, jumping, throwing and walking. They will learn the basic skills while having fun in a safe environment.	Oxenford Damian Leeding Memorial Park Watersport Lane 	Free Bookings required via website Aussie Aths – Gold Coast North E: hello@aussieaths.com.au W: aussieaths.com.au

Wed 15 Jan	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6, Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Wed 15 Jan	12.15pm- 12.45pm 	Village Heart Walking Group Join the largest walking group, be social and have fun staying active. Enjoy the walk around the village. Run in partnership with the Heart Foundation Walking.	Southport Village Heart Village Boulevard Meet by the water feature 	Free No bookings required City of Gold Coast E: villageheart@goldcoast.qld.gov.au W: goldcoast.qld.gov.au/theqldcoast/village-heart-49325.html
Thu 16 Jan	7.30am  	Launch of the Heart Foundation Walking group at Pacific Fair Be part of the new walking group at Pacific Fair. This walk is a great way to make friends, stay healthy and be part of your local community. To celebrate, at the completion of this first walk all walkers will get a free coffee.	Broadbeach Pacific Fair Shopping Centre Meet at the Concierge Desk (near the Coffee Club), Ground Floor (best access from Pacific Drive (park underneath building))	Free Bookings required online Heart Foundation Walk W: walking.heartfoundation.org.au/walking/group/pacific-fair-shopping-centre-launching-16-january-2020
Thu 16 Jan	8am-10am 	Gold Coast Suns open training session Come to meet your favourite AFL player, get an autograph and see them prepare for the 2020 AFL and AFLW Seasons. Free fun activities running for children of all ages.	Palm Beach Palm Beach Parklands 945 Gold Coast Highway	Free No bookings required Gold Coast Suns W: goldcoastfc.com.au
Thu 16 Jan	8.30am- 11.30am 	Creative day – inclusive adventures An exclusive animal experiences designed for children with low support needs. This program does involve some walking, and is unsuitable for children with mobility restrictions. For children five to 18 years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$25 child/\$15 adult Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Thu 16 Jan	8.30am- 3.30pm 	Slimy and scaly with optional tree tops challenge - wild adventures You never know what lies below the surface! Get eye to eye with our reptilian friends and up close with our aquatic acquaintances. For children six to thirteen years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$55, additional fees apply Bookings required Currumbin Wildlife Sanctuary P: 5534 0896 E: education@cws.org.au
Thu 16 Jan	9am-10am 	Yeah girl skateboard workshops Calling all females and non-binary skateboarders! Joins us for all ages and all abilities skate session. This is a safe space to learn how to ride a skateboard, master your tricks and most importantly have fun. Equipment provided so bookings essential.	Varsity Lakes Varsity Youth Precinct 1 Cassia Drive 	Free Bookings required via text Gold Coast Skateboard Coaching Jay Hetherington M: 0407 910 240
Thu 16 Jan	9am-11am 	DJ party in the park Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years.	Helensvale Lions Park Helensvale 1A Discovery Drive	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefungc/ 
Thu 16 Jan	9am-12pm 	Obstacles gone mad! Let your kids unleash their inner ninja warrior! Watch them use their strength and skill as they fly, swing, balance, climb and conquer our kids ninja warrior inspired obstacle course. Suitable for most abilities, ages five and up. Perfect for kids who are always on the move and love to try a new challenge.	Coomera Coomera Sports Park Beattie Road 	Free No bookings required Terrain Training M: 0432 560 050 W: terraintraining.com.au E: info@terraintraining.com.au  <small>www.terraintraining.com.au</small>

Thu 16 Jan	9am-12.30pm 	Varsity Lakes Trampoline and Gymnastics Nonstop fun opportunities to partake in gymnastics and trampoline circuits, circus skills ninja warrior courses and so much more. Bring along a packed lunch and water. For children five years plus	Burleigh Varsity Lakes Trampoline and Gymnastics Club 10 Ramly Drive	\$30 Bookings required Varsity Lakes Trampoline and Gymnastics Club P: 07 5568 0998 E: vltgc@icloud.com
Thu 16 Jan	9am-12pm   	Park games and tie dye A fun filled morning of creativity and active fun. Bring more colour to your festive season in tie dye workshop by using groovy swirls, stripes and spiral patterns to make something completely unique. Great Christmas gift! You can bring something white from home and tie-dye it for \$3 or purchase a pillow case or tote bag and tie-dye it for \$4. Only one item per child. Then enjoy the pop up playground which has a fun range of engaging and developmental activities. Come and try stilts, juggling sticks, duck fishing, balance games and more. Activities are best for children two to 12 years. Adults are most welcome to join in the fun.	Labrador Labrador Community and Youth Centre 57 Billington Street 	Free, except tie-dye \$3-\$4 (one item only) No bookings required Nigel Coates – Sparky Do Dah M: 0411 699 928 W: SparkyDoDah.com.au  Shoshana - Aspiral Design M: 0402 616 204 W: aspiraldesign.com
Thu 16 Jan	9.30am-10.30am	Children's intermediate bike skills This course is designed for children aged six and above. It will teach children bike handling and road awareness to enable them to ride safely in low-traffic environments. All participants must be accompanied by a parent or guardian.	Miami	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Thu 16 Jan	9.30am & 11am 	Puppetry – Gingerbread Man Don't miss this entertaining puppetry performance run by volunteers who have a passion for puppets and theatre. The theatre is fully air conditioned. Running everyday until Friday 24 January.	Surfers Paradise Macintosh Island Park Gold Coast Highway 	\$6/cash only at the door. Children under 2 free. No bookings required Queensland Theatre of Puppetry W: qtop.org.au
Thu 16 Jan	9.30am-11.30am  	Sport festival Join us for some serious fun! Parents are welcome to join the kids playing oz-tag, soccer and capture the flag. Suitable for children five to thirteen years. An guardian must attend this activity for the entirety of the session.	Carrara Gold Coast Sport and Leisure Centre 296 Nerang Broadbeach Road Hall 2 court	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Fri 17 Jan	8.30am-10.30am  	Beach ball bash Get the feet sandy playing old fashion beach games which include beach volleyball, beach footy and beach cricket. Suitable for children five to thirteen years. Parents are welcome to join as an guardian must attend this activity for the entirety of the session.	Broadbeach Prattern Park Old Burleigh Road 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Fri 17 Jan	8.30am-3.30pm 	Vet for a day - wild adventures Participants will learn about rehabilitation and rescue, release techniques, veterinary equipment and their uses and conduct health checks on animals. For children six to thirteen years.	Currumbin Currumbin Wildlife Sanctuary 28 Tomewin Street	\$55 Bookings required Currumbin Wildlife Sanctuary P: 5534 0895 E: education@cws.org.au
Fri 17 Jan	9am-11am  	Water battles Make a splash this summer with water games water bomb battles and capture the flag. Bring your swimmers, hat and sunscreen and get prepared for some serious fun! Suitable for children five to thirteen years. Parents must attend for the entirety of the session.	Burleigh Waters Coronet Park Coronet Crescent 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689

Fri 17 Jan	9am-11am 	Kids agility, Oztag and touch football skills Challenge yourself on various agility stations to improve strength and speed. Then learn the skills and drills before teaming up for a fun game of Oztag and touch football. Fun for all fitness levels and children from five years.	Nerang Bischof Pioneer Park 48 Nerang Street 	Free No bookings required Focus Fitness E: info@focusfitness.biz M: 0422 220 468 
Fri 17 Jan	9am-11am 	DJ party in the park Join the party in the park with music that will get you motivated and moving. So much fun with interactive games including maraca madness, hula hoops, limbo and more. For kids two to 12 years.	Main Beach Hollindale Park Seaworld Drive 	Free No bookings required AE Events – Follow the Fun W: facebook.com/followthefuncg/
Fri 17 Jan	9am-11am	Beach volleyball come and try A fun and interactive volleyball session for anyone who hasn't played before or who may be looking to try a new sport! Commonwealth Games Bronze Medal Coach Shanon Zunker will show players the fundamental skills of the game. You will then be able to put them in to play in a game style setting that will conclude the session. Players will walk away with a new skill set and an understanding of the game, as well as what options there are year round for new volleyballers. 9am-10am – eight to 11 years 10am-11am – 12 to 15 years	Coolangatta Queen Elizabeth Park Marine Parade (in front of The Strand) 	Free Bookings required via email Volleyball in Paradise M: 0433 131 595 E: szunker@gmail.com 
Fri 17 Jan	1pm-3pm	Inflatable fun activity Gather your friends to cool down and have fun in the pool on the scull island, flamingo and swan play inflatable.	Palm Beach Palm Beach Aquatic Centre 1 Thrower Drive	Pool entry No bookings required Palm Beach Aquatic Centre P: 5534 4188
Fri 17 Jan	3pm-6pm 	Fun soccer sessions Exciting and fun soccer activities with enthusiastic and energetic coaches! A safe and relaxed environment for children to get active, play soccer and have fun. 3pm-3.30pm for two years 3.30pm-4.15pm for three to four years 4.15-5pm for five to six years 5pm-6pm for seven to eight years	Ormeau Peachey Park 2 Peachey Road	\$8 two years/\$10 three to five years/\$12 for seven to eight years Bookings required via website Ginger Sport P: 07 3890 3338 E: info@gingersport.com.au W: gingersport.com.au/services/gold-coast-program/register/
Sat 18 Jan	7am 	parkrun Join in a weekly free 5km timed run or walk which is family-friendly and suitable for runners, walkers, prams and dogs. Register prior then come along each Saturday to any of the nine Gold Coast locations. See website for details.	Surfers Paradise Paradise Point Broadbeach Waters Kirra Mudgeeraba Varsity Lakes Upper Coomera Pimpama Main Beach	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sat 18 Jan	8am-10am 	Rock 'N' Sizzle skate events The Rock 'N' Sizzle events will include a short coaching session, demos, skate jam, BBQ, raffle and games. The aim of the event is to bring the community together and promote skating to families in a healthy and safe environment.	Varsity Lakes Varsity Youth Precinct 1 Cassia Drive 	Free Bookings required Rock 'N' Slide Skateboarding Jesse Noonan M: 0435 620 571 W: rocknslideskateboarding.com F: Rock 'N' Slide Skateboarding
Sat 18 Jan	9am-10am 	Free fun soccer sessions Exciting and fun soccer activities with enthusiastic and energetic coaches! A safe and relaxed environment for children ages two to eight years to get active, play soccer and have fun.	Southport Broadwater Parklands Gold Coast Highway South of the Bait and Tackle shop 	Free Bookings required Ginger Sport P: 07 3890 3338 E: info@gingersport.com.au


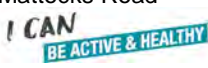




Sat 18 Jan	9am-12pm 	Summer Saturdays – high ropes course Join us every Saturday morning of the summer to learn some of our favourite outdoor activities. The perfect way for adults and teens of all levels to learn something new.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway	Bookings required \$30.40 Tallebudgera Leisure Centre P: 1800 753 732 W: ems.gs/3sty0jcbZtx
Sat 18 Jan	9.30am-11am	Absolute beginners The beginners' workshop is designed for adults aged 18 years and over who have never ridden a bike before. With bookings limited to only three participants per session, we guarantee you'll be riding in no time.	Labrador	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Sat 18 Jan	11am-12pm 12pm-1pm 1pm-2pm 	Self-portraits drawing workshop Students will draw self-portraits using mirrors, and learn about human face proportions, sketching techniques, and how to include small characteristics to define an individual's face! For children five to thirteen years.	Currumbin Alissa – Artlis Studios 1/30 Currumbin Creek Road	\$10 Bookings required Alissa – Artlis Studios W: artlis.com.au
Sat 18 Jan	1.30pm 	The Junior Skills MTB Clinic Aimed at young riders between the ages of seven and 12 who are keen to get their bikes off-road and want to learn some of the skills and techniques to ride safely and confidently on the trails. The skills clinic focuses on introducing junior riders to a variety of different skills to improve their bike handling abilities.	Nerang Nerang State Forest, Hope Street	\$20 Bookings required. Mal Schulstad M: 0413 880 371 E: info@mtbskillsandprimalhealth.com.au W: mtbskillsandprimalhealth.com.au
Sat 18 Jan	7pm-9.30pm 	Movies under the Stars, Toy Story 4 The City of Gold Coast Movies under the Stars program is free, family-friendly fun on offer. Gather your family and friends, pack a picnic or take advantage of delicious food options available.	Palm Beach Palm Beach Parklands 945 Gold Coast Highway	Free No bookings required City of Gold Coast P: 5581 5286 W: facebook.com/events/1178754602313246/
Sun 19 Jan	7am 	Junior parkrun Join this free, weekly, electronically-timed two kilometre run/walk session just for kids aged four to 14. Great for any level of fitness or ability with all runners and walkers welcomed and encouraged.	Southport The Southport School (TSS) 2 Winchester Street	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sun 19 Jan	9am-11am 	Retro carnival games at the Arts & Craft Sunday Markets Have fun experiencing the old throwback games: capture the flag, sack races, three legged races, egg and spoon, hula hoops, toss the bean bag, tug a war to name a few. The markets are running from 8am to 2.30pm, boast over 150 stalls showcasing the best and most original of Australian-made products, fresh produce, yummy food and live entertainment. Grab your friends and join the fun at the famous beachside markets.	Broadbeach Kurrawa Park Old Burleigh Road Held on the beachfront opposite the Oasis Shopping Centre 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689  Gold Coast Arts & Crafts Sunday Markets W: artandcraft.com.au/
Sun 19 Jan	9am-10am 	Burleigh Bar Park - junior bar warrior Learn how to use the bars and your own body weight to increase your functional strength and fitness. You will be hanging, grasping, pushing, running and having a great fun. Perfect for adults and kids from 7 years who are always on the move and love to try a new challenge.	Burleigh Heads Rudd Park Goodwin Terrace 	Free No bookings required Terrain Training M: 0432 560 050 W: terraintraining.com.au E: info@terraintraining.com.au










