

Thrower House

All activities are free!

School Holiday Program

December 11 to 15, 2017

Monday 11 December, 2017

WEEK 1

9am-10am	Icebreakers	Get to know some new friends
10am-12pm	Pool Time	Cool off over at the pool (BRING SWIMMERS AND TOWEL)
12pm-1pm	Lunch	Join us for some yummy lunch
1pm-3pm	Old school games	Simple fun with lots of laughs
3pm-5pm	Movie	Chill out with a fun movie and popcorn

Tuesday 12 December, 2017

9am-12pm	Tugun Gardens	Our friends are here from Tugun Gardens to have some fun
11am-12pm	Dream Team	The very talented Dream Team is here to teach our Olympic Dance
12pm-1pm	Lunch	Come join us for some yummy lunch
1pm-3pm	Art and craft	Make something awesome to take home with you
3pm-5pm	Family Feud/Charades	Always a laugh at Thrower

Wednesday 13 December, 2017

9am-11am	Inflatables	Bring your swimmers for Fred's Inflatable water slide
11am-12pm	Bingo	Everyone love a game of bingo
12pm-1pm	Lunch	Come and join us for a yummy lunch
1pm-3pm	Inflatables	Get ready to splash down the inflatable water slide
3pm-5pm	Trivia Time	How much do you know?

Thursday 14 December, 2017

9am-10am	Sport of choice	Oz Tag, soccer, cricket etc. You guys choose!
10am-12pm	Art and Craft	Make something cool to take home
12pm-1pm	Lunch	Join us for some yummy lunch
1pm-3pm	Knock 'em down	Bet you can't do this without laughing
3pm-5pm	Movie Time	Chill out with popcorn and a flick

Friday 15 December, 2017

9am-10am	Basketball	Shoot some hoops
10am-12pm	Cooking	Cook something yummy and share it with your friends
12pm-1pm	Lunch	Come and join us for some yummy lunch
1pm-2pm	Muay Thai	Join Marcus and test your agility
2pm-5pm	Pool Time	Cool down over at the pool and relax

All activities are free and designed for young people 12-17 years.
Registrations can be completed on the first day of attendance.



★ Activities with a star have limited space and bookings are essential.

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

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School Holiday Program

December 18 to 22, 2017

Monday 18 December, 2017		WEEK 2
9am-10am	Choose your sport	Pick your which game you want to play
10am-11am	Mystery box	Can you guess what's in the box?
11am-12pm	Trivia	Who has all the answers?
12pm-1pm	Lunch	Join us for lunch in the park
1pm-2pm	games	Let's see who is the games champ
2pm-5pm	Swimming	Cool off in the pool
Tuesday 19 December, 2017		
9am-10am	Dodge ball	Who can stay in the longest
10am-12pm	Arts and Craft	Make a Christmas present
12pm-1pm	Lunch	Picnic in the park
1pm-2pm	Dream Team	Learn the Olympic dance
2pm-3pm	Handball	Four squares of fun
3pm-5pm	Movie time	Chill with popcorn and watch a movie
Wednesday 20 December, 2017		
9am-10am	Choose a sport	You get to pick the sport
10am-12pm	Fashion designs	Use your imitation
12pm-1pm	Lunch	Join us in the park for lunch
1pm-2pm	Let's have fun getting fit	Paris from Crossfit Personal Best will show you how
2pm-5pm	Swimming	Jump in and cool off
Thursday 21 December, 2017		
9am-10am	Basketball	Who can shoot the most goals
10am-12pm	Water games	Let's have some fun with water games
12pm-1pm	Lunch	Picnic in the park
2pm-3pm	Arts and Craft	Make more Christmas presents
3pm-5pm	Pool/ Ping Pong	Pool Comp over other hub
Friday 22 December, 2017		
9am-10am	Guess Who	Do you Know who it is?
10am-12pm	Cooking	Let's cook up a storm
12pm-1pm	Lunch	BBQ Time
1pm-2pm	Arts and Craft	Finish your Christmas bag off
2pm-4pm	Photo Booth	Funny photos in the photo booth
4pm-5pm	Fun games	Finish the week of with fun games

