



June-July School Holiday Program

Saturday 27 June to Sunday 12 July 2009

Get up, get out and get active these school holidays in your local park!



The Active & Healthy School Holiday Program promotes great free and low cost activities running on the Gold Coast. The program caters for children of all abilities up to the age of 17.

Gold Coast Parks Active & Healthy Program and Natural Areas Management Programs are providing 36 free interactive and educational activities in parks across the Gold Coast. Some activities require bookings, so contact providers to secure your place.

Child care groups and vacation care programs

Please note that child care and vacation care groups are welcome at the below sessions. Groups must book by contacting the provider. A maximum of 20 children per group are permitted at activities. Teachers and child care staff must be in attendance and involved in the activity.

- Belly dancing - suraya@bluewatersnile.com
- Kids yoga - essence@essenceofliving.com.au
- Mad sports - info@madsports.com.au

Get active and healthy all year round...

Did you know Council provides over 150 free and low cost activities weekly in local parks all year round? The activities cater for families, kids, young people, mum and bubs, pre and post natal, seniors and people with a special need or disability. For a program contact the Active & Healthy team on 5581 5233, activehealthygc@goldcoast.qld.gov.au or visit goldcoastcity.com.au/activehealthygc

DISCLAIMER: All the activities listed in the Active and Healthy School Holiday program are provided by third parties, not Gold Coast City Council. In respect of each activity, your legal relationship is with that third party provider. Gold Coast City Council takes no responsibility or liability for any damage, loss, costs, expenses, liability, claims, demands, actions, proceedings, injury (including death) or dispute due to or arising out of, directly or indirectly, the actions or omissions (whether wilful negligent or otherwise) of Council (including any officer or employee) or any participant (including yourself) or any third party provider.

Week 1 – Saturday 27 June to Sunday 5 July 2009

Date	Time	Activity	Location	Cost	Booking Details
Sat 27 June	10am to 2pm	Kayaking & sailing	Varsity Lakes Delfin House Varsity Parade	\$10	Bookings required 0420 811 080 or 0405 468 344
Mon 29 June	9am to 10am	Mad sports – fun interactive activities using unique equipment to play noodle hockey, ezy slings, zockers, flying whizzos and much more. Fun to be had by all	Paradise Point North Esplanade Park The Esplanade	Free 	No bookings Mad Sports 0401 018 767 *Childcare and vacation groups must book info@madsports.com.au
Mon 29 June	9am to 10am	Treasure hunt – find your way through the park in this fun and exciting treasure hunt activity	Jacobs Well Riesenwebber Park Bay Street Map 308C9	Free 	Bookings required Register online kidzquestonline.com or ph 0439 663 562
Mon 29 June	9am to 10.30am	Creatures of the wetlands - enjoy the chorus of the sedge frogs and get up close to wildlife while meandering through the amazing melaleuca wetland	Coombabah Coombabah Lakes Conservation Area Rain Tree Glen Map 18K12	Free 	Bookings required GCCC 5581 1521
Mon 29 June	10am to 2pm	Kayaking , sailing & beach activities	Tallebudgera Creek Murlong Crescent boat ramp	\$10	Bookings required 0420 811 080 or 0405 468 344
Mon 29 June to 24 July	9am to 3.30pm	Eco rangers – get closer to wildlife these holidays! Your child will get a photo with one of our wildlife, go behind the scenes, feed some animals, see the vet hospital, run around in Wild Island and much more. All food included	Currumbin Currumbin Wildlife Sanctuary Currumbin	\$49	Bookings required 5534 0846 cws.org.au
Mon 29 to Fri 3 June	7am to 6pm	Vacation care – an exciting program that includes outdoor and outdoor sports, games and activities	Oxenford Oxenford & Coomera Community Centre, 25 Oxenford – Tamborine Road	\$45 per day	Bookings required 5529 8087
Tues 30 June	10am	Obstacle challenge – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Southport Silver Bridle Your Park 5 Bloodwood Crescent	Free 	Bookings required Jenny 0401 214 965
Tues 30 June	9.30am	Juggle jam circus fun – a hands on fun interactive circus skill workshops learning the basic techniques and tricks in 3 ball juggling, diabolo, flip sticks and practice poi/staff twirling	Mudgeeraba Firth Park Somerset Drive	Free 	No bookings Threeworlds 5526 0900
Tues 30 June	10am	Kids yoga - the kids will enjoy this natural and healthy class to help them laugh, relax and focus	Nerang Bert Swift Park Centurion Crescent Map 37 D5	Free 	No bookings Michelle 5526 6600 *Childcare and vacation groups must book essence@essenceofliving.com.au
Tues 30 June	6pm to 7.30pm	Spotlight adventure - come along for a night time experience in the bush with the chance of spotting some resident wildlife	Mudgeeraba Hinterland Regional Park, Hardy's Road Map 58A7	Free 	Bookings required GCCC 5581 1521
Tues 30 June	5.30pm to 6.30 pm	Karate - a form of self-defence that uses arms and legs to block and strike. Teaches discipline, confidence, fitness self control, and character. If kids have been exposed to bullies great for confidence to face that fear	Runaway Bay Community Centre Lae Drive	Free	No bookings 0416 058 077