Sun 19 Jan	10am-12pm 	Family mini retreat– building healthy families Are you worried about your family's health? Concerned about how to juggle all the stressors of life and still maintain a happy and healthy family life? This interactive event is designed to help families get moving and develop healthy habits for your family's future. In addition to a brief family workout, kids and adults will hear from a nutrition educator and learn practical and simple tips have your family feel happier and healthier. This workshop will also give you the information and tools to help prevent disease and make better decisions to achieve optimal health.	Robina Robina Community Centre Room 1.2 196 Robina Town Centre Drive 	Free Bookings required online Active & Healthy W: eventbrite.com.au/e/63542565524 Presenters Nutrition and Health Coach Karla Gilbert OAM E: wellness@karlagilbert.com.au W: www.karlagilbert.com.au Gecko Sports, Jay E: jay@geckosports.com.au
Sun 19 Jan	2pm-3.30pm	Sunday social ride Join us and explore our great cycle network on this easy, Sunday social ride. We'll cruise along off-road cycle paths and quiet roads. This session is designed for all ages including family groups. Children are welcome but must be accompanied by a parent or guardian.	Labrador	Free Bookings required City of Gold Coast P: 5582 8677 W: cityofgoldcoast.com.au/events
Sun 19 Jan	2pm-5pm 	Bachata Dance class at the Village Heart Bachata has become one of the most popular Latin Dance styles around the world. Gather your friends and have a great afternoon	Southport Village Heart Village Boulevard Meet by the water feature	Free No bookings required City of Gold Coast E: villageheart@goldcoast.qld.gov.au W: goldcoast.qld.gov.au/thegoldcoast/village-heart-49325.html












Active & Healthy Summer Holiday Program









Week 6 – Mon 20 Jan to Mon 27 Jan










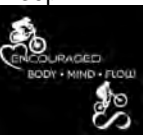

Date	Time	Activity	Location	Cost / Booking details
Mon 20 Jan	9am-1pm 	Laser skirmish An exciting combat team sport in a fun and safe environment for all ages. Gather your friends and family and get everyone having fun firing invisible and harmless infrared beams in the great outdoors. Everyone must wear closed in shoes. Bring water, sunscreen and a smile! Sessions running on the hour: 9am-10am, 10am-11am, 11am-12pm and 12pm-1pm.	Varsity Lakes Frascott Park Mattocks Road 	Free Bookings required via website Laser Skirmish Gold Coast W: laserskirmishgc.eventbrite.com.au E: laserskirmishgc@gmail.com 
Mon 20 Jan - Fri 24 Jan	9am-5pm 	Tallebudgera Recreation Centre Pool Come and check out the 25m pool at the Tallebudgera Recreation Centre. Open to the public. All ages are welcome. Kids under fifteen need a supervising adult.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway	\$3.90 per person Pay at reception in main centre P 1800 753 732
Mon 20 Jan	9.30am-11.30am 	Splashtacular water fun Get soaked, have a laugh and get active with fun filled water games that will keep you cool this summer. Ages six and up. Prepare to get wet and bring a change of clothes.	Upper Coomera Tallowood Park Rose Valley Drive 	Free No bookings required Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689

Mon 20 Jan – Wed 22 Jan	9am-12pm	Diving come and try Learn to dive from the spring board one to three meters high. Fun activities include trampolines, foam pit and diving board practice. For children six to sixteen years. Price includes insurance of \$2.50 per day.	Southport Gold Coast Aquatic Centre Marine Parade	\$30 per day/\$75 three days Bookings required via email Kevin Hall M: 0415 787 207 E: kevyhall1@gmail.com
Mon 20 Jan - Sat 25 Jan	9am-5pm Sat to 4pm	Rock climb at the Rock Face Challenge our 10 metre high Rock Face and climb your way to the top! Great for ages five years plus. Children five to twelve require a supervising adult. Shoes required	Palm Beach Tallebudgera Recreation Centre 1525 Gold Coast Highway	\$12.15 per person Pay at reception in main centre P: 1800 753 732 E: goldcoastrec@qld.gov.au W: qld.gov.au/recreationcentres
Mon 20 Jan	9.30am-11.30am 	Fleay's Heroes Kids can become a Fleay's hero and learn how to care for our environment. Go behind the scenes to experience a close-encounter and take-home practical eco-tips to protect our native wildlife. Ages eight to twelve years only.	Burleigh Heads David Fleay Wildlife Park Loman Lane	\$36.80 per child Bookings required David Fleay Wildlife Park P: 5669 2051 E: fleays@des.qld.gov.au W: qld.gov.au/rangeractivities
Mon 20 Jan	10am-1pm   	Park games and tie dye A fun filled morning of creativity and active fun. Bring more colour to your festive season in tie dye workshop by using groovy swirls, stripes and spiral patterns to make something completely unique. Great Christmas gift! You can bring something white from home and tie-dye it for \$3 or purchase a pillow case or tote bag and tie-dye it for \$4. Only one item per child. Then enjoy the pop up playground which has a fun range of engaging and developmental activities. Come and try stilts, juggling sticks, duck fishing, balance games and more. Activities are best for children two to 12 years. Adults are most welcome to join in the fun.	Carrara Carrara Community Centre Nielsen's Road  	Free, except tie-dye \$3-\$4 (one item only) No bookings required Nigel Coates – Sparky Do Dah M: 0411 699 928 W: SparkyDoDah.com.au  Shoshana - Aspiral Design M: 0402 616 204 W: aspiraldesign.com
Mon 20 Jan	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6 Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Mon 20 Jan	5pm-6pm	Yoga at Village Heart Classes include not only the physical practice but also work on pranayama (breathing), meditation and philosophy to help you bring balance to your mind, body and spirit. The classes are suitable for all abilities.	Southport Village Heart Village Boulevard Meet in the Front Yard 	Free No bookings required City of Gold Coast E: villageheart@goldcoast.qld.gov.au W: goldcoast.qld.gov.au/thegoldcoast/village-heart-49325.html
Tue 21 Jan	8.30am-9.30am 	Kayaking trip to Wave Break Island Paddle through crystal water to Wave Break Island, with the chance of seeing stingrays and dolphins. At the Island there will be a short beach walk where we will have the opportunity to look after our nature by cleaning any rubbish found on our way while spotting wildlife at the same time. Give your kids the opportunity to be active and healthy while returning love to our blue planet. For children five years through to 70 year old adults. All equipment provided.	Biggera Waters Marine Parade (meet on the beach between Burrows street and Parr street)	\$10 Bookings essential Seaway Kayaking Tours - Patrizia Schenone M: 0449 529 251 E: info@seawaykayakingtours.com.au

Tue 21 Jan	8.30am 	Discover our feathered friends Lakes, lagoons and thousands of native plants in an urban environment create the perfect habitat for amazing birdlife! Join our bird expert to discover and identify some of the species and keep a record of your sightings. How many different species of birds can you find? Wear closed in shoes, a hat and bring a water bottle. Suitable for children five to twelve years.	Benowa Friends Centre Gold Coast Regional Botanic Gardens 230 Ashmore Road 	\$5 Bookings require via website. Friends of the Botanic Gardens Shelly Kelly M: 0449 561 674 E: info@friendsgcrbg.org.au W: trybooking.com/BGHVA
Tue 21 Jan	9am-11am 	Tie dye workshop Colour your world with creative fun. For only \$3 you can tie dye a tote bag or a pillowcase. There is a limit of 1 item per person.	Varsity Lakes Varsity Lakes Community Resource Centre Mattocks Road	\$3 No bookings required Varsity Lakes Community Resource Centre P: 5593 7006 W: varsitylakes.org.au
Tue 21 Jan	9am-12.30pm 	Varsity Lakes Trampoline and Gymnastics Nonstop fun opportunities to partake in gymnastics and trampoline circuits, circus skills ninja warrior courses and so much more. Bring along a packed lunch and water. For children five years plus.	Burleigh Varsity Lakes Trampoline and Gymnastics Club 10 Ramly Drive	\$30 Bookings required Varsity Lakes Trampoline and Gymnastics Club P: 07 5568 0998 E: vlgtc@icloud.com
Tue 21 Jan	10am-1pm 	Zumba - 10am -11am Parents and children will get the chance to be active and jam out to their favourite music plus play interactive games. You will leave with a boost of energy, smiles and know they CAN have fun while being active. Sport festival - 11am – 1pm Join us for some serious fun! Parents are welcome to join the kids playing oz-tag, soccer and capture the flag. Suitable for children five to thirteen years. An guardian must attend this activity for the entirety of the session.	Burleigh Justins Park The Esplanade 	Free. No bookings required Zumba with Kass E: zumbawithkass@hotmail.com M: 0409 495 608  Gecko Sports Gold Coast W: geckosports.com.au E: jay@geckosports.com.au M: 0419 777 689
Tue 21 Jan	9.30am & 11am 	Puppetry – Gingerbread Man Don't miss this entertaining puppetry performance run by volunteers who have a passion for puppets and theatre. The theatre is fully air conditioned. Running everyday until Friday 24 January.	Surfers Paradise Macintosh Island Park Gold Coast Highway	\$6/cash only at the door. Children under 2 free. No bookings required Queensland Theatre of Puppetry W: qtop.org.au
Tue 21 Jan	9.30am-11.30am 	Athletics and fun games Improve your athletic skills with throwing, jumping, running, athletics and games. Bring the whole family down to get moving with the GMG crew. Why not check out the puppet show, see above listed activity. Great family fun	Surfers Paradise Macintosh Island Park Gold Coast highway 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgssportstraining.com
Tue 21 Jan	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6 Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Tue 21 Jan	10am-11am & 1pm-2pm 	Come and try Varsity Lakes Trampoline and Gymnastics Come and have a free trial in our Trampoline and Gymnastics Program. This session will give you a taste test of our termly programs on offer.. For children five to twelve years.	Burleigh Varsity Lakes Trampoline and Gymnastics Club 10 Ramly Drive	Free Bookings required Varsity Lakes Trampoline and Gymnastics Club P: 07 5568 0998 E: vlgtc@icloud.com
Tue 21 Jan	1pm-3pm	Inflatable fun activity Gather your friends to cool down and have fun in the pool on the scull island, flamingo and swan play inflatable.	Palm Beach Palm Beach Aquatic Centre 1 Thrower Drive	Pool entry No bookings required Palm Beach Aquatic Centre P: 5534 4188




