



WORKSHOPS EXPLAINED

| Workshop Name | Workshop Description |
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| Parkour | Parkour is the practice of traversing obstacles in a man-made or natural environment through the use of running, vaulting, jumping, climbing, rolling, and other movements in order to travel from one point to another in the quickest and most efficient way possible without the use of equipment. Led by Ricky and his team, they help create a dynamic and inclusive environment where the kids can come learn a few new skills while having a blast. |
| Cooking Workshop | Come for a fun and yummy workshop where participants will get to make their own snacks/treats/meal and get to eat it afterwards! Yummy! The decorating and choice of ingredients will be up to each individual participant. |
| Gymnastics | A fan favourite for the kids! Cat and her experienced instructors lead a beginner class focusing on all the foundational exercises of gymnastics while helping more experienced children develop their skills. |
| Hip Hop With Flava Dance/Obstacle Course | <p>A first at Blackwood Rec, we offer a split session of a Hip Hop workshop and Obstacle Course. Specialising in Hip Hop and Street Dance, Flava Dance have developed a reputation for quality, fun classes. We are really excited to have them join our VacFun Program this July. Enjoy a fun obstacle course where kids are trying to get through as quickly as possible. We use our gym sports hall to create many obstacles, jumps, hurdles etc. Lots of fun for all ages.</p> <p>Note: This session will be run as two concurrent 45 minute sessions with half the participants enjoying the obstacle course in our Gym Sports hall while the other participants learn the fundamentals of Hip Hop.</p> |
| Floor is Lava | Don't touch the ground! The Floor is Lava will allow participants to make and design courses/terrain and try to navigate them without falling onto the ground. Modified from the TV show, this will give kids oodles of fun while working with others to creative challenging courses. |
| Lets Make a Mess | <p>Time to get creative and messy! Including slime and play doh making, finger painting, winter crafts and other sensory play activities, this workshop has something for everyone. Don't wear your good clothes for this one.</p> <p>Please bring a smock or other covering to protect your child's clothing.</p> |
| Art Workshop | Participants will be able to let their imagination go wild with different activities to develop drawing, painting and craft skills. |
| Karate Workshop | Come and try our Karate Workshop for Kids with our instructor David from Karate Do Go No Kaze. Learn some self defense, improve confidence and have fun all at the same time! |