funded by the Active & Healthy Program




funded by Natural Areas Management Unit

Tues 30 June	9.30am to 10.30am	Self defence for kids - build your kids confidence in handling unexpected situations with expert tuition	Varsity Lakes College Senior Campus Auditorium Classroom Assembly	\$5	Bookings required Busy Bodies Australia 1300 780 447 getbusy@busybodies australia.com.au
Tues 30 June	10am to 2pm	Kayaking, sailing & beach activities	Currumbin Creek Duringham Street boat ramp	\$10	Bookings required 0420 811 080 or 0405 468 344
Tues 30 June & Thur 2 July	6.30pm to 8pm	Shotokan Karate - a form of self-defence that uses arms and legs to block and strike. Teaches discipline, confidence, fitness self control, and character	Runaway Bay Community Centre Lae Drive	Free	No bookings 0416 058 077
Wed 1 July	9.30am	Belly dancing – come along to shimmy and shake for fun, fitness and fantasy	Broadbeach Cascade Gardens Gold Coast Highway Map 39N16	Free 	No bookings Suraya 0404 071 751 *Childcare and vacation groups must book suraya@bluewatersnile. com
Wed 1 July	10am	Obstacle challenge – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Labrador Baden Robin Park 222 Turpin Road	Free 	Bookings required Jenny 0401 214 965
Wed 1 July	9am to 10am	Treasure hunt – find your way through the park in this fun and exciting treasure hunt activity	Reedy Creek The Observatory Park Southern Skies Avenue	Free 	Bookings required Register online kidzquestonline.com or ph 0439 663 562
Wed 1 July	9.30am to 11.30am	Jumping fun – 2 inflatables for 2 hours of unlimited bouncing activity	Palm Beach Laguna Park Laguna Avenue	\$3 	No bookings The Fun Team 55590 957
Wed 1 July	9.30am to 10.30am	Cheerleading workshop - enjoy fun and fitness! Dance, cheer and learn a routine to popular music	Varsity Lakes Central Park Lake Street	\$5 	Bookings required Busy Bodies Australia 1300 780 447 getbusy@busybodies australia.com.au
Wed 1 July	6pm to 7.30pm	Spotlight adventure - bound along and discover what the kangaroos and other wildlife get up to at night on a Ranger guided spotlight	Coombabah Coombabah Lakes Conservation Area Rain Tree Glen Map 18K12	Free 	Bookings required GCCC 5581 1521
Wed 1 July	10.45am to 12pm	Fashionista's fashion workshop - a fun class where kids get to design and decorate their very own fashion and take home their creation	Varsity Lakes College Senior Campus Auditorium Classroom Assembly	\$5	Bookings required Busy Bodies Australia 1300 780 447 getbusy@busybodies australia.com.au
Thur 2 July	9am to 10am	Mad sports – fun interactive activities using unique equipment to play noodle hockey, ezy slings, zockers, flying whizzos and much more	Merrimac Streetoner Family Park 70 Merridown Drive	Free 	No bookings Mad Sports 0401 018 767 *Childcare and vacation groups must book info@madsports.com.au
Thurs 2 July	9.30am to 10.30am	Kids cook winter warmers - learn to create simple meals and tasty snacks for winter...then eat	Varsity Lakes College Senior Campus Auditorium Classroom Assembly	\$10	Bookings required Busy Bodies Australia 1300 780 447 getbusy@busybodies australia.com.au
Thur 2 July	9am to 10.30am	Creek to coast - explore what lives in the shallows of Currumbin Creek plus native wildlife experience in the this unique coastal reserve	Currumbin Tarrabora Reserve Gold Coast Highway Map 70R3	Free 	Bookings required GCCC 5581 1521