Wed 22 Jan	8am-12pm	Surf Life Saving and Queensland Cricket Children five to eleven years will be introduced to surf lifesaving through a wide range of water activities, beach games and to teach them how to stay safe in and around water. Queensland Cricket will also be running fun and engaging beach cricket activities suitable for all ability levels to develop your batting, bowling, fielding, and fundamental movement.	Miami Miami Beach 	\$50 Bookings required online Surf Life Saving W: bit.ly/lifesavingcricketprogram 
Wed 22 Jan	9am-10am	Cruiser skateboard workshops Ever wanted to learn how to ride a skateboard but weren't game or didn't own a board? This fun workshop is for all ages and skill levels. Enjoy your first skateboard experience on a cruiser and come cruising. Equipment supplied so bookings essential.	Miami Pizzey Park Skate Park 80 Pacific Parade 	Free Bookings required via text Gold Coast Skateboard Coaching Jay Hetherington M: 0407 910 240
Wed 22 Jan	9am-11am	Girls Play Too – AFL come and try day Whether you've never played before, looking at playing, are playing and just keen to have a kick and find out what all the hype is about then come along and have a go. You will learn new skills, do some fitness work, play games and get to see what it's all about being a part of the great culture at Burleigh! The day is open to all girls aged from 10 years and up and is a perfect opportunity to come and see why female footy is the world's fastest growing sport.	Burleigh John Hanley Sports Complex Christine Avenue	Free No bookings required. Burleigh Junior AFL Club and AFL Queensland
Wed 22 Jan	9am –10am	Zumba Parents and children will get the chance to be active and jam out to their favourite music. You will leave with a boost of energy, smiles and know they CAN have fun while being active. The young people attending need to be able to follow instructions. For young people ten to 18 years.	Mermaid Waters Albert Waters Community Centre Corner Hooker and Sunshine Boulevards (next to Broadbeach Library)	Free Zumba with Kass E: zumbawithkass@hotmail.com M: 0409 495 608 
Wed 22 Jan	9.30am-11.30am	Splashtacular water fun Get soaked, have a laugh and get active with fun filled water games that will keep you cool this summer. Ages six and up. Prepare to get wet and bring a change of clothes.	Helensvale Lions Park Helensvale 1A Discovery Drive 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgssportstraining.com
Wed 22 Jan	10am-12pm	Ultimate frisbee Have you played ultimate frisbee before? It's a non-contact sport played with a flying disc. It combines elements of netball, touch football and gridiron into a fast-paced athletic sport. Great opportunity for children aged 10 years older to come and try a new sport.	Labrador Norm Rix Park 114 Government Road 	Free Bookings required QLD Ultimate, Natalie E: officer@qldultimate.com.au M: 0499 977 832 
Wed 22 Jan	10am-12pm	Creative kids art workshop Creative and fun art classes where kids can explore colour, texture and different mediums. They will be guided step by step to create their own unique art work. All materials will be supplied. For ages six to 12 years.	Miami The Art Room Studio Studio 6 Miami Business Centre 8 Kedron Avenue	\$30 Bookings required Chris Donaldson M: 0418 190 360 E: Chris.donaldson@bigpond.com
Wed 22 Jan	12.15pm-12.45pm	Village Heart Walking Group Join the largest walking group, be social and have fun staying active. Enjoy the walk around the village. Run in partnership with the Heart Foundation Walking.	Southport Village Heart Village Boulevard Meet by the water feature	Free No bookings required City of Gold Coast E: villageheart@goldcoast.qld.gov.au 

Wed 22 Jan	4pm	Active & Healthy kids' yoga Kids yoga aims to help kids unwind, engage in physical activity while building confidence at the same time. Kids CAN play in these light-hearted classes through postures that improve their emotional balance, physical strength and self-confidence, ultimately resulting in happy, balanced, respectful little humans. Suitable for children aged five to 12 years.	Varsity Lakes Varsity Lakes Community Resource Centre Mattocks Road 	Free No bookings required Aspiral Yoga, Shoshana M: 0402 616 204 W: aspiralyoga.com.au
Thu 23 Jan	9am-10am 	Cruiser skateboard workshops Ever wanted to learn how to ride a skateboard but weren't game or didn't own a board? This fun workshop is for all ages and skill levels. Enjoy your first skateboard experience on a cruiser and come cruising. Equipment supplied so bookings essential.	Upper Coomera Tallowood Park Rose Valley Drive 	Free Bookings required via text Gold Coast Skateboard Coaching Jay Hetherington M: 0407 910 240
Thu 23 Jan	9am-11am	Kids agility, Oztag and touch football skills Challenge yourself on various agility stations to improve strength and speed. Then learn the skills and drills before teaming up for a fun game of Oztag and touch football. Fun for all fitness levels and children from five years.	Mudgeeraba Firth Park Somerset Drive  	No bookings required Focus Fitness E: info@focusfitness.biz M: 0422 220 468
Thu 23 Jan	9.30am & 11am 	Puppetry – Gingerbread Man Don't miss this entertaining puppetry performance run by volunteers who have a passion for puppets and theatre. The theatre is fully air conditioned. Running everyday until Friday 24 January.	Surfers Paradise Macintosh Island Park Gold Coast Highway 	\$6/cash only at the door. Children under 2 free. No bookings required Queensland Theatre of Puppetry W: qtop.org.au
Thu 23 Jan	9am-12.30pm 	Varsity Lakes Trampoline and Gymnastics Nonstop fun opportunities to partake in gymnastics and trampoline circuits, circus skills ninja warrior courses and so much more. Bring along a packed lunch and water. For children five years plus.	Burleigh Varsity Lakes Trampoline and Gymnastics Club 10 Ramly Drive	\$30 Bookings required Varsity Lakes Trampoline and Gymnastics Club P: 07 5568 0998 E: vlgtc@icloud.com
Thu 23 Jan	9.30am-11.30am 	Splashtacular water fun Get soaked, have a laugh and get active with fun filled water games that will keep you cool this summer. Ages six and up. Prepare to get wet and bring a change of clothes.	Palm Beach Laguna Park 130 Laguna Avenue 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgsportstraining.com
Fri 24 Jan	9am-12pm 	Rock climbing in the park Challenge yourself on the rock wall. Our fully qualified and friendly instructors are constantly on hand to give you all the guidance needed to ensure your climbing adventure is enjoyable, exciting and safe. Enclosed shoes must be worn. Suitable for children aged six years and up	Burleigh Justins Park The Esplanade 	Free No bookings required Vertec Adventure W: vertecadventure.com.au E: info@vertecadventure.com.au
Fri 24 Jan	9am-12pm   	Park games and tie dye A fun filled morning of creativity and active fun. Bring more colour to your festive season in tie dye workshop by using groovy swirls, stripes and spiral patterns to make something completely unique. Great Christmas gift! You can bring something white from home and tie-dye it for \$3 or purchase a pillow case or tote bag and tie-dye it for \$4. Only one item per child. Then enjoy the pop up playground which has a fun range of engaging and developmental activities. Come and try stilts, juggling sticks, duck fishing, balance games and more. Activities are best for children two to 12 years. Adults are most welcome to join in the fun.	Pacific Pines Pacific Pines Central Park 149 Pacific Pines Boulevard 	Free, except tie-dye \$3-\$4 (one item only) No bookings required Nigel Coates – Sparky Do Dah M: 0411 699 928 W: SparkyDoDah.com.au  Shoshana - Aspiral Design M: 0402 616 204 W: aspiraldesign.com

Fri 24 Jan	9.30am- 11.30am 	Splashtacular water fun Get soaked, have a laugh and get active with fun filled water games that will keep you cool this summer. Ages six and up. Prepare to get wet and bring a change of clothes.	Coomabah Grassy Park 46 Hansford Road 	Free No bookings required GMG Sports Training M: 0466 246 563 E: gmgfitness@gmail.com W: gmgsportstraining.com
Fri 24 Jan	1pm-3pm	Inflatable fun activity Gather your friends to cool down and have fun in the pool on the scull island, flamingo and swan play inflatable.	Palm Beach Palm Beach Aquatic Centre 1 Thrower Drive	Pool entry No bookings required Palm Beach Aquatic Centre P: 5534 4188
Sat 25 Jan	7am	parkrun Join in a weekly free 5km timed run or walk which is family-friendly and suitable for runners, walkers, prams and dogs. Register prior then come along each Saturday to any of the nine Gold Coast locations. See website for details.	Surfers Paradise Paradise Point Broadbeach Waters Kirra Mudgeeraba Varsity Lakes Upper Coomera Pimpama Main Beach 	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode
Sat 25 Jan	8am 	Australia Day family fitness session Parents and children from six years can train together as a team. Come dressed up and enjoy this fun fitness session with non-contact martial arts games.	Southport Broadwater Parklands South of The Chapel Gold Coast Highway	Free Bookings required Killer Body Movements M: 0447 777 487 E: killerbodymovement@outlook.com
Sat 25 Jan	9am-10am 	Active & Healthy skateboard workshops Come on down to your local skate park and be taught by our great coaches. Learning new skills can always be a little challenging – but challenge is good. If you feel nervous about trying skateboarding, there's no need as these workshops are aimed at beginners. You don't even need your own gear because we supply skateboards and helmets for up to 15 participants.	Tugun Tugun Skate Park Boyd Street 	Free Bookings required via text Gold Coast Skateboard Coaching Jay Hetherington M: 0407 910 240
Sat 25 Jan	9am-12pm 	Summer Saturdays – Stand up paddling Join us at the Gold Coast Recreation Centre every Saturday morning of the summer to learn some of our favourite outdoor activities. The perfect way for adults and teens of all levels to learn something new, and even pick up a new hobby.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway	\$30.40 Bookings required Tallebudgera Leisure Centre P: 1800 753 732 W: ems.gs/3sty0jcbZtx
Sat 25 Jan	1.30pm 	The Junior Skills MTB Clinic Aimed at young riders between the ages of seven and 12 who are keen to get their bikes off-road and want to learn some of the skills and techniques to ride safely and confidently on the trails. The skills clinic focuses on introducing junior riders to a variety of different skills to improve their bike handling abilities.	Nerang Nerang State Forest Hope Street	\$20 Bookings required Mal Schulstad M: 0413 880 371 E: info@mtbskillsandprimalhealth.com.au W: mtbskillsandprimalhealth.com.au
Sun 26 Jan	7am 	Junior parkrun Join this free, weekly, electronically-timed two kilometre run/walk session just for kids aged four to 14. Great for any level of fitness or ability with all runners and walkers welcomed and encouraged.	Southport The Southport School (TSS) 2 Winchester Street	Free No bookings required Must register online W: parkrun.com.au Don't forget your barcode





Sun 26 Jan	9am-11am	  Sparky's Pop Up Playground at the Arts & Crafts Sunday Markets Welcome to the wonderful world of Sparky Do Dah. The park is transformed into a kids wonderland with a range of engaging and developmental activities to suit all ages and abilities. Come and try stilts, juggling sticks, and more. Activities are best for ages two to 12, and adults are most welcome to play. The markets are running from 8am to 2.30pm, boast over 150 stalls showcasing the best and most original of Australian-made products, fresh produce, yummy food and live entertainment. Grab your friends and join the fun at the famous beachside markets.	Burleigh Heads Justins Park The Esplanade Held in the park off The Esplanade running from 1st to 3rd Avenues 	Free No bookings required Nigel Coates – Sparky Do Dah M: 0411 699 928 W: SparkyDoDah.com.au  Gold Coast Arts & Crafts Sunday Markets W: artandcraft.com.au/
Sun 26 Jan	4pm-8pm	Australia Day Celebrations Come and celebrate our great country. Get ready for a wonderful afternoon celebrating with great music, food, fun and fireworks. Active & Healthy team will have fun activities running with GMG Sports Training.	Southport Broadwater Parklands Gold Coast Highway	Free No bookings required W: goldcoast.qld.gov.au/thegoldcoast/australia-day-celebrations-20389.html

Half and full day programs










Date	Time	Activity	Location	Cost / Booking details
Daily	Various	City of Gold Coast Libraries Gold Coast Libraries offers a diverse and exciting range of free programs and events for all interests and ages. There is something for everyone. From Christmas craft through to story time with the kids.	Across the City	Free Bookings required W: goldcoast.qld.gov.au/library/events-activities-66.html
Daily	9am-5pm	Rockpools The kids will have fun getting wet in the rockpools. Pack a picnic and have a day out in the park. Closed Tuesdays until 12pm.	Southport Broadwater Parklands Marine Parade 	Free No bookings required Broadwater Parklands Hours may change due to weather conditions W: cityofgoldcoast.com.au/broadwaterparklands
Daily	9am-5pm	All Coast paddle board hire Discover the clear waters of Tallebudgera Creek on a stand up paddle board or kayak. Paddling is not only great fun, but is great for core strength and overall fitness. Bring the whole family and enjoy a day out by the creek.	Palm Beach In front of Tallebudgera Creek Tourist Park 32 Murlong Crescent	Various prices Bookings required All Coast Paddle Board Hire M: 0416 265 864 W: allcoastpaddleboardhire.com.au
Daily	Various	 Fitness First for teens FFIT holiday program allows 14 to 18 year olds access to Fitness First clubs every day of the school holidays so they can use a variety of gym equipment and participate in group exercise classes. Must bring in signed pre-exercise questionnaire and complete a 45min induction or 65mins for 16 years+. Please note there is no supervision for teens.	Fitness First Mermaid Fitness First Robina 	Free Bookings required Call or visit your local club to book Robina – P: 5630 7500 Mermaid – P: 5595 2400 W: fitnessfirst.com.au/about-us/fitness-first-for-teens
Daily	12-3pm	Gold Coast Aquatic Centre inflatables and dive boards combo pass Bounce, leap and splash into the holidays with our Summer Combo Pass at Gold Coast Aquatic Centre. The pass includes all day pool entry plus inflatables and dive boards from 12 to 3pm. Not available public holidays.	Southport Gold Coast Aquatic Centre Marine Parade	\$10.50 child up to fifteen years \$12.50 adult 16 years and over \$33.00 family of two adults and two children No bookings W: cityofgoldcoast.com.au/citypools