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School Holiday Program

January 8 to 12, 2018

Monday 8 January, 2018		WEEK 3
9am-10am	Icebreakers	Meet more new friends
10am-12pm	Olympic prep	Let's start getting excited for our Youth Olympic day
12pm-1pm	Lunch	Come and join us for some yummy lunch
1pm-3pm	Throwers got talent	What talents have you got to share?
3pm-5pm	Pool Time	Since we are already wet, lets go swimming!
Tuesday 9 January, 2018		
9am-11am	Circus skills	Join Kerbside Circus and have fun learning to juggle, hula hoop and build human pyramid
11am-12pm	Cream Team	Time to practice our big group dance
12pm-1pm	Lunch	Join us for a yummy lunch
1pm-3pm	Kelly Pool/Ping Pong	Join us at the other hub and challenge your mates
3pm-4pm	Tie Dye	Make something cool to take home BRING SOMETHING WHITE
4pm-5pm	Water fight	Cool down before you go home for the day
Wednesday 10 January, 2018		
9am-10am	Balloon Pop	One of Throwers favourite games
10am-12pm	Giant games	All your favourites only BIGGER
12pm-1pm	Lunch	Come and join us for a yummy lunch
1pm-3pm	Olympic Art	Let's get crafty for Olympics day
3pm-5pm	Movie	Chill out with popcorn and a flick
Thursday 11 January, 2018		
9am-10am	Olympic Prep	Getting closer to the big day
10am-12pm	Make over your mate	Winners get a prize so be creative!
12pm-1pm	Lunch	Come and join us for some yummy lunch
1pm-2pm	Olympic practice	Practice what we know for the day
2pm-5pm	Pool Time	Time for a cool splash Bring your swimmers
Friday 12 January, 2018		
9am-10am	Game time	Choose your game
10am-12pm	Cooking	Show us your master chef skills
12pm-1pm	Lunch	Eat what you made or bring something yummy for lunch
1pm-2pm	Donut Challenge	Can't use your hands or lick your lips
2pm-4pm	Photo booth/party	Capture your memories of the holidays with our Photo booth
4pm-5pm	Water fight	End the day with a cool water fight

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January 15 to 19, 2018

Monday 15 January, 2018		WEEK 4
9am-10am	Riddles	Who can work them out?
10am-12pm	Arts and Craft	Let's get crafty
12pm-1pm	Lunch	BBQ Time
1pm-2pm	Dream Team	Last practice for the OLYMPICS
2pm-5pm	Swimming	Cool off after your dance moves
Tuesday 16 January, 2018		
9am-10am	Handball	King of the courts
10am-12pm	Tugun Gardens	Make cool things with Tugun Gardens
12pm-1pm	Lunch	Picnic in the park
1pm-2pm	Let's have fun getting fit	Paris from CrossFit Personal will show you how
2pm-4pm	Olympic prep	T-shirt designs
4pm-5pm	Thrower's records	Break Throwers record!
Wednesday 17 January, 2018		
9am-10am	Choose your sport	Pick which game you like the most
10am-11am	Arts and craft	Finish of our Olympic banner
11-12pm	Taste Testing	Guess what you are eating
12-1pm	Lunch	BBQ Time
1pm-2pm	Marcus	Train with Marcus from heart Start fitness
1pm-3pm	Board games	Which one will you pick?
3pm-5pm	Movie	Chill with a movie and pop-corn
Thursday 18 January, 2018		
9am-5pm	Summer Olympics	Thrower House are ready to take on other hubs to win the Summer trophy back! 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 please ensure you bring Swimmers and a towel★
Friday 19 January, 2018		
9am-10am	Oz Tag	Who will win BLUE OR RED team?
10am-12pm	Cooking	Cook up a storm
12pm-1pm	Lunch	Picnic in the park
1pm-3pm	Water Games	Let's get wet having fun
3pm-5pm	Party Time	What a great way to finish the holidays!

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