Thur 2 July	9.30am	Juggle jam circus fun – a hands on fun interactive circus skill workshops learning the basic techniques and tricks in 3 ball juggling, diabolo, flip sticks and practice poi/staff twirling	Miami Ed Hardy Park The Esplanade Map 50C19 meet north of Burleigh Surf Club	Free 	No bookings Threeworlds 5526 0900
Thur 2 July	10am	Obstacle challenge – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Bundall Evadale Park Ouyan Street, meet at playground near lake	Free 	Bookings required Jenny 0401 214 965
Thurs 2 July	10.45am to 12pm	Creative kids - stimulate kids imaginations as we design, create and show off your arty side! Our theme for winter is "Arctic Animals"	Varsity Lakes College Senior Campus Auditorium Classroom Assembly	\$5	Bookings required Busy Bodies Australia 1300 780 447 getbusy@busybodiesaustralia.com.au
Fri 3 July	9am to 10am	Treasure hunt – find your way through the park in this fun and exciting treasure hunt activity	Currumbin Galleen Park Galleen Way	Free 	Bookings required Register online kidzquestonline.com or ph 0439 663 562
Fri 3 July	9.30am	Juggle jam circus fun – a hands on fun interactive circus skill workshops learning the basic techniques and tricks in 3 ball juggling, diabolo, flip sticks and practice poi/staff twirling	Elanora Bill Thomson Park Murtha Dr Map70J4	Free 	No bookings Threeworlds 5526 0900
Fri 3 July	9am to 10am	Mad sports – fun interactive activities using unique equipment to play noodle hockey, ezy slings, zockers, flying whizzos and much more. Fun to be had by all	Helensvale Discovery Park Discovery Drive	Free 	No bookings Mad Sports 0401 018 767 *Childcare and vacation groups must book info@madsports.com.au
Fri 3 July	10am	Kids yoga - the kids will enjoy this natural and healthy class to help them laugh, relax and focus	Varsity Lakes Frascott Park Yodelay Avenue	Free 	No bookings Michelle 5526 6600 *Childcare and vacation groups must book essence@essenceofliving.com.au
Fri 3 July	10am to 11.30am	Treasure hunt - follow the clues, complete the checkpoints and make your way to the treasure chest	Paradise Point North Esplanade Park The Esplanade	\$2 	Bookings required Busy Bodies Australia 1300 780 447 getbusy@busybodiesaustralia.com.au
Fri 3 July	6pm to 7.30pm	Spotlight adventure - turn on your night vision and experience this bushland reserve by night on a Ranger guided spotlight	Burleigh Heads Burleigh Ridge Park Girl Guides Hut Tabilban Street Map 60D9	Free 	Bookings required GCCC 5581 1521
Sat 4 July	8am	Surfing thrill – there is no better place to surf. All equipment is supplied. For all ability levels	Surfers Paradise Cheyne Horan School of Surf Corner Hanlan Street The Esplanade	\$12	Bookings required 1800 227 873
Sat 4 July	10am to 2pm	Kayaking, sailing & beach activities	Paradise Point North Esplanade Park Esplanade Parade Meet next to swimming enclosure	\$10	Bookings required 0420 811 080 or 0405 468 344
Sun 5 July	8am to 9am	Learn to surf at Munga Barry's, Godfathers of the Ocean Surf School - fun, safe and easy to learn, coaches in the water at all times. All ages welcome	Burleigh Heads 43 Goodwin Terrace Burleigh Heads	\$10	Bookings required 5593 5661

