

Thrower House

All activities are free!

School Holiday Program 12-16 December 2016

Monday 12 December 2016		WEEK 1
9am-10am	Ice Breakers	Get to know each other with a few fun games
10am-12pm	Paddle Boarding	Relax and cruise Currumbin creek in our Paddle Board session★
12pm-1pm	Lunch	Picnic in the park
1pm-3pm	Old school games	Have you got the skills to play these games?
3pm-5pm	Movie Maddness	Chill out with a cool flick and movie snacks with your mates
Tuesday 13 December 2016		
9am-10am	Basket Ball Shootout	Slam-Dunk it like Michael Jordan
10am-12pm	Food Quiz	Tantalize your taste buds and guess that taste
12pm-1pm	Lunch	Picnic in the park
1pm-2pm	Obstacle Course	Which team can tough it out and take it out?
2pm-5pm	Swimming	Inflatable pool obstacle and swimming session at the pool★
Wednesday 14 December 2016		
9am-11am	Inflatable's	Wacky Water Inflation session
11am-12pm	Muay Thai	Join Marcus from Heart Smart for a heart pumping Muay Thai Session
12pm-1pm	Lunch	Picnic in the park
1pm-2pm	Dance off	Get your groove on and show us your moves
2pm-5pm	Inflatable's	Wacky Water Inflation session
Thursday 15 December 2016		
9am-10am	Plates and Planes	How to fly a plane
10am-12pm	Art Attack	Making Chrissy decos
12pm-1pm	Lunch	Picnic in the park
1pm-2pm	Fitness Time	Let's get fit with Gecko sport
2pm-3pm	Deck the halls of Thrower	Thrower's about to get festive
3pm-5pm	Movie Madness	Chill out with a cool flick and movie snacks with your mates
Friday 16 December 2016		
9am-10am	Dodge Ball	Dodge the ball to win
10am-12pm	Clever Cooks	Don't miss our amazeballs cooking session, YUMMO!
12pm-1pm	Lunch	Picnic in the park
1pm-2pm	Memory Game	How good is your memory?
2pm-5pm	Swimming	Inflatable pool obstacle and swimming session at the pool★

Thrower House is located at Salk Oval, Thrower Drive, Palm Beach
For information: **email** throwerhouse@goldcoast.qld.gov.au or **text/phone** 0408 734 061

All activities are free and designed youth aged from 12 to 17 years of age. Join us on any day by simply completing a registration form on arrival.



★ Indicates activity has limited spaces - booking is essential



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School Holiday Program 19-23 December 2016

Monday 19 December 2016		WEEK 2
9am-10am	Baseball	Let's smash out some home runs!
10am-12pm	Paddle Boarding	Relax and cruise Currumbin creek in our Paddle Board session★
12pm-1pm	Lunch	Picnic in the park
1pm-3pm	Tugan Community Garden	What's in store today? Are we cooking, creating or making? Let's find out
3pm-5pm	Movie Madness	Chill out with a cool flick and movie snacks with your mates
Tuesday 20 December 2016		
9am-10am	Ultimate Frisbee Throw	How well can you Frisbee throw through these challenges?
10am-12pm	Creative Cooking	Join our delicious cooking session, YUMMO!
12pm-1pm	Lunch	Picnic in the Park
1pm-2pm	Game-a-thon	Board game challenge
2pm-5pm	Swimming	Inflatable pool obstacle and swimming session at the pool
Wednesday 21 December 2016		
9am-10am	Hoopsta	Funky fun games with hoops
10am-11am	Quiz off	Beat the buzzer!
11am-12pm	Muay Thai	Join Marcus from Heart Smart for a heart pumping Muay Thai Session
12pm-1pm	Lunch	Picnic in the park
1pm-3pm	Lolly-love	Get creative with your sweets
3pm-5pm	Movie Madness	Chill out with a cool flick and movie snacks with your mates
Thursday 22 December 2016		
9am-10am	Balloon bust	Balloon bust will keep you on your toes!
10am-12pm	Art Attack	Creative Christmas gifts
12pm-1pm	Lunch	Picnic in the park
1pm-2pm	Fitness Time	Get your blood pumping in this fitness session with Gecko sport
2pm-5pm	Swimming	Inflatable pool obstacle and swimming session at the pool★
Friday 23 December 2016		
9am-10am	Red Rover with a twist	Dare you to call me over!
10am-12pm	Elimination Games	Who can stay in the longest?
12pm-1pm	Lunch	Picnic in the park
1pm-2pm	Treasure Hunt	Find our hidden treasures
2pm-5pm	Christmas Party	Sing and dance the afternoon away at our break up Christmas celebration