Mon-Fri	9am-5pm 	Public pool Cool down this summer holidays at our pool. All ages welcome. Children under fifteen need a supervising adult.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway	No bookings required \$3.90 per person Tallebudgera Leisure Centre P: 1800 753 732 W: gld.gov.au/recreationcentres
Mon-Fri	9am-5pm	Youth programs Full day youth programs are on offer free at our youth precincts. Designed for youths aged 12 to 17.	Runaway Bay Youth Thrower House Upper Coomera Centre Pacific Pines Nerang	Free Full details online cityofgoldcoast.com.au/schoolholidays
Mon-Fri	9am-1pm 	KDV Sports holiday tennis camp for beginners It's time to get out on the court and learn to play or improve your tennis. For children over eight years. Includes morning tea and lunch.	Carrara KDV 221 Nerang- Broadbeach Road	\$59 per day Bookings required via website KDV M: 5596 0404 W: kdvsport.com/family/school-holiday-camps/
Mon-Fri	9am-3pm 	Tennis camp Learn how to play or improve your tennis skills these summer holidays.	Carrara KDV 221 Nerang- Broadbeach Road	\$59 per day Bookings required via website KDV M: 5596 0404 W: kdvsport.com/family/school-holiday-camps/
Mon-Fri	9am-12pm (morning) 12.30pm-3.30pm (afternoon) 9am-3.30pm (full day)	Coast Club – Full and half day programs It's time for a summer holiday full of adventure! Everything on offer from abseiling, high ropes courses, surfing, stand up paddle boarding to all your favourites, led by our friendly team at the Gold Coast Recreation Centre. Full schedule of activities. available on the website or Facebook page for the	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway 	Morning session 9am-12pm (3 hours) \$29.05 Afternoon session 12.30pm-3.30pm (3 hours) \$29.05 Full-day adventure 9am-3.30pm (6 hours + lunch) \$67.05 Bookings required P: 1800 753 732 E: goldcoastrec@qld.gov.au W: gld.gov.au/recreationcentres
Mon-Sat	9am-5pm Weekdays Sat 9am-4pm	Rock climbing Challenge our ten metre high Rock Face and climb your way to the top! Great for ages five and over. Children five to twelve years need a supervising adult. Enclosed shoes required.	Palm Beach Gold Coast Recreation Centre 1525 Gold Coast Highway 	No bookings required \$12.15 Tallebudgera Leisure Centre P: 1800 753 732 W: gld.gov.au/recreationcentres
Week 1				
Tue 10 Dec, Thu 12 Dec, Tue 17 Dec, Thu 19 Dec	9am-3pm 	Focus Fitness kids school holiday program Fun, adventure and loads of activities and team building. There is a free bus drop off to your door on offer. Only taking 10 kids per day.	Mudgeeraba Firth Park Somerset Drive 	\$55 full day/\$100 2 days Bookings required Focus Fitness M: 0422 220 468
Sat 14 Dec – Fri 20 Dec	Various 	Kids in the Kitchens Gingerbread decorating Deck the halls, ring the bells and of course, start baking! In preparation of the Jolly man's arrival, we will be hosting a special Gingerbread Decorating workshop for our younger visitors. Once our budding chefs have put the finishing touches on their seasonal treats, they can eat them, gift them, or leave them out for Santa on Christmas Eve! Best suited for children aged three and over. Bookings are essential.	Robina Robina Town Centre Robina Town Centre Drive 	\$5 per child Bookings essential via website W: robinatowncentre.com.au/play/events/gingerbread-cookie-decorating-workshops

Mon 16 Dec – Thu 19 Dec	9am-3pm 	Varsity Lakes Trampoline and Gymnastics Club school holiday camps A full day filled with nonstop fun. Partake in gymnastics and trampoline circuits, circus skills, ninja warrior courses, arts, crafts, and so much more. Bring along a packed lunch and water bottle and leave the rest up to us! Half day 9am – 12.30pm.	Burleigh Varsity Lakes Trampoline and Gymnastics Club 10 Ramly Drive	\$30 half day/ \$50 full day Bookings required Varsity Lakes Trampoline and Gymnastics Club P: 07 5568 0998 E: vltgc@icloud.com
Mon 16 Dec – Thu 19 Dec	9am-3pm 	Gold Coast basketball Summer holiday camp Designed for children aged five to 18 years, the camp will provide fun and enjoyable activities, expert coaching, skill development, competitions, prizes, and an excellent opportunity to mix and make new friends. You don't have to play basketball to attend, we cater for all levels from beginners to elite players.	Reedy Creek Hillcrest Christian College 21 Bridgman Dr	\$50 single day/\$90 two days/\$125 full camp/\$150 for full camp Bookings required via website Gold Coast City Regional Basketball Association W: goldcoastbasketball.com.au/2019-summer-holiday-camp
Mon 16 Dec – Fri 20 Dec	8.30am-3.30pm 	KDV Summer School Holiday Camps There's heaps of fun to be had at these all day sporting clinics on offer at KDV Sports. From dodge ball, to bull rush, disco fun, gold, tennis, and so much more. The kids will have a ball these holidays at KDV. Includes morning tea and lunch.	Carrara KDV 221 Nerang- Broadbeach Road	\$49 per day Bookings required via website KDV M: 5596 0404 W: kdvsport.com/family/school-holiday-camps/
Mon 16 Dec – Fri 20 Dec	9am-3pm 	Circus Workshop Run off and join the circus at Aerial Angels. Come hang off a trapeze and clown around for a day full of fun, fitness, and new friends! For children six to twelve years.	Varsity Lakes Aerial Angels Cirque Central 11 Crown Court	\$45 per day/\$100 for 3 days Bookings required Aerial Angels Cirque Central P: 5522 0702 E: admin@aerialangels.com.au
Mon 16 Dec	9am-12.15pm, 12.45pm-3pm & 9am-3pm 	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games, and so much more! All Members and non-members over the age of 5 are invited to attend.	Miami Bill Groom Gymnasium 80 Pacific Avenue 	\$22 half day/\$38 full day Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Mon 16 Dec & Tue 17 Dec	9am-3pm 	Holiday Sailing Camp This 2-day sailing camp which has the kids learning to sail small boats and learning basic rigging, sailing, and safety skills. The camps are for both beginners and experienced sailors and utilising the waters around the club premises for training purposes. Ages six to 16 years.	Paradise Point Paradise Point Sailing Club Lot 128 The Esplanade 	\$110 for the 2-day camp. Bookings required Paradise Point Sailing Club M: 0407 145 397 E: ppscinc@bigpond.com
Tue 17 Dec – Thu 19 Dec	9am-3pm 	KDV Junior Golf Camp Join us for the best junior golf camp on the Gold Coast. Ideal for beginners looking to learn how to chip, putt, and drive. All activities guided by KDV's professional PGA coaches.	Carrara KDV 221 Nerang- Broadbeach Road	\$75 per day/\$200 for 3 days Bookings required via website KDV M: 0419 028 483 W: kdvsport.com/family/school-holiday-camps/
Tue 17 Dec	9am-12.15pm, 12.45pm-3pm & 9am-3pm 	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games, and so much more! All Members and non-members over the age of 5 are invited to attend.	Coomera Coomera Indoor Sports Centre 35 Beattie Road 	\$22 half day/\$38 full day Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Wed 18 Dec	9am-12.15pm, 12.45pm-3pm & 9am-3pm 	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games, and so much more! All Members and non-members over the age of 5 are invited to attend.	Miami Bill Groom Gymnasium 80 Pacific Avenue 	\$22 half day/\$38 full day Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com

Thu 19 Dec	9am- 12.15pm, 12.45pm- 3pm & 9am-3pm	Gymnastics school holiday program Our school holiday program is back and better than ever. Gymnastics, craft, games and so much more! All Members and non-members over the age of 5 are invited to attend.	Coomera Coomera Indoor Sports Centre 35 Beattie Road 	\$22 half day/\$38 full day Bookings required Gold Coast Gymnastics P: 5572 3619 E: admin@goldcoastgymnastics.com
Week 3-4				
Thu 2 Jan & Fri 3 Jan	9am-3pm	Holiday Sailing Camp This 2-day sailing camp which have the kids learning to sail small boats and learning basic rigging, sailing and safety skills. The camps are for both beginners and experienced sailors and utilising the waters around the club premises for training purposes. Ages six to 16 years.	Paradise Point Paradise Point Sailing Club Lot 12 The Esplanade 	\$110 for the 2-day camp. Bookings required Paradise Point Sailing Club M: 0407 145 397 E: ppscinc@bigpond.com
Mon 6 Jan –Fri 10 Jan	9am-3pm 	Circus Workshop Run off and join the circus at Aerial Angels. Come hang off a trapeze and clown around for a day full of fun, fitness and new friends! For children six to twelve years.	Varsity Lakes Aerial Angels Cirque Central 11 Crown Court	Bookings required \$45 per day/\$100 for 3 days Aerial Angels Cirque Central P: 5522 0702 E: admin@aerialangels.com.au
Mon 6 Jan – Fri 10 Jan	8.30am- 3.30pm 	KDV Summer School Holiday Camps There's heaps of fun to be had at these all day sporting clinics on offer at KDV Sports. From dodge ball, to bull rush, disco fun, gold, tennis and so much more. The kids will have a ball these holidays at KDV. Includes morning tea and lunch.	Carrara KDV 221 Nerang- Broadbeach Road	\$49 per day Bookings required via website KDV M: 5596 0404 W: kdvsport.com/family/school-holiday-camps/
Mon 6 Jan & Tue 7 Jan	9am-3pm	Holiday Sailing Camp This 2-day sailing camp which have the kids learning to sail small boats and learning basic rigging, sailing and safety skills. The camps are for both beginners and experienced sailors and utilising the waters around the club premises for training purposes. Ages six to 16 years.	Paradise Point Paradise Point Sailing Club Lot 128 The Esplanade 	\$110 for the 2-day camp. Bookings required Paradise Point Sailing Club M: 0407 145 397 E: ppscinc@bigpond.com
Tue 7 Jan- Thu 9 Jan	9am-3pm 	KDV Junior Golf Camp Join us for the best junior golf camp on the Gold Coast. Ideal for beginners looking to learn how to chip, putt and drive. All activities guided by KDV's professional PGA coaches.	Carrara KDV 221 Nerang- Broadbeach Road	\$75 per day/\$200 for 3 days Bookings required via website KDV M: 0419 028 483 W: kdvsport.com/family/school-holiday-camps/
Tue 7 Jan & Thu 9 Jan	9am-3pm 	Focus Fitness kids school holiday program Fun, adventure and loads of activities and team building. There is a free bus drop off to your door on offer. Only taking 10 kids per day.	Mudgeeraba Firth Park Somerset Drive	\$55 full day/\$100 2 days Bookings required Focus Fitness M: 0422 220 468
Week 5				
Mon 13 Jan – Fri 19 Jan	9.30am & 11am 	Puppetry – Gingerbread Man Don't miss this entertaining puppetry performance run by volunteers who have a passion for puppets and theatre. Child care groups and senior citizens welcome. The theatre is fully air conditioned.	Surfers Paradise Macintosh Island Park Gold Coast Highway	No bookings required \$6/cash only at the door. Children under 2 free. Queensland Theatre of Puppetry W: qtop.org.au
Mon 13 Jan – Thu 16 Jan	9am-12pm	Diving come and try Learn to dive from the spring board one to three meters high. The program involved the kids having fun learning through different activities. These include trampolines, foam pit and diving board practice. For children six to sixteen years. Price includes insurance of \$2.50 per day.	Southport Gold Coast Aquatic Centre Marine Parade	Bookings required via email \$30 per day/\$75 three days Kevin Hall M: 0415 787 207 E: kevvyhall1@gmail.com