Week 2 – Monday 6 to Sunday 12 July 2009

Date	Time	Activity	Location	Cost	Booking Details
Mon 6 July	9.30am	Belly dancing – come along to shimmy and shake for fun, fitness and fantasy	Palm Beach Laguna Park Laguna Avenue	Free 	No bookings Suraya 0404 071 751 *Childcare and vacation groups must book suraya@bluewatersnile.com
Mon 6 July	10am	Obstacle challenge – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Hope Island Charles Holm Park 2 Pinnaroo Street	Free 	Bookings required Jenny 0401 214 965
Mon 6 July	9am to 10.30am	Mangrove madness - discover this thriving marine habitat from the meandering boardwalk out to the bird hide on the edge of Lake Coombabah. Plus native wildlife presentation	Coombah Coombah Lakes Conservation Area Shelter Road Map 18A9	Free 	Bookings required GCCC 5581 1521
Mon 6 & 7 Tues July	9am to 9.45am & 10.30am to 11.15am	Kinder circuit 3 to 5 years - get your child moving through a combination of cardio and strength exercises, including game based activities	Currumbin Leaps & Bounds Childrens Fitness Centre Unit 23 2 – 6 Hawker Street	Free	Bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030 info@childrensfitnesscentre.com.au
Mon 6 to Fri 10 July	7am to 6pm	Vacation care – an exciting program that includes outdoor and outdoor sports, games and activities	Oxenford Oxenford & Coomera Community Centre, 25 Oxenford – Tamborine Road	\$45 per day	Bookings required 5529 8087
Mon 6 July	9am to 3pm	Strike bowl big day out - meet us for outdoor games then off to bowling to hit some pins! Includes supervision, lunch, snacks and drinks	Surfers Paradise	\$35	Bookings required Busy Bodies Australia 1300 780 447 getbusy@busybodiesaustralia.com.au
Tues 7 July	9am to 10am	Mad sports – fun interactive activities using unique equipment to play noodle hockey, ezy slings, zockers, flying whizzos and much more.	Mudgeeraba Ingles Park Wallandra Road Map 57P1	Free 	No bookings Mad Sports 0401 018 767 *Childcare and vacation groups must book info@madsports.com.au
Tues 7 July	9.30am to 11.30am	Jumping fun – 2 inflatables for 2 hours of unlimited bouncing activity	Paradise Point North Esplanade Park Esplanade Parade	\$3 	No bookings The Fun Team 55590 957
Tues 7 July	10am	Juggle jam circus fun – a hands on fun interactive circus skill workshops learning the basic techniques and tricks in 3 ball juggling, diabolo, flip sticks and practice poi/staff twirling	Pacific Pines Central Park Hotham Drive	Free 	No bookings Threeworlds 5526 0900
Tues 7 July	6pm to 7.30pm	Spotlight adventure - come along for a night time experience in the bush with the chance of spotting some resident wildlife	Mudgeeraba Hinterland Regional Park Hardy's Road Map 58A7	Free 	Bookings required GCCC 5581 1521
Tues 7 July	5.30pm to 6.30pm	Karate - a form of self-defence that uses arms and legs to block and strike. Teaches discipline, confidence, fitness self control, and character. If kids have been exposed to bullies great for confidence to face that fear	Runaway Bay Community Centre Lae Drive	Free	No bookings 0416 058 077



Tues 7 & Thur 9 July	6.30pm to 8pm	Shotokan Karate - a form of self-defence that uses arms and legs to block and strike with. Teaches discipline, confidence, fitness self control, and character	Runaway Bay Community Centre Lae Drive	Free	No bookings 0416 058 077
Tues 7 July	8.30am to 1pm	Titans skills clinic - meet Titans players, receive a great goodies bag and enjoy being active and learning about rugby league! Coaching, games, signings, morning tea, lunch and drinks provided	Varsity Lakes meet at Varsity College Sports Hall, Assembly Drive	\$20	Bookings required Busy Bodies Australia 1300 780 447 getbusy@busybodies australia.com.au
Wed 8 July	10am	Obstacle challenge – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Parkwood Abbott Park Woodlands Way	Free 	Bookings required Jenny 0401 214 965
Wed 8 July	9am to 10am	Mad sports – fun interactive activities using unique equipment to play noodle hockey, ezy slings, zockers, flying whizzos and much more.	Burleigh Heads Justins Park The Esplanade	Free 	No bookings required Mad Sports 0401 018 767 *Childcare and vacation groups must book info@madsports.com.au
Wed 8 July	9am to 10am	Treasure hunt – find your way through the park in this fun and exciting treasure hunt activity	Upper Coomera Rosemallow Reserve Park, Corner Coomera Spring Blv and Rosemallow Drive	Free 	Bookings required Register online kidzquestonline.com or ph 0439 663 562
Wed 8 July	6pm to 7.30pm	Spotlight adventure - bound along and discover what the kangaroos and other wildlife get up to at night on a Ranger guided spotlight	Coomabah Coomabah Lakes Conservation Area Rain Tree Glen Map 18K12	Free 	Bookings required GCCC 5581 1521
Wed 8 July	9.30am to 10.30am	Cheerleading workshop - enjoy fun and fitness! Dance, cheer and learn a routine to popular music	Paradise Point North Esplanade Park The Esplanade	\$5 	Bookings required Busy Bodies Australia 1300 780 447 getbusy@busybodies australia.com.au
Wed 8 July	9am to 3pm	Drax for kids big day out - outdoor games, show, lunch, snacks and drinks - a fun day out at Dracula's Theatre Restaurant	Broadbeach	\$45	Bookings required Busy Bodies Australia 1300 780 447 getbusy@busybodies australia.com.au
Thur 9 July	9.30am	Belly dancing – come along to shimmy and shake for fun, fitness and fantasy	Benowa Gold Coast Regional Botanic Gardens Ashmore Road Map 38L10	Free 	No bookings required Suraya 0404 071 751 *Childcare and vacation groups must book suraya@bluewatersni le.com
Thur 9 July	9am to 9.45am	Mummy & me 2 to 3 years – come along to explore and play on our exercise equipment. Lots of fun and laughter. Bring a piece of fruit too to share for morning tea	Currumbin Leaps & Bounds Childrens Fitness Centre Unit 23 2 – 6 Hawker Street	Free	Bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030 info@childrensfittness centre.com.au
Thur 9 July	10.15am to 11am	Kinder circuit 3 to 5 years - get your child moving through a combination of cardio and strength exercises, including game based activities	Currumbin Leaps & Bounds Childrens Fitness Centre Unit 23 2 – 6 Hawker Street	Free	Bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030 info@childrensfittness centre.com.au

