

Thrower House

All activities are free!

School Holiday Program

27 June - 8 July 2016

Monday 27 June 2016		WEEK 1
9am-10am	Ice Breakers	Break the ice and meet new friends
10am-12pm	Tie dyeing	Bring an item along to tie dye
12pm-1pm	Lunch	Join us for a picnic in the park
1pm-3pm	Kayaking	Are you ready to Kayak up Currumbin Creek?★
3pm-5pm	Thrower's game of records	Get your name as a record holder in Thrower's Book of Records
Tuesday 28 June 2016		
9am-10am	Basketball shoot out	Who can score the most points in our shoot out?
10am-12pm	Ready, steady, cook!	Help us cook some recipes that you will love!★
12pm-1pm	Lunch	Join us for a picnic in the park
1pm-2pm	Muay Thai	Marcus from Heart Smart will be joining us for a heart pumping Muay Thai session
2pm-3pm	Dance	Grove with Gabbi
3pm-5pm	Gameathon	Challenge yourself and your friends in these fun board games
Wednesday 29 June 2016		
9am-10am	Frisbee flying	Who will win our Frisbee flying competition?
10am-12pm	Inflatables	We have loads of fun lined up with our massive inflatable balls
12pm-1pm	Lunch	Join us for a picnic in the park
1pm-3pm	Inflatables	We have loads of fun lined up with our massive inflatable balls
3pm-5pm	Competition is on!!	Who will be our ping pong and pool champions?
Thursday 30 June 2016		
9am-10am	Softball	Which team will make the most home runs?
10am-12pm	All things gardening	Learn how to grow and cook with freshly grown produce
12pm-1pm	Lunch	Join us for a picnic in the park
1pm-3pm	Art attack	Candle making
3pm-5pm	Movie mania	Sit back and relax with some movie treats while watching a cool flick
Friday 1 July 2016		
9am-10am	Ultimate Frisbee	Join us for our ultimate Frisbee on the oval
10am-12pm	Blind art	Face paints and body paint fun
12pm-1pm	Lunch	Join us for a picnic in the park
1pm-3pm	Blind art	Get creative in this face painting and body art session
3pm-5pm	Thrower's got talent	Let your amazing talents shine

Please note: You can join the program on any day. On arrival you will need to complete a registration form

★ 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

CITY OF
GOLD COAST

Thrower House

All activities are free!

School Holiday Program

4 July – 8 July 2016

Monday 4 July 2016		WEEK 2
9am-10am	Soccer	Show us your soccer skills
10am-12pm	Olympic prep	Let's get ready for our Winter Olympics day ★
12pm-1pm	Lunch	Join us for a picnic in the park
1pm-3pm	Kayaking	Are you ready to Kayak up Currumbin Creek ★
3pm-5pm	Oz Tag	Come join us for Oz Tag Thrower style
Tuesday 5 July 2016		
9am-10am	Elimination Games	Try to keep yourself in these games the longest
10am-12pm	Classic cooking	Cook and eat these yummy treats ★
12pm-1pm	Lunch	Join us for a picnic in the park
1pm-2pm	Energy entertainments	You won't want to miss this session!
2pm-4pm	Crime stoppers	Be your own detective
4pm-5pm	Dance	Grove with Gabbi's dance moves (Olympic dance)
Wednesday 6 July 2016		
9am-10am	Handball	Handball competition, will you WIN?
10am-12pm	All things gardening	Learn to grow and cook with freshly grown produce
12pm-1pm	Lunch	Join us for a picnic in the park
1pm-3pm	Olympic prep	Let's get ready to rumble the Winter Olympics
3pm-5pm	Movie mania	Sit back, relax with some movie treats while watching a cool flick
Thursday 7 July 2016 We've won the Summer Olympics lets win the Winter Olympics!		
9am-5pm	It's Youth Winter Olympics	Thrower House are ready to take on other hubs to win the Winter trophy back!
Participants and teams will be picked prior to this date so get your name down quick!		
This is an offsite excursion therefore Thrower House will be closed. Please ensure that you are ready to leave Thrower House at 9am when the coach arrives. We will return at 4pm ★		
Friday 8 July 2016		
9am-10am	Baseball	Mini baseball comp, who is up for it?
10am-12pm	Sand art	Create groovy art with coloured sand
12pm-1pm	Lunch	Join us for a picnic in the park
1pm – 3pm	Skateboarding	Flavio is back to share his skating skills
3pm-5pm	PJ party	Wear your Onsie/PJs and join the Thrower party

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