Mon 13 Jan & Tue 14 Jan	9am-3pm	Holiday Sailing Camp This 2-day sailing camp which have the kids learning to sail small boats and learning basic rigging, sailing and safety skills. The camps are for both beginners and experienced sailors and utilising the waters around the club premises for training purposes. Ages six to 16 years.	Paradise Point Paradise Point Sailing Club Lot 128 The Esplanade 	\$110 for the 2-day camp. Bookings required Paradise Point Club M: 0407 145 397 E: ppscinc@bigpond.com
Mon 13 Jan – Thu 16 Jan	9am-3pm 	Varsity Lakes Trampoline and Gymnastics Club school holiday camps A full day filled with nonstop fun. Partake in gymnastics and trampoline circuits, circus skills ninja warrior courses arts crafts and so much more. Bring along a packed lunch and water bottle and leave the rest up to us! Half day 9am – 12.30pm.	Burleigh Varsity Lakes Trampoline and Gymnastics Club 10 Ramly Drive	Bookings required \$30 half day/ \$50 full day Varsity Lakes Trampoline and Gymnastics Club P: 07 5568 0998 E: vltgc@icloud.com
Mon 13 Jan – Fri 17 Jan	8.30am-3.30pm 	KDV Summer School Holiday Camps There's heaps of fun to be had at these all day sporting clinics on offer at KDV Sports. From dodge ball, to bull rush, disco fun, gold, tennis and so much more. The kids will have a ball these holidays at KDV. Includes morning tea and lunch.	Carrara KDV 221 Nerang- Broadbeach Road	\$49 per day Bookings required via website KDV M: 5596 0404 W: kdv sport.com/family/school-holiday-camps/
Mon 13 Jan – Sun 19 Jan	Varied 	Skate Fest Let's roll parents and inject some fun into the January school holidays with a skate sesh at Pacific Fair. Back due to popular demand, the car park at Pacific Fair is transforming into a skate park so kids aged five years and over can learn all of the tips on how to get started, perfect some tricks for the more experienced or, for the more creative kids, they can get crafty at design school. All activities are free, but bookings are essential, and spaces are limited.	Broadbeach Pacific Fair Shopping Centre Gold Coast Highway 	Bookings essential via online Free W: pacificfair.com.au
Tue Jan 14 & Thu Jan 16	9am-3pm 	Focus Fitness kids school holiday program Fun, adventure and loads of activities and team building. There is a free bus drop off to your door on offer. Only taking 10 kids per day.	Mudgeeraba Firth Park Somerset Drive	\$55 full day/\$100 2 days Bookings required Focus Fitness M: 0422 220 468
Tue 14 Jan – Thu 16 Jan	9am-3pm 	KDV Junior Golf Camp Join us for the best junior golf camp on the Gold Coast. Ideal for beginners looking to learn how to chip, putt and drive. All activities guided by KDV's professional PGA coaches.	Carrara KDV 221 Nerang- Broadbeach Road	\$75 per day/\$200 for 3 days Bookings required via website KDV M: 0419 028 483 W: kdv sport.com/family/school-holiday-camps/
Tue 14 Jan – Wed 15 Jan	9am-3pm 	Circus Workshop Run off and join the circus at Aerial Angels Come hang off a trapeze and clown around for a day full of fun, fitness and new friends! For children six to twelve years.	Varsity Lakes Aerial Angels Cirque Central 11 Crown Court	Bookings required \$45 per day/\$100 for 3 days Aerial Angels Cirque Central P: 5522 0702 E: admin@aerialangels.com.au
Week 6				
Mon 20 Jan- Wed 22 Jan	9am-3pm 	KDV Junior Golf Camp Join us for the best junior golf camp on the Gold Coast. Ideal for beginners looking to learn how to chip, putt and drive. All activities guided by KDV's professional PGA coaches.	Carrara KDV 221 Nerang- Broadbeach Road	\$75 per day/\$200 for 3 days Bookings required via website KDV M: 0419 028 483 W: kdv sport.com/family/school-holiday-camps/
Mon 20 Jan – Wed 22 Jan	9am-12pm	Diving come and try Learn to dive from the spring board one to three meters high. The program involved the kids having fun learning through different activities. These include trampolines, foam pit and diving board practice. For children six to sixteen years. Price includes insurance of \$2.50 per day.	Southport Gold Coast Aquatic Centre Marine Parade	Bookings required via email \$30 per day/\$75 three days Kevin Hall M: 0415 787 207 E: kevvyhall1@gmail.com

Mon 20 Jan – Thu 23 Jan	9am-3pm 	Varsity Lakes Trampoline and Gymnastics Club school holiday camps A full day filled with nonstop fun. Partake in gymnastics and trampoline circuits, circus skills, ninja warrior courses, arts, crafts, and so much more. Bring along a packed lunch and water bottle and leave the rest up to us! Half day 9am – 12.30pm.	Burleigh Varsity Lakes Trampoline and Gymnastics Club 10 Ramly Drive	Bookings required \$30 half day/ \$50 full day Varsity Lakes Trampoline and Gymnastics Club P: 07 5568 0998 E: vltgc@icloud.com
Mon 20 Jan – Fri 24 Jan	9am-3pm 	Circus Workshop Run off and join the circus at Aerial Angels. Come hang off a trapeze and clown around for a day full of fun, fitness, and new friends! For children six to twelve years.	Varsity Lakes Aerial Angels Cirque Central 11 Crown Court	Bookings required \$45 per day/ \$100 for 3 days Aerial Angels Cirque Central P: 5522 0702 E: admin@aerialangels.com.au
Mon 20 Jan – Fri 24 Jan	9.30am & 11am 	Puppetry – Gingerbread Man Don't miss this entertaining puppetry performance run by volunteers who have a passion for puppets and theatre. Child care groups and senior citizens welcome. The theatre is fully air conditioned.	Surfers Paradise Macintosh Island Park Gold Coast Highway 	No bookings required \$6/cash only at the door. Children under 2 free. Queensland Theatre of Puppetry W: qtop.org.au
Mon 20 Jan – Fri 24 Jan	8.30am-3.30pm 	KDV Summer School Holiday Camps There's heaps of fun to be had at these all-day sporting clinics on offer at KDV Sports. From dodge ball, to bull rush, disco fun, gold, tennis, and so much more. The kids will have a ball these holidays at KDV. Includes morning tea and lunch.	Carrara KDV 221 Nerang- Broadbeach Road	\$49 per day Bookings required via website KDV M: 5596 0404 W: kdvsport.com/family/school-holiday-camps/
Mon 20 Jan – Sun 26 Jan	Varied 	Skate Fest Let's roll parents and inject some fun into the January school holidays with a skate sesh at Pacific Fair. Back due to popular demand, the car park at Pacific Fair is transforming into a skate park so kids aged five years and over can learn all of the tips on how to get started, perfect some tricks for the more experienced or, for the more creative kids, they can get crafty at design school.	Broadbeach Pacific Fair Shopping Centre Gold Coast Highway	Free Bookings essential via online W: pacificfair.com.au 
Tue Jan 21 & Thu Jan 23	9am-3pm 	Focus Fitness kids school holiday program Fun, adventure, and loads of activities and team building. There is a free bus drop off to your door on offer. Only taking 10 kids per day.	Mudgeeraba Firth Park Somerset Drive	\$55 full day/ \$100 2 days Bookings required Focus Fitness M: 0422 220 468
Tue Jan 28 & Thu Jan 30	9am-3pm 	Focus Fitness kids school holiday program Fun, adventure, and loads of activities and team building. There is a free bus drop off to your door on offer. Only taking 10 kids per day.	Mudgeeraba Firth Park Somerset Drive	\$55 full day/ \$100 2 days Bookings required Focus Fitness M: 0422 220 468

ACTIVE & HEALTHY

ACTIVE & HEALTHY SUMMER SERIES 2019/2020

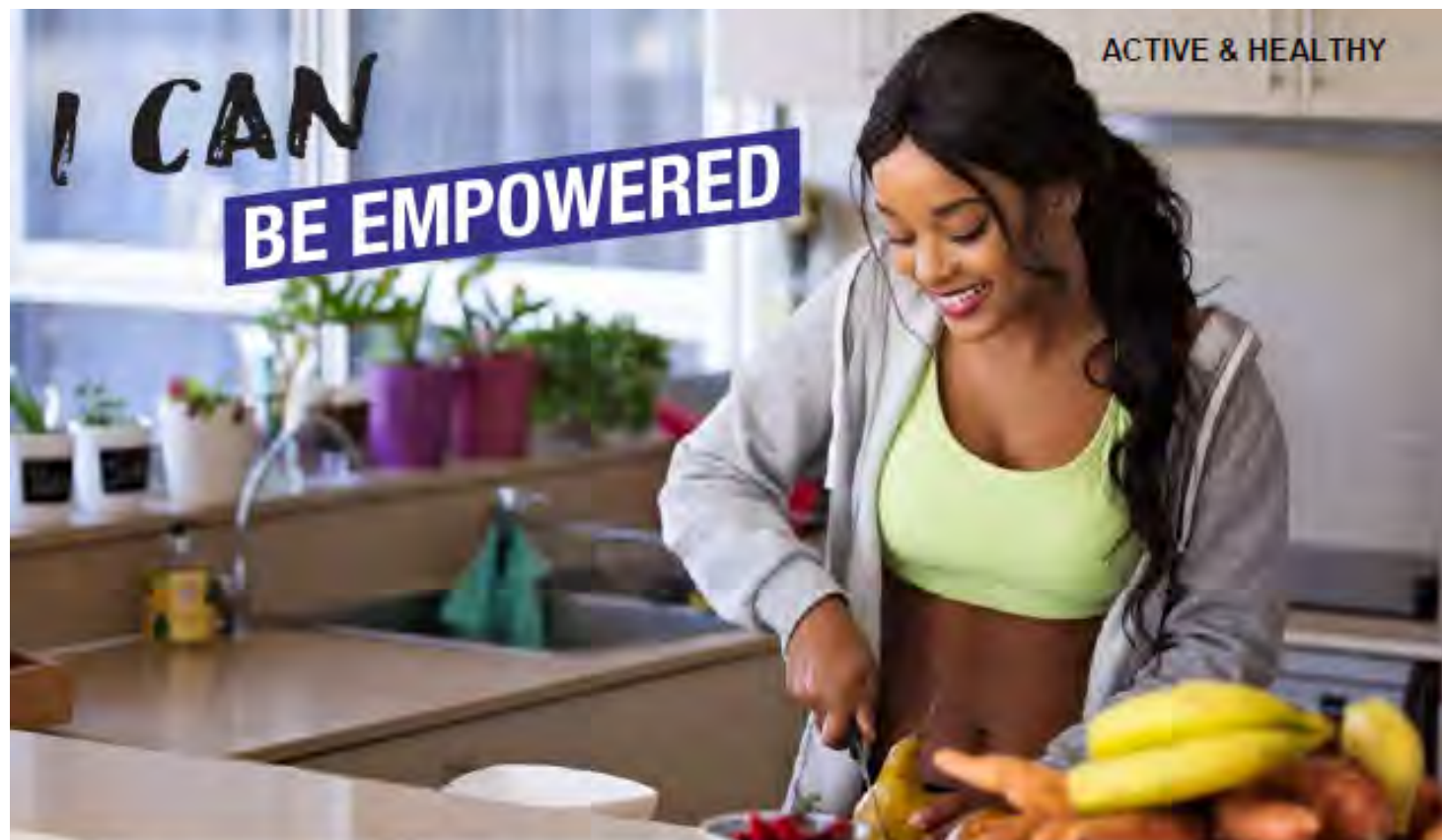
Let's tell that inner voice **I CAN** move more and eat well to feel great!

The Active & Healthy Program is here to encourage you to change your mindset, delete your negative self-talk, and give yourself an empowerment speech that convinces you once and for all that you really CAN make some positive changes to your way of life and create long-term lifestyle benefits for you and your family. The program starts again on **Tuesday 28 January** and runs until Sunday 5 April. Some programs are still running in the Summer Series, so take advantage of this opportunity.

