



**Time:**  
10:00 – 12:00

# Vac Fun WORKSHOPS



**Cost:**  
\$20/child  
workshop

Monday, January 7	<b>LITTLE WARRIORS</b> – Join Rosemary & Cheryl from Impact Fitness Training for fun & games to move and strengthen your muscles. Learn what makes your body tick & how to look after it
Tuesday, January 8	<b>PARKOUR</b> - Getting from one point to another point in the most effective way possible. Participants use surroundings and their bodies to propel themselves over, under and around objects.
Wednesday, January 9	<b>TRAMPOLINING</b> – Our qualified instructors will teach you the basic skills of trampolining from warming up with stretches and tumbles to jumping high on the tramps.
Thursday, January 10	<b>SKATING</b> – Improve your skating skills, learn some new tricks and play all sorts of fun games under the watchful eye of our skate instructors.
Friday, January 11	<b>GYMSPORTS</b> – Join our special instructors in the gym for fun on the mat and gym equipment.....learn new skills or practice ones you already know.
Monday, January 14	<b>PARKOUR</b> – Our instructors will show you the best way of getting from one point to another. You will use your surroundings and your body to propel yourself over, under and around objects.
Tuesday, January 15	<b>TRAMPOLINING</b> – It's fun on the tramps! Our instructors will teach you to do more than just bounce!!! They will also teach you the importance of warming by playing games & having fun.
Wednesday, January 16	<b>GYMSPORTS</b> – Have fun in the gym with our qualified instructors. Learn new skills on the trampolines and gym equipment.
Thursday, January 17	<b>BASKETBALL</b> – learn ball handling skills, learn the rules, learn the positions and roles, do some drills and games and put all you have learnt together to play a game of basketball.
Friday, January 18	<b>AT HOME:</b> Play games, do some cooking, do some craft, watch a new movie .....what will a day “at home” bring?

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Monday, January 21	<b>LITTLE WARRIORS</b> - Join Rosemary & Cheryl from Impact Fitness Training for fun & games to move and strengthen your muscles. Learn what makes your body tick & how to look after it
Tuesday, January 22	<b>PARKOUR</b> - Getting from one point to another point in the most effective way possible. Participants use surroundings and their bodies to propel themselves over, under and around objects.
Wednesday, January 23	<b>SKATING</b> – Improve your skating skills, learn some new tricks and play all sorts of fun games under the watchful eye of our skate instructors.
Thursday, January 24	<b>BASKETBALL</b> – Join Steve, a professional basketball coach to learn the skills of the game.....the drills, the shooting, the ball handling, offensive and defensive play .....its all fun!
Friday, January 25	<b>AT HOME:</b> chillax..... It's the last day of the holidays!!!! Maybe play a few games, do some cooking, enjoy a new movie .....have fun!!!!