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School Holiday Program

9-12 January 2017

Date: Monday 9th January 2017

WEEK 3

9am- 10am	Ice Breakers	New year new friends
10am-11am	Chocolate game	Come and play the famous chocolate game
11am-12pm	Arts and Craft	Let's get crafty with the sand art
12pm-1pm	Lunch	Join us for a yummy lunch in the park
1pm-2pm	Ultimate Frisbee	Time for a team challenge!
2pm-5pm	Water Attack	Let's cool down this afternoon with a water Attack

Date: Tuesday 10th January 2017

9am-10am	Oz Tag	Which team will win?!
10am-12pm	Tugun Community Gardens	What's in store today? Are we cooking, creating or making? Let's find out
12pm-1pm	Lunch	Join us in the park for lunch
1pm-2pm	Tie Dye	Time to get creative and messy, bring something white!
2pm-4pm	Water Attack	Let's cool down with water attack
4pm-5pm	Olympic Games Prep	Show us your moves ready for the Youth Olympic Games!

Date: Wednesday 11th January 2017

9am-12pm	Water Inflatables	Slip and Slide through your day!
12pm-1pm	Lunch	Join us in the park for a yummy lunch
1pm-3pm	Water Inflatables	Slip and Slide through your day!
3pm-5pm	Movie Time	Time to chill after a water filled morning

Date: Thursday 12th January 2017

9am-10am	Games on the field	Play some touch footy, Dodge ball
10am-12pm	Science Experiments	Who will be Throwers Scientist?!
12pm-1pm	lunch	Join us for a yummy lunch in the park
1pm-2pm	Old school Board Games	Show us your techniques and skills for these board games
2pm-3pm	Fitness Gecko Sports	Are you fit? Are you ready? Join in with a specialist fitness fanatic!
3pm-5pm	Olympic Games Prep	Time to get the Olympic Games cracked!

Date: Friday 13th January 2017

9am-10am	The Chocolate game	We all love this game... anything for some chocolate
10am-12pm	Chalk Colour Run	Wear your white for a colourful run
12pm-1pm	lunch	Join us for lunch in the park
1pm-3pm	Skateboarding	Join Flavio the Pro from Byron for his skilful skating
3pm-5pm	Movie	Afternoon to chill with a drink and some popcorn whilst watching a movie

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School Holiday Program

16-20 January 2017

Date: Monday 16th January 2017

WEEK 4

9am- 10am	Softball	Batter up... who's the first swing?!
10am-12pm	Paddle Boarding	Time to paddle along the Currumbin Creek
12pm-1pm	Lunch	Join us for a yummy lunch in the park
1pm-2pm	Mystery Box	What's inside?!
2pm-3pm	Olympic Dance Prep	Let's sort these moves out!
4pm-5pm	Arts and Crafts	Put your creative hats on

Date: Tuesday 17th January 2017

9am-10am	Basketball Shootout	Slam and Dunk into that hoop
10am-12pm	Tugun Community Gardens	What's in store today? Are we cooking, creating or making?
12pm-1pm	Lunch	Join us in the park for lunch
1pm-2pm	Olympic Prep	Last few days to get our moves together
2pm-5pm	Swimming	Swim with the inflatables

Date: Wednesday 18th January 2017

9am-12pm	Water Inflatables	Jousting time
12pm-1pm	Lunch	Join us in the park for a yummy lunch
1pm-3pm	Water Inflatables	Jousting time finals
3pm-5pm	Movie Time	Time to chill after a water filled morning with some popcorn

Date: Thursday 19th January 2017

9am-5pm	Olympics Day has arrived!	Thrower House Youth team are pumped and ready to go to on other hubs ! Teams will be selected prior to this date. Get your names down quick!
	Let's win back the trophy!	Part of this day will be in a swimming pool. Please bring your swimmers (togs) 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 ★

Date: Friday 20th January 2017 –

Chinese New Year Themed Day

9am-12pm	Chinese themed Arts and Crafts	Time for you to get creative and dive into China's New Year.
12pm-1pm	Lunch	Join us in the park for some lunch
1pm-3pm	Cooking/ Taste Testing	Let's have a go at cooking some Chinese dishes and then taste them!
3pm-5pm	Party	Party time with snacks and music

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