Check out what's on offer near you at cityofgoldcoast.com.au/ICAN



I CAN
BE ACTIVE & HEALTHY



NEW YEAR, NEW LIFESTYLE RESET

Join us for an entertaining, interactive and educational evening that will have you laughing and tasting yummy food.

Sam Beau Patrick will discuss why racing forward in life often results in taking you backwards.

Ronaldo Fulieri will provide an informative and fun cooking class demonstration where you will learn the medicinal properties of food. His recipes are delicious and easy to prepare at home.

Maya Brosnan will explore 'mood food', the importance of keeping a healthy mind while creating a physically healthy environment through nourishing food choices, yoga wisdom and simple meditation practices to help you 'stress less and weigh less'.

Mona Hecke will inspire you to make some positive changes that will give you the ability to live your life with the energy and vitality you deserve.

YOUR PRESENTERS FOR BOTH MINI RETREATS

Sam Beau Patrick – The Health Queen
W sambeaupatrick.com

Ronaldo Fulieri – The super power of nutrition, food as medicine
W ronaldofulierinutrition.com

Maya Brosnan – Naturopathic Nutritionist and Iridologist
W mayabrosnan.com.au/

Mona Hecke – Aussie Health Girl
W aussiehealthgirl.com

DATE	TIME	LOCATION	BOOKINGS VIA WEBSITE	COST
Thu 20 Feb	6pm-8pm	Burleigh Waters Community Centre Christine Avenue Burleigh Waters	W: eventbrite.com.au/e/62553127087	\$10

The Active & Healthy Program offers a broad range of free and low-cost activities that are fun, enjoyable and suitable for all shapes and sizes. Let's tell that inner voice that I CAN move more and eat well to feel great!
cityofgoldcoast.com.au/ICAN



**JOIN
US!**

BUILDING HEALTHY FAMILIES

Your choice – their future

Are you worried about your family's health? Concerned about how to juggle all the stressors of life and still maintain a happy and healthy family life?

This interactive event is designed to help families get moving and develop healthy habits for your family's future. In addition to a brief family workout, kids and adults will hear from a nutrition educator and learn practical and simple tips have your family feel happier and healthier.

This workshop will also give you the information and tools to help prevent disease and make better decisions to achieve optimal health.



YOUR PRESENTER

Karla Gilbert OAM, Nutrition and Health Coach

E wellness@karlagilbert.com.au

W karlagilbert.com.au

FREE

SUN 19 JAN 2020

10AM – 12PM

Robina Community Centre,
196 Robina Town Centre
Drive, Robina
Room 1.2

YOUR PRESENTER

Jay, Gecko Sports

E jay@geckosports.com.au

BOOKINGS REQUIRED [eventbrite.com.au/e/63542565524](https://www.eventbrite.com.au/e/63542565524)



Nerang Youth

Bert Swift Community Hall
11 Centurion Crescent, Nerang

All
activities
are
free!

School Holiday Program

Week 1: 16th to 20th December, 2019

Monday 16th December, 2019

9am-10am	Ice breakers
10am -12pm	Remember the 5 D's of dodgeball: Dodge, duck, dip, dive and dodge
12pm -1pm	Bring some lunch and hang out
1pm-3pm	Craft time
3pm-5pm	Oz Tag

Tuesday 17th December, 2019

9am-10am	Will you eat the most pieces of chocolate in this fast paced game?
10am -12pm	Inflatables
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Inflatables
3pm-5pm	Popcorn and a movie. Come & chill out with us

Wednesday 18th December, 2019

9am-10am	Ace, King, Queen, or Duncie who will take out the handball comp?
10am-12pm	Carrara Lions join us for a morning of fun
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Art and craft
3pm-5pm	Balloon pop with a twist

Thursday 19th December, 2019

9am-10am	Remember the 5 D's of dodgeball? Dodge, duck, dip, dive and dodge
10am-12pm	Scriptwriting. Make a rap, song or poem
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Soccer time. Who will be the next Beckham?
3pm-5pm	Popcorn and a movie. Come & chill out with us

Friday 20th December, 2019

9am-10am	Uno time
10am-12pm	Come & learn some cooking skills
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Fitness time with Paris
2pm-3pm	Christmas trivia
3pm-5pm	Christmas party with fun games

Registrations can be completed on any first day of arrival. ★ Indicates activity has limited spaces - booking is essential. All activities are free and are strictly for young people 12 to 17 years. **For bookings or more information email tadams@wmq.org.au or phone 0408 734 061**

facebook.com/PeterYoungDiv5



Councillor
Peter Young
Division 5



Nerang
Neighbourhood Centre



CITY OF
GOLD COAST.



Nerang Youth

Bert Swift Community Hall
11 Centurion Crescent, Nerang

All
activities
are
free!

School Holiday Program

Week 2: 6th to 10th January, 2020

Monday 6th January, 2020

9am-10am	Who will you call over in ball rush?
10am-12pm	Oz Tag
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Uno
2pm-3pm	Learn our Olympic dance with Inkin Dance
3pm-5pm	Memory fun game

Tuesday 7th January, 2020

9am-10am	Balloon Dare
10am-12pm	Giant Jenga
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Cooking
3pm-5pm	Popcorn and a movie. Come & chill out with us

Wednesday 8th January, 2020

9am-10am	Medusa game
10am-12pm	Inflatables. Bring swimmers and a towel
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Inflatables. Bring swimmers and a towel
3pm-5pm	Domino stack

Thursday 9th January, 2020

9am-10am	Remember the 5 D's of dodgeball? Dodge, duck, dip, dive and dodge
10am-12pm	Get crafty with bouncy ball making
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Make your own donuts
3pm-5pm	Popcorn and a movie. Come & chill out with us

Friday 10th January, 2020

9am-10am	Wacky duck game
10am-12pm	OZ Tag
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Get fit with Paris
2pm-3pm	Ace, King, Queen, or Duncie who will take out the handball comp?
3pm-5pm	Water fun bring a towel

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Peter Young
Division 5



Nerang
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Nerang Youth

Bert Swift Community Hall
11 Centurion Crescent, Nerang

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School Holiday Program

Week 3: 13th to 17th January, 2020

Monday 13th January, 2020

9am-10am	Wacky duck game
10am-12pm	Tie dying: Bring something white
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Team UNO
2pm-3pm	IKIN Dance will help us with our Olympic dance
3pm-5pm	Popcorn and a movie. Come & chill out with us

Tuesday 14th January, 2020

9am-10am	Handball time... bring your 'A' game
10am-12pm	Inflatables: Bring swimmers and a towel
10am-12pm	Bring some lunch and hang out
1pm-3pm	Inflatables: Bring swimmers and a towel
3pm-5pm	Chocolate game. Will you get the most?

Wednesday 15th January, 2020

9am-10am	Remember the 5 D's of dodgeball? Dodge, duck, dip, dive and dodge
10am-12pm	Youth Olympics prep
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Slime making
3pm-5pm	Popcorn and a movie. Come & chill out with us

Thursday 16th January, 2020

9am-10am	Domino stack
10am-12pm	Banner Art and crafts (Clever patch)
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Oz Tag
3pm-5pm	Water fun, bring a towel

Friday 17th January, 2020

9am-10am	Team Uno challenge
10am -12pm	Youth Olympics prep
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Fitness time with Paris
2pm-5pm	Sing your heart out with some awesome karaoke

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Peter Young
Division 5



Nerang
Neighbourhood Centre



CITY OF
GOLD COAST.



Nerang Youth

Bert Swift Community Hall
11 Centurion Crescent, Nerang

All
activities
are
free!

School Holiday Program

Week 4: 20th to 24th January, 2020

Monday 20th January, 2020

9am-10am	Will you get called over in ball rush?
10am-12pm	Youth Olympics prep
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Connect 4 battle
2pm-3pm	IKIN Dance will help us with our Olympic dance
3pm-5pm	Popcorn and a movie. Come & chill out with us

Tuesday 21st January, 2020

9am-10am	Balloon dare, are you ready for this new game
10am-12pm	Let's get crafty with some lantern making
12am-1pm	Bring some lunch and hang out
1pm-3pm	Mini Races let's get some practise in before Olympics
4pm-5pm	Water fun. Bring a towel.

Wednesday 22nd January, 2020

9am-10am	4 squares or 2, let's see who will be our handball champ
10am-12pm	Carrara Lions are joining us this morning for some activities ★
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Olympics is tomorrow let's make sure we are prepared
3pm-5pm	Popcorn and a movie. Come & chill out with us

Thursday 23rd January, 2020

★ Youth Summer Olympics ★

9am – 5pm	Nerang is ready to win the Olympics Summer Trophy back! Participants and teams will be picked prior to this date so get your name down quick!
	This is an offsite excursion therefore Nerang will be closed. Please ensure that you are ready to leave Nerang at 9am when the coach arrives. We will return at 4pm □

Friday 24th January, 2020

9am-10am	Trivia. Who will answer the most questions?
10am-12pm	Giant Dominos
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Fitness with Paris
2pm-5pm	Party and a movie celebrate the end of our holiday program!

Registrations can be completed on any first day of arrival. ★ Indicates activity has limited spaces - booking is essential. All activities are free and are strictly for young people 12 to 17 years. **For bookings or more information email tadams@wmq.org.au or phone 0408 734 061**

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Peter Young
Division 5



Nerang
Neighbourhood Centre



CITY OF
GOLD COAST



Coomera Youth

133 Finnegan Way, Coomera

All
activities
are
free!

School Holiday Program

Week 1: 16th to 20th December, 2019

Monday 16th December, 2019

9am-10am	Card games
10am-12pm	Catch the Flag & Dodgeball
12pm-1pm	Lunch
1pm-3pm	No ball Oz Tag
3pm-4pm	Balloon Pop
4pm-5pm	Sushi Go

Tuesday 17th December, 2019

9am-11am	Volleyball
11am-12pm	Connect 4
12pm-1pm	Lunch
1pm-2pm	Pie Face
2pm-5pm	Family Feud

Wednesday 18th December, 2019

9am-12pm	Breakfast and movie
12pm-1pm	Lunch
1pm-3pm	Indian Poker
3pm-5pm	Noodle Hockey

Thursday 19th December, 2019

9am-10am	Card games
10am-12pm	Inflatables
12pm-1pm	Lunch
1pm-3pm	Inflatables
3pm-5pm	Cooking : Lolly making

Friday 20th December, 2019

9am-10am	Board games
10am-12pm	4 Court Dodgeball
12pm-1pm	Lunch
1pm-3pm	Handball
3pm-5pm	Arts and crafts




Registrations can be completed on any first day your young person arrives

★ Indicates activity has limited spaces - booking is essential.

All activities are strictly for young people 12-17 years and all activities are free!

For information: email tadams@wmq.org.au or phone 0408 734 061

CITY OF
GOLD COAST.



Coomera Youth

133 Finnegan Way, Coomera

All
activities
are
free!

School Holiday Program

Week 2: 6th to 10th January, 2020

Monday 6th January, 2020

9am-10am	Noodle Hockey
10am-11am	Board games
11am-12pm	Trivia warm up
12pm-1pm	Lunch
1pm-3pm	Hall games
3pm-5pm	Trivia Competition

Tuesday 7th January, 2020

9am-11am	Dodge Ball warm ups
11am-12pm	Cooking :Pie Making
12pm-1pm	Lunch
1pm-3pm	No Ball Oz Tag
3pm-5pm	Handball/Dodgeball comp

Wednesday 8th January, 2020

9am-11am	Family Feud Comp
11am-12pm	Card Games
12pm-1pm	Lunch
1pm-2pm	Get fit with Paris
3pm-5pm	Volleyball with a sheet

Thursday 9th January, 2020

9am-10am	Card games
11am-12pm	Connect 4
12pm-1pm	Lunch
1pm-3pm	Movies and popcorn
3pm-4pm	Balloon pop
4pm-5pm	Handball play off

Friday 10th January, 2020

9am-10am	Beanboozled
10am-12pm	Inflatables
12pm-1pm	Lunch
1pm-3pm	Inflatables
3pm-5pm	Noodle Hockey




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Pacific Pines Youth

Pacific Pines Boulevard
(Adjacent to Wajin Park), Pacific Pines

All
activities
are
free!

