

<u>Workshop Name</u>	<u>Workshop Description</u>
Aikido	<p>Griffin Aikido - Martial Art workshop with a Creative Twist...</p> <p>Griffin Aikido is a local martial art school based in Blackwood. Head instructor, Rob Griffin will conduct a fun filled introductory workshop where participants will experience and learn:</p> <ul style="list-style-type: none"> * Basic Aikido defensive techniques (including some take downs) * Safe landing skills (fall to roll) * Evasive footwork * Redirection of energy (acceptance of aggression and redirect it) <p>Sensei Rob brings 25 years of Aikido practice together with his 20+ year career as a performing artist to deliver a fun, action packed workshop. For further information about Sensei Rob, visit his website; griffinaikido.com.au</p>
Anime and Manga Art	<p>These holidays, learn how to draw Anime/Manga characters! Run by Meghan Valins, this workshop will teach the participants the fundamentals of this increasingly popular art style.</p> <p>Meghan is an Adelaide based comic artist, illustrator, and author of the webcomic "Sunflowers and Lavender." She has been drawing since she could pick up a pencil and loves to teach the magic of art!</p> <p>You can find her work at: https://toastchildart.wixsite.com/toastchild</p>
Circus School	<p>Roll Up! Roll Up! The circus is returning to Blackwood Rec Centre! We are over the moon to once again be hosting a circus skills workshop, run by South Coast Circus. Based in Aldinga, South Coast Circus started 5 years ago and is building a solid reputation for fun, vibrant and engaging classes. The workshop may include aerial, hula hoop and acro skills as well as other circus-based activities.</p>
Floor is Lava	<p>Don't touch the ground! Floor is Lava will allow participants to make and design courses/terrain and try to navigate them without falling into the 'Lava'. Modified from the TV show, this will give kids oodles of fun while working with others to create challenging courses.</p>
Gymnastics	<p>A fan favourite for the kids! Our gymnastics coaching team lead a beginner class focusing on all the foundational exercises of gymnastics while helping more experienced children develop their skills.</p>
Hip Hop Dance/Obstacle Course	<p>A split session of a Hip Hop workshop and Obstacle Course.</p> <p>Specialising in Hip Hop and Street Dance, Flava Dance have developed a reputation for quality, fun classes. We are thrilled to have them returning to our summer VacFun Program.</p> <p>Enjoy a fun obstacle course where kids are trying to get through as quickly as possible. We use our gym sports hall to create a large number of 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>
Mini Chefs Cook Up	<p>Come for a fun and yummy workshop where participants will get to make and eat their own delicious food. The decorating and choice of ingredients will be up to each individual participant. On the menu these holidays are mini pizzas, dessert skewers and ice cream sandwiches. Yummy!</p> <p>Please let us know at the time of booking if your child has any food allergies or intolerances.</p>

Parkour	<p>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 learn a few new skills while having a blast.</p>
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