Thur 9 July	9am to 10am	Treasure hunt – find your way through the park in this fun and exciting treasure hunt activity	Coolanagatta Queen Elizabeth Park The Esplanade	Free 	Bookings required Register online kidzquestonline.com or ph 0439 663 562
Thur 9 July	2pm to 2.45pm	Kids circuit 5 to 8 years - get your child moving through a combination of cardio and strength exercises, including game based activities	Currumbin Leaps & Bounds Childrens Fitness Centre Unit 23 2 – 6 Hawker Street	Free	Bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030 info@childrensfitness centre.com.au
Thur 9 July	3pm to 3.45pm	Kids circuit 9 to 12 years - get your child moving through a combination of cardio and strength exercises, including game based activities	Currumbin Leaps & Bounds Childrens Fitness Centre Unit 23 2 – 6 Hawker Street	Free	Bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030 info@childrensfitness centre.com.au
Thurs 9 July	9am to 9.45am	Yoga for toddlers - bring your little one along to bend, stretch, play games and relax	Benowa Gold Coast Regional Botanic Gardens 258 Ashmore Road Map 38L10	\$5 	Bookings required Busy Bodies Australia 1300 780 447 getbusy@busybodies australia.com.au
Thur 9 July	6pm to 7.30pm	Spotlight adventure - turn on your night vision and experience Tugun Hill Conservation Area and its nocturnal inhabitants	Tugun Tugun Hill Conservation Area Murray Street Map 71B11	Free 	Bookings required GCCC 5581 1521
Fri 10 July	10am	Obstacle challenge – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Ormeau Jacobs Ridge Park Pincally Crescent Jacobs Ridge	Free 	Bookings required Jenny 0401 214 965
Fri 10 July	9am to 10am	Mad sports – fun interactive activities using unique equipment to play noodle hockey, ezy slings, zockers, flying whizzos and much more.	Labrador Norm Rix Park Government Road	Free 	No bookings Mad Sports 0401 018 767 *Childcare and vacation groups must book info@madsports.com.au
Fri 10 July	9am or 10am	Botanica quest - adventure game for children 4 to 12 years. Follow the map, explore the gardens using your senses, solve the quests and collect your treasure. Bring drink bottle, hat and wear enclosed shoes.	Benowa Gold Coast Regional Botanic Gardens Ashmore Road Map 38L10	\$2 	Bookings required Mary 0449 561 674
Fri 10 July	9.30am	Rockin ranger show - come sing, dance and learn about aussie animals with Matt the "Rockin Ranger"	Mudgeeraba Hinterland Regional Park Hardy's Road Map 58A7	Free 	No bookings required GCCC 5581 1521
Sat 11 July	8am	Surfing thrill – there is not better place to surf. All equipment is supplier. For all ability levels	Surfers Paradise Cheyne Horan School of Surf Corner Hanlan Street The Esplanade	\$12	Bookings required 1800 227 873
Sat 11 July	4pm to 8am	Camp crocodile camp out - camp out underneath the stars in tents and experience the wildlife come alive at night, all food included	Currumbin Currumbin Wildlife Sanctuary	\$74	Bookings required 5534 0846 cws.org.au
Sun 12 July	8am to 9am	Learn to surf at Munga Barry's Godfathers of the Ocean Surf School - fun, safe and easy to learn, coaches in the water at all times. All ages welcome	Burleigh Heads 43 Goodwin Terrace Burleigh Heads	\$10	Bookings required 5593 5661