School Holiday Program

Week 1: 16th to 20th December, 2019

Monday 16th December, 2019

9am – 10am	Icebreaker games
10am – 12pm	Indoor hall games
12pm – 1pm	LUNCH
1pm – 3pm	Make Christmas shrinkies to keep
3pm – 5pm	Board games

Tuesday 17th December, 2019

9am – 11am	Kelly Pool competition
11am – 12pm	Sushi cakes
12pm – 1pm	LUNCH
1pm – 3pm	Create sand art
3pm – 5pm	Movie & popcorn

Wednesday 18th December, 2019

9am – 10am	Basketball shoot off
10am – 12pm	Christmas craft candles
12pm – 1pm	LUNCH
1pm – 3pm	Home-made lollipops
3pm – 5pm	Water games. Bring your towel and swimmers!

Thursday 19th December, 2019

9am – 10am	Maze races
10am – 12pm	Create, make, bake
12pm – 1pm	LUNCH
1pm – 3pm	Lantern making with Bella
3pm – 5pm	Christmas games

Friday 20th December, 2019

9am – 12pm	Big breakfast & movie
12pm – 1pm	LUNCH
1pm – 3pm	Lolly wreaths
3pm – 4pm	Minute to Win It!
4pm – 5pm	Christmas parcel pass

Registrations can be completed on any first day your young person arrives
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Pacific Pines Youth

Pacific Pines Boulevard
(Adjacent to Wajin Park), Pacific Pines

All
activities
are
free!

School Holiday Program

Week 2: 6th to 10th January, 2020

Monday 6th January, 2020

9am – 10am	Memory Match
10am – 12pm	Dough art
12pm – 1pm	LUNCH
1pm – 2pm	Move with Ikin dance
2pm – 3pm	Pool Competition
3pm – 5pm	Movie & popcorn

Tuesday 7th January, 2020

9am – 11am	Biscuit design
11am – 12pm	Connect 4 play off
12pm – 1pm	LUNCH
1pm – 2pm	Get fit with Paris
2pm – 4pm	Pot plants to make, decorate and take home
4pm – 5pm	Puzzle Time

Wednesday 8th January, 2020

9am – 10am	Domino games
10am – 12pm	Inflatables
12pm – 1pm	LUNCH
1pm – 3pm	Tie dying. Bring something white.
3pm – 5pm	Card games

Thursday 9th January, 2020

9am – 10am	Oz Tag Tiggy
10am – 12pm	Peg frames
12pm – 1pm	LUNCH
1pm – 3pm	Trivia race
3pm – 4pm	Blind Man's Bluff
4pm – 5pm	5 Second Rule

Friday 10th January, 2020

9am – 10am	Pancake breakfast
10am – 12pm	Beading. Create something for yourself or to give to someone else
12pm – 1pm	LUNCH
1pm – 2pm	Giant Uno
2pm – 4pm	Movie & popcorn
4pm – 5pm	Kelly Pool

Pacific Pines Youth

Pacific Pines Boulevard
(Adjacent to Wajin Park), Pacific Pines

All
activities
are
free!

School Holiday Program

Week 3: 13th to 17th January, 2020

Monday 13th January, 2020

9am – 10am	Kelly Pool
10am – 12pm	Macrame pots
12pm – 1pm	LUNCH
1pm – 2pm	Olympic dance practice with Ikin Dance
2pm – 4pm	Olympic prep, let's get ready!!!
4pm – 5pm	Sushi Go

Tuesday 14th January, 2020

9am – 10am	Capture the flag
10am – 12pm	Foil pic fun
12pm – 1pm	LUNCH
1pm – 3pm	Movie & popcorn
3pm – 5pm	Old style party games

Wednesday 15th January, 2020

9am – 10am	Handball
10am – 12pm	Clay time
12pm – 1pm	LUNCH
1pm – 3pm	Youth Olympics prep
3pm – 5pm	Fun with water. Bring your towel and swimmers

Thursday 16th January, 2020

9am – 10am	Noodle Hockey
10am – 12pm	Board games
12pm – 1pm	LUNCH
1pm – 3pm	Make hot air balloons
3pm – 5pm	Pool competition

Friday 17th January, 2020

9am – 10am	Balloon pop
10am – 12pm	Make mini cob loaves
12pm – 1pm	LUNCH
1pm – 3pm	Collage art
3pm – 5pm	Monopoly

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Pacific Pines Youth

Pacific Pines Boulevard
(Adjacent to Wajin Park), Pacific Pines

All
activities
are
free!

School Holiday Program

Week 4: 20th to 24th January, 2020

Monday 20th January, 2020

9am – 10am	Speed cards
10am – 12pm	Note boards
12pm – 1pm	LUNCH
1pm – 2pm	Olympic dance practice with Ikin Dance
2pm – 4pm	Movie & popcorn
4pm – 5pm	Youth Olympics prep

Tuesday 21st January, 2020

9am – 10am	Go Fish
10am – 12pm	Inflatables
12pm – 1pm	LUNCH
1pm – 3pm	Pencil cases
3pm – 5pm	Pool competition

Wednesday 22nd January, 2020

9am – 10am	Oz Tag Tiggy
10am – 12pm	Olympic prep
12pm – 1pm	LUNCH
1pm – 3pm	Ball games
3pm – 5pm	Shrink art. Create something colourful to take home

Thursday 23rd January, 2020

		Pacific Pines is ready to take on the other hubs to win the Olympics Summer Trophy back!
9am – 5pm	Youth Summer Olympics	Participants and teams will be picked prior to this date so get your name down quick!
		This is an offsite excursion therefore Pacific Pines will be closed. Please ensure that you are ready to leave Pacific Pines at 9am when the coach arrives. We will return at 4pm ★

Friday 24th January, 2020

9am – 12pm	Breakfast + movie + chillax
12pm – 1pm	LUNCH
1pm – 3pm	Mini pom poms
3pm – 5pm	Games afternoon for our last day



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Runaway Bay Youth

379 Oxley Drive, Runaway Bay

All
activities
are
free!

School Holiday Program

Week 1: 16th to 20th December, 2019

Monday 16th December, 2019

9am-10am	Duck and dive to be the winner of Dodgeball !
10am-12pm	Inflatables
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Inflatables
3pm-5pm	Chill out and join us for a movie, we'll supply the popcorn

Tuesday 17th December, 2019

9am-10.30am	Smoothie making
10.30am -12pm	Pancakes
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Paris fun fitness
2pm-4pm	Mega Snakes and Ladders
4pm-5pm	Chocolate games. Will you get the most pieces?

Wednesday 18th December, 2019

9am-11am	Tie dying, bring something white
11am-12pm	Noodle hockey
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Lantern making
3pm-5pm	Chill out and join us for a movie, we'll supply the popcorn

Thursday 19th December, 2019

9am-10am	Scatterball, a twist on dodgeball
10am-12pm	Kelly Pool, will your number make you the winner?
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Photo booth
3pm-5pm	Indoor Oz Tag

Friday 20th December, 2019

9am-11am	Let's make some art and craft Christmas style
11am -12pm	Christmas cooking
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Christmas games
2pm-5pm	Swimming pool fun bring swimmers



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CITY OF
GOLDCOAST.

Runaway Bay Youth

379 Oxley Drive, Runaway Bay

All
activities
are
free!

School Holiday Program

Week 2: 6th to 10th January, 2020

Monday 6th January, 2020

9am-12pm	Big brekky and bingo
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Sleeping lions
2pm-3pm	Memory game
3pm - 5	Movie an popcorn

Tuesday 7th January, 2020

9am-10am	Remember the 5 D's of dodgeball: dodge, duck, dip, dive and dodge
10am-12pm	Inflatables
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Learn our Olympic dance with IKIN dance
2pm-4pm	Inflatables
4pm-5pm	Kelly Pool, will your number sink?

Wednesday 8th January, 2020

9am-11am	Badminton rally
11am-12pm	Arts and crafts
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Family feud, will you walk away champ
3pm-5pm	Movie an popcorn

Thursday 9th January, 2020

9am-11am	T-Ball
11am-12pm	Cooking time
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Kelly Pool
3pm-5pm	Water fun bring a towel

Friday 10th January, 2020

9am-11am	Candle making
11am-12pm	Chocolate game
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Table tennis tournament
2pm-5pm	Swimming pool fun, bring your swimmers



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CITY OF
GOLD COAST.

Runaway Bay Youth

379 Oxley Drive, Runaway Bay

All
activities
are
free!

School Holiday Program

Week 3: 13th to 17th January, 2020

Monday 13th January, 2020

9am-11am	Remember the 5 D's of dodgeball: Dodge, duck, dip, dive and dodge
11am-12pm	Olympic prep, Who is ready to take out the win?
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Arts and crafts
3pm-5pm	Movie and popcorn

Tuesday 14th January, 2020

9am-10am	Scatter ball, dodgeball with a twist
10am-12pm	Tie dye bring something white
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Learn our Olympic dance with Ikin Dance
2pm-3pm	Noodle hockey
3pm-5pm	Water fun bring a towel

Wednesday 15th January, 2020

9am-12pm	Big brekky and bingo
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Paris fitness fun
2pm-3pm	Sleeping lions, who will you outlast?
3pm-5pm	Scatter ball, dodgeball with a twist.

Thursday 16th January, 2020

9am-11am	Kelly pool, will your number sink or lead you to victory
11am -12pm	Let's get prepared for Olympics!
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Giant Dominos
3pm-5pm	Movie and popcorn

Friday 17th January, 2020

9am-11am	Olympic arts and crafts
11am-12pm	Cooking
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Badminton rally
2pm-5pm	Swimming pool fun, bring your swimmers



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Runaway Bay Youth

379 Oxley Drive, Runaway Bay

All activities are free!

School Holiday Program

Week 4: 20th to 24th January, 2020

Monday 20th January, 2020

9am-12pm	Big brekky and movie
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Oz Tag
3pm-5pm	Olympic chant and prep

Tuesday 21st January, 2020

9am-11am	Remember the 5 D's of dodgeball: Dodge, duck, dip, dive and dodge
11am-12pm	Lip sync, who will win the battle?
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Learn Dance skills with Ikin Dance
2pm-3pm	Basketball
3pm-5pm	Learn How to script write

Wednesday 22nd January, 2020

9am-10am	Scatterball = dodgeball with a twist
10am-12pm	Inflatables
12pm-1pm	Bring some lunch and hang out
1pm-3pm	Inflatables
3pm-5pm	Movie and popcorn

Thursday 23rd January, 2020

Runaway Bay is ready to take on the other hubs to win the Olympics Summer Trophy back!	
9am – 5pm	Youth Summer Olympics
Participants and teams will be picked prior to this date so get your name down quick!	
This is an offsite excursion therefore Runaway Bay will be closed. Please ensure that you are ready to leave Runaway Bay at 9am when the coach arrives. We will return at 4pm ★	

Friday 24th January, 2020

9am-11am	Kelly Pool, will your number sink or will you walk away with a win?
11am-12pm	Remember the 5 D's of dodgeball: Dodge, duck, dip, dive and dodge
12pm-1pm	Bring some lunch and hang out
1pm-2pm	Let us hear your singing voices with karaoke
2pm-5pm	Swimming pool fun, bring your togs and towel



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Thrower House

All activities are free!

School Holiday Program

Week 1: 16th to 20th December, 2019

Monday 16th December, 2019

9am – 10:30am	Come and have a yummy Breakfast
10:30am – 12:00pm	Let's get crafty
12pm – 1pm	BBQ in the park
1pm – 3pm	Have a nice dip in the pool
3pm – 5pm	Chill out with popcorn and a movie

Tuesday 17th December, 2019

9am – 10am	A red or blue win, join us for Oz Tag
10am – 12pm	Akuna Dragon boating
12pm – 1pm	Yummy sandwiches
1pm – 3pm	Catch the biggest fish
3pm – 5pm	Whose up for Kelly pool and ping pong?

Wednesday 18th December, 2019

9am – 10am	Who is king of the handball square?
10am – 12pm	Let's get cooking some pizza
12pm – 1pm	BBQ in the park
1pm – 3pm	Can you beat the win it in a minute challenge?
3pm – 5pm	Cool off with some water games after a fun day

Thursday 19th December, 2019

9am – 11am	Can you get the most questions right?
11am – 12pm	Last person standing, dodgeball
12pm – 1pm	Lunch in the park
1pm – 3pm	Let's have a dip in the pool
3pm – 5pm	Chill out with popcorn and a movie

Friday 20th December, 2019

9am – 11am	And the drama award goes to?
11am – 12pm	Sing your heart out
12pm – 1pm	BBQ in the park
1pm – 3pm	Making Christmas presents
3pm – 5pm	Party games and karaoke for the last day



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Thrower House

All activities are free!

