

# Thrower House

All activities are free!

## School Holiday Program 14-18 December 2015

Monday 14 December 2015		WEEK 1
9am-10am	Registrations	Come along and register for our holiday program
9am-10am	Ice breakers	Get to know each other through these fun games
10am-11am	Tie dye	Bring along an item to tie dye Thrower style – which is red!
11am-12pm	Choc-O-Lot	The famous chocolate game is back
12pm-1pm	Lunch	Join us for lunch in the park
1pm-2pm	Hip Hop	Learn some new moves
2pm-5pm	Pool time	Cool down and enjoy some swimming time ★
Tuesday 15 December 2015		
9am-10am	Ultimate Frisbee	A game of Frisbee with a twist
10am-12pm	Food quiz & guess that food	Test your taste buds
12pm-1pm	Lunch	Join us for lunch in the park
1pm-3pm	Art blast	Get creative with a Christmas themed art session
3pm-5pm	Ping Pong & Pool competition	Who will be Thrower's Ping Pong and Pool champ?
Wednesday 16 December 2015		
9am-10am	Handball	Join our handball competition
10am-12pm	Water inflatables	Have inflatable fun with your mates
12pm-1pm	Lunch	Join us for lunch in the park
1pm-3pm	Inflatable	Have inflatable fun with your mates
3pm-5pm	Movies	Chill out with a movie and we'll provide the snacks!
Thursday 17 December 2015		
9am-10am	Basketball shoot out	How many hoops can you shoot?
10am-12pm	Art attack	Christmas art workshop - let your creative flare shine!
12pm-1pm	Lunch	Join us for lunch in the park
1pm-2pm	Who wants to be a winner?	You've got to be in it to win it!
2pm-5pm	Pool time	Cool down and enjoy some swimming time ★
Friday 18 December 2015		
9am-10am	Softball	Can you make it to home base?
10am-12pm	My kitchen rules	Get cooking some delicious treats ★
12pm-1pm	Lunch	Join us for lunch in the park
1pm-3pm	Skateboarding	Learn new skating skills with Flavio ★
3pm-5pm	Christmas party	Woo hoo! Christmas is here!

★ 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](mailto:throwerhouse@goldcoast.qld.gov.au) or **text/phone** 0408 734 061

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## School Holiday Program

4-8 January 2016

Monday 4 January 2016		WEEK 2
9am-10am	Ball games	Begin the day with a mix of ball games
10am-12pm	Art attack	Time to let your artistic talent shine
12pm-1pm	Lunch	Join us for lunch in the park
1pm-2pm	Hip Hop	Learn some new moves
2pm-5pm	Pool time	Cool down and enjoy some swimming time ★
Tuesday 5 January 2016		
9am-10am	Guess Who	Have a 'guess who' you might be!
10am-12pm	Cooking	Get cooking some delicious treats ★
12pm-1pm	Lunch	Join us for lunch in the park
1pm-5pm	Carnival	Don't miss out on this carnival
Wednesday 6 January 2016		
9am-10am	Olympic preparation	Let the war cries begin! ★
10am-12pm	Inflatables	Have inflatable fun with your mates
12pm-1pm	Lunch	Join us for lunch in the park
1pm-3pm	Inflatables	Have inflatable fun with your mates
3pm-5pm	Movies	Chill out with a movie and we'll provide the snacks!
Thursday 7 January 2016		
9am-10am	Soccer	Show us your soccer skills
10am-12pm	Art attack	Time to let your artistic talent shine
12pm-1pm	Lunch	Join us for lunch in the park
1pm-2pm	Games with a challenge	Challenge yourself and your mates in these fun games
2pm-5pm	Pool time	Cool down and enjoy some swimming time ★
Friday 8 January 2016		
9am-10am	Basketball shoot out competition	Which of our teams will shoot the most hoops?
10am-12pm	Scavenger Hunt	Look for the items in the scavenger hunt...with a twist
12pm-1pm	Lunch	Join us for lunch in the park
1pm-3pm	Skateboarding	Learn new skating skills with Flavio ★
3pm-5pm	Wacky water fun!	Wet your friends in these water games!

