

Thrower House

All activities are free!

School Holiday Program 29 June – 3 July 2015

| Monday 29 June 2015 | | WEEK 1 |
|-----------------------|-------------------------|---|
| 9am-9.30am | Registrations | Come and register for two great weeks of fun |
| 9am-10am | Ice breakers | Get to know your new friends |
| 10am-12pm | Wall painting | Come and put your design on Thrower's wall |
| 12pm-1pm | Lunch | Join us for a yummy lunch in the park |
| 1pm-2pm | Games with a challenge | Who's up for a challenge? |
| 2pm-3pm | Basketball competition | Who has the best shot? |
| 3pm-5pm | Olympics preparation | Let's get creative! Join us for making banners and pom poms for our Youth Winter Olympics |
| Tuesday 30 June 2015 | | |
| 9am-10am | Chocolate game | Come and play the famous chocolate game! |
| 10am-12pm | Laser tag | Join us for a game of laser tag! Let's get lasered! |
| 12pm-1pm | Lunch | Join us for a yummy lunch in the park |
| 1pm-2pm | Laser tag | It is time for the finals of laser tag! |
| 2pm-4pm | Skateboarding | Come join Flavio to learn new skills |
| 4pm-5pm | Mini touch tournament | Join us for a touch footy competition to see who's got the skills to win! |
| Wednesday 1 July 2015 | | |
| 9am-12pm | Tally Valley | Come and challenge yourself to some indoor sports fun ★ |
| 12pm-1pm | Lunch | Come and join us for a yummy lunch in the park |
| 1pm-2pm | Bingo | B I N G O! Need we say more?! |
| 2pm-4pm | Mask making | Zen time with Nathan for a mask making workshop ★ |
| 4pm-5pm | Old skool games | Go back to the good ol' days! |
| Thursday 2 July 2015 | | |
| 9am-10am | Family Feud | Join us for Thrower's version of Family Feud! Let's debate! |
| 10am-12pm | Tie dyeing | Bring along something white to tie dye! Check out our new dye colours! |
| 12pm-1pm | Lunch | Join us for a yummy lunch in the park |
| 1pm-2pm | Muay Thai | Learn new skills with Marcus from Heart Start Fitness |
| 2pm-4pm | My kitchen rules | Let's see who is the best master chef ★ |
| 4pm-5pm | Mini touch footy finals | Cheer along the touch footy teams and see who the champion team is! |
| Friday 3 July 2015 | | |
| 9am-10am | Dan the fitness man | Let's work to keep the title of: 'the fittest youth hub' |
| 10am-12pm | Arts and craft | Let's get crafty! |
| 12pm-1pm | Lunch | Join us for a yummy lunch in the park |
| 1pm-2pm | Olympic banner making | We want the best banner for our Youth Winter Olympics day! |
| 2pm-4pm | Mask making | Get creative for a mask making workshop with Nathan ★ |
| 4pm-5pm | Fashion parade | Who is the best on the fashion runway? |



★ 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

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School Holiday Program

6 – 10 July 2015

Monday 6 July 2015

WEEK 2

| | | |
|----------|---------------------|--|
| 9am-12pm | Tally Valley | More indoor sports fun ★ |
| 12pm-1pm | Lunch | Come and join us for a yummy lunch in the park |
| 1pm-3pm | Hip Hop | Let's get creative for Youth Winter Olympics with Stage Door Academy |
| 3pm-4pm | Mini Olympic trials | Getting practicing as the trophy will look great at Thrower! |
| 4pm-5pm | Bingo | Who will get to call B I N G O first?! |

Tuesday 7 July 2015

| | | |
|-----------|------------------|--|
| 9am-10am | Chocolate game | We just love this game! |
| 10am-12pm | Design a t-shirt | Get your winning Youth Winter Olympics t-shirt ready ★ |
| 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 Start Fitness |
| 2pm-4pm | Skateboarding | Learn new tricks with Flavio |
| 4pm-5pm | Pick a game | Which game will you pick out of the hat? |

Wednesday 8 July 2015

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|-----------|----------------|--|
| 9am-10am | Cheer practice | We have the winning cheer for Youth Winter Olympics! |
| 10am-12pm | Laser tag | Let's get lasered! ★ |
| 12pm-1pm | Lunch | Come and join us for a yummy lunch in the park |
| 1pm-3pm | Mask making | Finish your mask to wear to the Masquerade Party ★ |
| 3pm-5pm | Kite making | Whose kite will fly the highest? |

Thursday 9 July 2015 Youth Winter Olympics and Disco

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|---------|---------------------------|--|
| 9am-7pm | Winter Olympics and disco | It's Youth Winter Olympics day followed by a disco! |
| | | Thrower House are ready to take on other hubs to win the 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. Please note: we will return at 7pm ★ |

Friday 10 July 2015 Masquerade Party

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|-----------|------------------|--|
| 9am-10am | Trivia time | Who knows their trivia |
| 10am-12pm | My kitchen rules | Who is master chef of the kitchen? |
| 12pm-1pm | Lunch/party | Come and join us for a yummy party lunch! |
| 1pm-3pm | Photo booth | Get some great photos with your masks on! |
| 3pm-5pm | Party games | Come along and party with the Thrower House crew |



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