School Holiday Program

Week 2: 6th to 10th January, 2020

Monday 6th January, 2020

9am – 10am	Try out Oz Tag for the Olympics
10am – 12pm	Cool off with some water games after Oz Tag
12pm – 1pm	BBQ in the park
1pm – 3pm	Lets get crafty
3pm – 5pm	Pool & ping pong competition over at the other hub

Tuesday 7th January, 2020

9am – 11am	Who can catch the biggest fish?
11am – 12pm	Make a chalk design on the side walk
12pm – 1pm	Sandwiches galore
1pm – 3pm	Cool off in the pool
3pm – 5pm	Chill with some popcorn and a movie

Wednesday 8th January, 2020

9am – 11am	Have some fun on the giant inflatables
11am – 12pm	4 squares and a ball, who will be the champ?
12pm – 1pm	BBQ in the park
1pm – 3pm	Have some fun on the giant inflatables
3pm – 5pm	Let's get crafty

Thursday 9th January, 2020

9am – 11am	Come join us for a big breaky in the park
11am – 12pm	Let's start getting ready for the Olympics
12pm – 1pm	Yummy sandwiches
1pm – 3pm	Just like the T.V show, Family Feud
3pm – 5pm	Who is the best at dominos?


Friday 10th January, 2020

9am – 10am	Who can shoot the most basketball hoops?
10am – 12pm	Create your own design, then let's have a fashion parade
12pm – 1pm	BBQ in the park
1pm – 2pm	Let's learn the dance for Olympics
2pm – 3pm	What are your goals for the year? Let's put them in a time capsule
3pm – 5pm	Chill out with a movie and popcorn



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Thrower House

All
activities
are
free!

School Holiday Program

Week 3: 13th to 17th January, 2020

Monday 13th January, 2020

9am-10am	Meet new and old friends
10am-12pm	Tie dye time. Bring something white to make all colourful
12pm-1pm	Join us for a yummy BBQ
1pm-3pm	Time to get some practice for the Olympics in the pool
3pm-5pm	Chill and eat popcorn with a movie

Tuesday 14th January, 2020

9am-10.30am	Who's up for a yummy breakfast?
10am-12pm	Come join our friends from Akuna for some fun on the water in dragon boats
12pm-1pm	Picnic in the park
1pm-3pm	Don't let the big one get away, it's fishing time!
3pm-5pm	Ping pong and pool fun over at Throwers other hub

Wednesday 15th January, 2020

9am-10am	Who will win the handball comp prize?
10am-12pm	Make something yummy and put it in your tummy
12pm-1pm	Sausage sizzle time
1pm-3pm	Fun with Fred's inflatables
3pm-5pm	Bring a towel and cool down with these hilarious water games

Thursday 16th January, 2020

9am-10am	Let's have a look at what Olympic races we want to have fun in
10am-12pm	Let's see who can catch the first fish
12pm-1pm	Picnic in the park
1pm-3pm	Bring your swimmers and a towel, let's go swimming
3pm-5pm	Let's have fun with or friends from the library

Friday 17th January, 2020

9am-10am	Blue V's Red who will win Oz tag?
10am-12pm	Get crafty and make something really cool to take home
12pm-1pm	Time for a BBQ
1pm-2pm	Our friends from Ikin Dance are back to teach us some moves
2pm-5pm	Sing your favourite tunes its Karaoke time



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Thrower House

All activities
are
free!

School Holiday Program

Week 4: 20th to 24th January, 2020

Monday 20th January, 2020

9am-10am	The Olympics are getting closer help us prepare!
10am-12pm	Chill out with your mates with Kelly pool and chalk art
12pm-1pm	BBQ in the park
1pm-3pm	Cool off over at the pool
3pm-5pm	Help make our things for the Olympic day

Tuesday 21st January, 2020

9am-10am	Breakfast for Olympic champions
10am-12pm	Game time with some volleyball
12pm-1pm	Join us for some yummy lunch
1pm-2pm	Best fun you will have getting fit with Paris
2pm-4pm	Let's go fishing
4pm-5pm	Bring a towel and a change of clothes for some water races

Wednesday 22nd January, 2020

9am-10pm	Big day tomorrow... final Olympic prep
10am-12pm	Fred's inflatables & photo booth
12pm-1pm	BBQ in the park
1pm-2pm	Practice your moves with lkin dance
2pm-5pm	Kelly pool comp and dance off

Thursday 23rd January, 2020

	Thrower House is ready to win the Olympics Summer Trophy back!
9am – 5pm	Youth Summer Olympics Participants and teams will be picked prior to this date.
	This is an offsite excursion therefore Thrower House will be closed. Please ensure that you are ready to leave Thrower House at 9am. We will return at 4pm ★

Friday 24th January, 2020

9am-10am	Race of the minds with trivia
10am-12pm	Arts and crafts to some tunes
12pm-1pm	Last day party lunch
1pm-5pm	Karaoke competition time



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CITY OF
GOLD COAST.



School Holiday Program

Week 1: 16th to 20th December, 2019

Monday 16th December, 2019

9am – 10am	Icebreakers
10am – 12pm	Bring your togs and a towel for our giant Inflatable water slide
12pm – 1pm	Bring some lunch and eat with us
1pm – 3pm	Inflatables
3pm - 5pm	Join us for some Bingo fun

Tuesday 17th December, 2019

9am – 10am	Let's start the morning with some yummy smoothies
10am – 12pm	Bella's Theatre workshop ★
12pm – 1pm	Bring some lunch and eat with us
1pm – 3pm	We have the popcorn and beanbags, join us for a movie
3pm – 5pm	Help us pick what sport to play this afternoon

Wednesday 18th December, 2019

9am – 10am	Dodgeball! Will you be our champ?
10am – 12pm	Christmas craft. Make some gifts, bon bons, what would you like to make?
12pm – 1pm	Bring some lunch and eat with us
1pm – 2pm	Let's get fit with Paris
2pm - 3pm	Chocolate game! How many pieces will you get?
3pm – 5pm	Join us for swimming. Bring your togs and towels!! ★

Thursday 19th December, 2019

9am – 10am	Oz Tag, photo steal, let's see who will be our winner
10am – 12pm	Let's get creative and make some slime, borax crystals and so much more!!
12pm – 1pm	Bring some lunch and eat with us
1pm – 3pm	Kylie is back from Bunnings ★
3pm - 5pm	We have the popcorn and beanbags, join us for a movie

Friday 20th December, 2019

9am – 10am	Meet us in the Youth Space for a pool and ping pong comp
10am – 12pm	Let's get cooking for our Christmas lunch!
12pm – 1pm	Bring some lunch and eat with us
1pm – 5pm	Awards & Party! Let's celebrate before Christmas and New Years



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For information: email uppercoomerayouth@goldcoast.qld.gov.au or phone 0408 734 061



School Holiday Program

Week 2: 6th to 10th January, 2020

Monday 6th January, 2020

9am – 10am	Mouthguard challenge
10am – 12pm	Bring your togs and a towel for our giant inflatable water slide
12pm – 1pm	Bring some lunch and eat with us
1pm – 3pm	Inflatables
3pm -5pm	We have the popcorn and beanbags, join us for a movie

Tuesday 7th January, 2020

9am – 10am	Team up for gutter ball, who will be the fastest
10am – 12pm	Fun with food, who can paint the best pikelet picture
12pm – 1pm	Bring some lunch and eat with us
1pm – 2.30pm	Guess the lyrics!
2.30pm – 3:30pm	Ikin is here to teach us our Olympic dance
2:30 pm – 5pm	Meet us in the youth space for a pool and ping pong comp

Wednesday 8th January, 2020

9am – 12pm	Giant games, Jenga, chess, bowling and checkers.
12pm – 1pm	Bring some lunch and eat with us
1pm – 3pm	Minute to win it, join us in these 60 second challenges, can you do it?
3pm -5pm	Join us for swimming. Bring your togs and towels!! ★

Thursday 9th January, 2020

9am – 11am	Meet us in the youth space for a pool and ping pong comp
11am – 12pm	You scream I scream we all scream for Ice cream sundae's
12pm – 1pm	Bring some lunch and eat with us
1pm – 2pm	Come play some indoor soccer with us!
2pm -4pm	The library is coming down to make some journals with us to start the year!
4pm – 5pm	Will you be able to steal the keys without the flashlight spotting you?

Friday 10th January, 2020

9am – 10am	Pool noodle hockey
10am – 12pm	Craft time, we have some drawing, scratch art, origami
12pm – 1pm	Bring some lunch and eat with us
1pm – 2pm	What's in the sock? Will you be able to guess?
2pm -4pm	We have the popcorn and beanbags, join us for a movie
4pm – 5pm	Remember the 5 D's of dodgeball: Dodge, duck, dip, dive and dodge.

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All activities are strictly for young people 12-17 years and all activities are free!

For information: email uppercoomerayouth@goldcoast.qld.gov.au or phone 0408 734 061





School Holiday Program

Week 3: 13th to 17th January, 2020

Monday 13th January, 2020

9am – 11am	Join us in the youth space for board games and card games!
11am – 12pm	Speed races!? Who will have the speed to win?
12pm – 1pm	Bring some lunch and eat with us
1pm – 2pm	Let us show you how to create some balloon animals
2pm – 4pm	We have the popcorn and beanbags. Join us for a movie
4pm – 5pm	Legs 11, Lucky 7 join us for a game of Bingo

Tuesday 14th January, 2020

9am – 11am	Meet us in the youth space for a pool and ping pong comp
11am – 12pm	Help us make some pizza's for lunch
12pm – 1pm	Bring some lunch and eat with us
1pm – 2:30pm	Minute to win it. Will you beat the 60 second challenge?
2:30 pm – 3:30pm	Ikin are here to help us learn our dance for Olympics.
3:30pm – 5pm	Belt your heart out and join us for karaoke

Wednesday 15th January, 2020

9am – 10am	Volleyball and badminton
10am – 12pm	Art workshop. Learn some new creative skills ★
12pm – 1pm	Bring some lunch and eat with us
1pm – 2pm	Dodgeball with numbers
2pm – 4pm	Join us with the library staff to make bookmarks
4pm – 5pm	Another round of the chocolate game

Thursday 16th January, 2020

9am – 10am	Novelty races, try some of the Olympic games out
10am – 12pm	Affirmation art, what are your goals for 2020?
12pm – 1pm	Bring some lunch and eat with us
1pm – 2pm	Let's get fit with Paris
2pm – 5pm	We will, We will..... Rock it?? Help us come up with a fantastic chant for our Olympics!

Friday 17th January, 2020

9am – 10am	Comp time. Meet us in the youth space for a pool and ping pong competition
10am – 12pm	Cobb loaf, quickly becoming our favourite meal!
12pm – 1pm	Bring some lunch and eat with us
1pm – 3pm	Comedy cackles. Can you make us laugh?
4pm – 5pm	Choose your sport!

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School Holiday Program

Week 4: 20th to 24th January, 2020

Monday 20th January, 2020

9am – 10am	Pancakes for breakfast? Yes please
10am – 12pm	Join us in making some lanterns with Bella
12pm – 1pm	Bring some lunch and eat with us
1pm – 2pm	We will, We will..... rock it?? Let's practice our fantastic chant for Olympics!
2pm -3pm	Indoor softball
3pm – 5pm	We have the popcorn and beanbags, join us for a movie

Tuesday 21st January, 2020

9am – 10am	Photo steal, will you be our champ?
10am – 12pm	Cooking activity
12pm – 1pm	Bring some lunch and eat with us
1pm – 2pm	Join us with Tracey for Drumbeats ★
3pm -5pm	Hall games

Wednesday 22nd January, 2020

9am – 12pm	It's time to create our Olympic shirts
12pm – 1pm	Bring some lunch and eat with us
1pm – 3pm	Help us work out which activity you would like to do in our Olympics tomorrow
3pm -5pm	Join us for swimming. Bring your togs and towels!! ★

Thursday 23rd January, 2020

★ Summer Olympics!!! ★

9am – 5pm	Upper Coomera is ready to win the Olympics Summer Trophy back! Participants and teams will be picked prior to this date so get your name down quick! This is an offsite excursion therefore Upper Coomera will be closed. Please ensure that you are ready to leave Upper Coomera at 9am when the coach arrives. We will return at 4pm
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Friday 24th January, 2020

9am – 10am	Meet us in the youth space for a pool and ping pong comp
10am – 12pm	Food activity
12pm – 1pm	Bring some lunch and eat with us
1pm – 3pm	Join us for our end of holiday awards and a PARTY!!
3pm -5pm	We have the popcorn and beanbags. Join us for a movie



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