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## School Holiday Program

## 11-15 January 2016

Monday 11 January 2016		WEEK 3
9am-10am	Basketball competition	Which of our teams will shoot the most hoops?
10am-11am	Elimination games	Who will be the last person standing?
11am-12pm	In house games	Games to test your brain
12pm-1pm	Lunch	Join us for lunch in the park
1pm-2pm	Hip Hop	Learn some new moves
2pm-5pm	Pool time	Cool down and enjoy some swimming time ★
Tuesday 12 January 2016		
9am-10am	Olympic preparation	Help make our banner and streamers for the Olympics day! ★
10am-12pm	Ready, steady...COOK!	Get cooking some delicious treats ★
12pm-1pm	Lunch	Join us for lunch in the park
1pm-2pm	Muay Thai	Learn some skills with Marcus from Heart Smart Fitness ★
2pm-4pm	Memory game	A fun game to test your mind
4pm-5pm	Lots of chocolate	Join in for our famous chocolate game
Wednesday 13 January 2016		
9am-10am	Frisbee flying competition	The Frisbee challenge is on!
10am-12pm	Inflatables	Time for inflatable fun with your mates
12pm-1pm	Lunch	Join us for lunch in the park
1pm-3pm	Inflatables	Time for inflatable fun with your mates
3pm-5pm	Olympic preparation	Final touches for Olympics Day★
Thursday 14 January 2016 Olympics Day		
9am-5pm	Olympics Day has arrived!	Thrower House Youth team are pumped and ready to go to take on Upper Coomera Youth, Coomera Youth and Runaway Bay Youth! Teams will be selected prior to this date. Get your names down quick!
	Part of this day will be in a swimming pool. Please bring your swimmers (togs)	
	Let's win back the trophy!	This is an offsite excursion. The coach will pick us up and drop us back to the centre
	We will be leaving at 9.30am, therefore Thrower House will be closed for the day ★	
Friday 15 January 2016		
9am-10am	Chinese whispers	The hidden secret that never returns the same!
10am-12pm	Art blast	Time to let your artistic talent shine
12pm-1pm	Lunch	Join us for lunch in the park
1pm-3pm	Skateboarding	Learn new skating skills with Flavio ★
3pm-5pm	Movie madness	Chill out with a movie and we'll provide the snacks!



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## School Holiday Program

18-22 January 2016

Monday 18 January 2016		WEEK 4
9am-10am	Ball games	Mixed ball games
10am-12pm	Sweet art	Get down to Thrower to create art with lollies!
12pm-1pm	Lunch	Join us for lunch in the park
1pm-2pm	Hip Hop	Learn some new moves
2pm-5pm	Pool time	Cool down and enjoy some swimming time
Tuesday 19 January 2016		
9am-10am	Tug-o-war	Heave and pull your opponents over the line
10am-12pm	Art attack	Time to get creative
12pm-1pm	Lunch	Join us for lunch in the park
1pm-2pm	Muay Thai	Join Marcus for Muay Thai
2pm-4pm	Ping Pong and Pool comp	Will you be Thrower's Ping Pong or Pool champ?
4pm-5pm	Chocolate game	Throw a six for chocolate treats!
Wednesday 20 January 2016		
9am-10am	Basketball shoot out	They shoot...they score! Who will be our highest scorer?!
10am-12pm	Inflatables	Time for inflatable fun with your mates
12pm-1pm	Lunch	Join us for lunch in the park
1pm-3pm	Inflatables	Have inflatable fun with your mates
3pm-5pm	Movie madness	Chill out with a movie and we'll provide the snacks!
Thursday 21 January 2016		
9am-10am	Elimination games	Who will be the last person standing?
10am-12pm	Art blast	Time to let your artistic talents shine
12pm-1pm	Lunch	Join us for lunch in the park
1pm-2pm	Thrower's got talent	Yes we do! On your own or in a group, let our talents shine!
2pm-5pm	Pool time	Cool down and enjoy some swimming time ★
Friday 22 January 2016		
9am-10am	Dodgeball	Weave and dodge to miss that ball
10am-12pm	Clever cooks	Join in the cooking session to make some treats for the party!
12pm-1pm	Lunch	Join us for lunch in the park
1pm-3pm	Skateboarding	Learn new skating skills with Flavio
3pm-5pm	Disco party with a photo booth	Let's party the afternoon away and capture the moment! ☺

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