

Thrower House

All activities are free!

School Holiday Program 21-25 September 2015

Monday 21 September		WEEK 1
9am-10am	Registrations	Come along to register for two great weeks of fun
9am-10am	Ice breakers	Get to know your new friends
10am-11am	Chocolate game	Come and play the famous chocolate game
11am-12pm	Arts and craft	Let's see what you can do with nail polish
12pm-1pm	Lunch	Join us for a yummy lunch in the park
1pm-2pm	Softball	Softball with a difference
2pm-3pm	Pictionary	Can you guess the picture?
3pm-5pm	Pool time	Whooo hoo pool time ★
Tuesday 22 September		
9am-10am	Handball	Who is Thrower's handball King or Queen?
10am-12pm	Inflatable	Have some fun on the best inflatable around
12pm-1pm	Lunch	Join us for a yummy lunch in the park
1pm-2pm	Muay Thai	Learn some new skills with Marcus from Heart Smart Fitness
2pm-3pm	Elimination game	Who will be the last one standing?
3pm-5pm	Inflatable	Last chance for fun on the inflatable
Wednesday 23 September		
9am-10am	Celebrity Heads	Can you guess who you are?
10am-12pm	Field games	Fun games on the field
12pm-1pm	Lunch	Join us for a yummy lunch in the park
1pm-3pm	The Thrower challenges	Who will end up holding the record for these challenges?
3pm-5pm	Paddle boarding	Let's have some fun on the paddle boards ★
Thursday 24 September		
9am-10am	Touch footy	It's touch footy time!
10am-12pm	My Kitchen Rules	Who wants to be a master chef? ★
12pm-1pm	Lunch	Join us for a yummy lunch in the park
1pm-3pm	Skateboarding	It's Flavio time! ★
3pm-4pm	Arts and craft	Come and get crafty
Friday 25 September		
9am-10am	Basketball competition	Who is Thrower's basketball champ?
10am-11am	Hip Hop	Come along to learn some new moves
11am-12pm	Family Feud	Thrower's version of 'Family Feud'
12pm-1pm	Lunch	Join us for a yummy lunch in the park
1pm-2pm	Soccer	Who has the best soccer moves?
2pm-3pm	Games with a challenge	You will have fun with these games!
3pm-5pm	Pool time	Finish the first week off with a splash ★



★ Indicates activity has limited spaces - booking is essential.

Thrower House is located at **Salk Oval, Thrower Drive, Palm Beach**

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

For information: **email:** throwerhouse@goldcoast.qld.gov.au or **text / phone:** 0408 734 061

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School Holiday Program

28 September – 2 October 2015

Monday 28 September		WEEK 2
9am-10am	Softball competition	Join in for the softball competition!!
10am-11am	Chocolate game	Let's go! Time for some yummy chocolate
11am-12pm	Bingo	As the Bingo callers say "66 Clickety Click"
12pm-1pm	Lunch	Come and join us for a yummy lunch in the park
1pm-2pm	Limbo	How low can you go?
2pm-3pm	Thrower's got talent	Show us what you can do
3pm-5pm	Pool time	Let's make a splash ★
Tuesday 29 September		
9am-10am	Touch football	Who can get to the touch line first?
10am-11am	Lip sync	Let's see your talent!
11am-12pm	Food quiz	Who can guess the taste?
12pm-1pm	Lunch	Come and join us for a yummy lunch in the park
1pm-2pm	Muay Thai	Learn new skills with Marcus from Heart Smart Fitness
2pm-4pm	Arts and craft	Join us to make a dream catcher
4pm-5pm	Handball comp	Who's Thrower's champ?!
Wednesday 30 September		
9am-10am	Dodgeball on the field	Who can stay in the longest?
10am-11am	Memory game	Can you remember what was in front of you?
11am-12pm	Trivia time	Who knows their trivia?
12pm-1pm	Lunch	Come and join us for a yummy lunch in the park
1pm-3pm	Horror make up skills	Join in for a horror make up workshop with Cathy Booth ★
3pm-4pm	Old school games	Old school games rock!
4pm-5pm	Basketball shoot out	Who can shoot the most goals?
Thursday 1 October		
9am-11am	Goat Track	Join the gang from Goat Track Theatre for a fun workshop
11am -12pm	Field games	Let's have a quick muck about in the park
12pm-1pm	Lunch	Come and join us for a yummy lunch in the park
1pm-3pm	Skateboarding	Flavio time ★
3pm-5pm	Arts and craft	Let's get crafty
Friday 2 October		
9am-10am	Stuck in the mud	Who can get out of the mud?
10am-12pm	My kitchen rules	Join us for cooking creations ★
12pm-1pm	Lunch	Come and join us for a yummy lunch in the park
1pm-2pm	Games with a difference	Try your hand at these funny games
2pm-3pm	Fashion parade	Let's dress up for a stylish parade!
3pm-5pm	Pool time	End the holidays with a splash ★



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GOLD COAST