

# Thrower House

All activities are FREE!

## School Holiday Program 19-23 September 2016

Monday 19 september 2016		WEEK 1
9am-10am	Ice Breakers	Let's get this holiday party started...Meet new friends!
10am-12pm	Paddle boarding	Let's go cruising up Currumbin Creek on our paddle boards
12pm-1pm	Lunch	Picnic in the Park!
1pm-2pm	Hannah Fitness	Come along and feel the burn!
2pm-3pm	Art Attack/Tie dye, Sand art	Come and get creative and messy! Great opportunity to hone in on your art skills! Bring something white
3pm-5pm	Movie Madness	Movie Time, Chill with your mates and enjoy snacks.
Tuesday 20 September 2016		
9am-10am	Games Challenge	If you like competition, then you'll LOVE our board game marathons. Prizes included!
10am-11am	Nature treasure walk	The best hunters will manage to find the treasure!
11am-12pm	Natural Art session	It's amazing what you can turn into art! Come and get creative
12pm-1pm	Lunch	Picnic in the Park!
1pm-2pm	Muay Thai	Join Marcus for his heart pumping Muay Thai session
2pm-5pm	Swimming	Pool Inflatables & swimming session at the pool.
Wednesday 21 September 2016		
9am-10pm	Handball	Throwers Hand Ball Comp...Who will be our champ?
10am-12pm	Inflatables (Water)	Ridiculous slippery water madness
12pm-1pm	Lunch	Picnic in the Park!
1pm-3pm	Inflatables (Water)	Ridiculous slippery water madness
3pm-5pm	Dance /Talent Show	We love our local talent...It's time for you to shine!
Thursday 22 September 016		
9am-10am	Basketball	Lets Bounce!
10am-12pm	All Things Magical	Join Di to experience flower power and gardening goodness.
12pm-1pm	Lunch	Picnic in the Park!
1pm-3pm	Elimination Games	Who can stay in the longest?
3pm-5pm	Movie Marathon	Chill with your mates and enjoy some movie snacks.
Friday 23 September 2016		
9am-10pm	Ultimate Frisbee	The ultimate Frisbee team challenge.
10am-12pm	Cooking	Ready..Steady and cook up a storm!
12pm-1pm	Lunch	Picnic in the Park!
1pm-3pm	Art Attack	You won't want to miss this Art session
3pm-5pm	Swimming	Pool inflatables & swimming session at the pool.

**Thrower House** is located at Salk Oval, Thrower Drive, Palm Beach

For information: **email** [throwerhouse@goldcoast.qld.gov.au](mailto:throwerhouse@goldcoast.qld.gov.au) or **text/phone** 0408 734 061



All activities are free and designed youth aged from 12 to 17 years of age. Join us on any day by simply completing a registration form on arrival.

★ Indicates activity has limited spaces - booking is essential

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## School Holiday Program 26 - 30 September 2016

Monday 26 September 2016		WEEK 2
9am-10am	Baseball	Which team will be Throwers Baseball champs?
10am-12pm	Paddle Boarding	Let's go cruising up Currumbin Creek on our paddle boards
12pm-1pm	Lunch	Picnic in the Park!
1pm-3pm	Old School Games	Games Station Red rover, sack races
3pm-5pm	Movie	Chill with your mates and enjoy some movie snacks.
Tuesday 27 September 2016		
9am-10am	Basketball Shoot-out	Slam and dunk the balls through the hoops
10am-12pm	Colour Run	Come and get active and colourful on Throwers Colour Run!
12pm-1pm	Lunch	Picnic in the Park!
1pm-2pm	Muay Thai	Join Marcus for his heart pumping Muay Thai session
2pm-5pm	Swimming	Pool inflatables & swimming session at the pool.
Wednesday 28 September 2016		
9am-10am	Oz Tag	Oz tag Comps on, Team against team...mate against mate
10am-12pm	Inflatables – Jousting	Instead of battling Pokemon, let's battle each other.
12pm-1pm	Lunch	Picnic in the Park!
1pm-3pm	Inflatables – Jousting	Round 2. Ding! Ding! Ding!
3pm-5pm	Movie	Chill with your mates and enjoy some movie snacks.
Thursday 29 September 2016		
9am-10am	Shoot-Out	Slam Dunk it like Michael Jordan
10am-12pm	All Things Magical	Join Di and experience some flower power and gardening goodness.
12pm-1pm	Lunch	Picnic in the Park!
1pm-3pm	Art Session	It's amazing what you can turn into art! Come and get creative
3pm-5pm	Water Elimination Games	Try to stay dry in these challenging water Games
Friday 30 September 2016		
9am-10am	Mixed Games	Come along and play a heap of mixed games.
10am-12pm	Cooking	Ready..Steady and cook up a storm!
12pm-1pm	Lunch	Picnic in the Park!
1pm-3pm	Skateboarding	Join Flavio the Pro from Byron for his skilful Skating
3pm-5pm	Pool Party	Let's party by the pool to celebrate the end of the holidays.

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