

HOLIDAY PROGRAM SCHEDULE

WINTER



MONDAY
1 July

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|---|
| 9.15AM - 11.00AM Aquatics |
| 11.00AM - 11.30AM MORNING TEA |
| 11.30AM - 1.00PM Ultimate Frisby, Netball, Jail Break |
| 1.00PM - 2.00PM LUNCH |
| 2.00PM - 4.30PM Hockey, Badminton, Dodgeball |
| 4.00PM - 4.30PM Little Kids - Jungle Gym |



TUESDAY
2 July

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|--|
| 9.15AM - 11.00AM Aquatics |
| 11.00AM - 11.30AM MORNING TEA |
| 11.30AM - 1.00PM Excursion to Lakeside Stadium |
| 1.00PM - 2.00PM LUNCH |
| 2.00PM - 4.30PM Volleyball, Squash, Memory Tag |
| 4.00PM - 4.30PM Little Kids - Jungle Gym |



WEDNESDAY
3 July

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|---|
| 9.15AM - 11.00AM Aquatics |
| 11.00AM - 11.30AM MORNING TEA |
| 11.30AM - 1.00PM Basketball, Table Tennis, Flip Tag |
| 1.00PM - 2.00PM LUNCH |
| 2.00PM - 4.30PM Zumba, Soccer, Rob the Nest |
| 4.00PM - 4.30PM Little Kids - Jungle Gym |



THURSDAY
4 July

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| 9.15AM - 11.00AM Aquatics |
| 11.00AM - 11.30AM MORNING TEA |
| 11.30AM - 1.00PM European Handball, AFL, Poison Ball |
| 1.00PM - 2.00PM LUNCH |
| 2.00PM - 4.30PM Cricket, Lacrosse, Tail Tag |
| 4.00PM - 4.30PM Little Kids - Jungle Gym |



FRIDAY
5 July

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| 9.15AM - 11.00AM Excursion to Adventure Playground |
| 11.00AM - 11.30AM MORNING TEA |
| 11.30AM - 1.00PM Aquatics |
| 1.00PM - 2.00PM LUNCH |
| 2.00PM - 4.30PM Inflatable Day, Fun & Games |
| 4.00PM - 4.30PM Little Kids - Jungle Gym |



MONDAY
8 July

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|---|
| 9.15AM - 11.00AM Aquatics |
| 11.00AM - 11.30AM MORNING TEA |
| 11.30AM - 1.00PM Badminton, Soccer, Tail Tag |
| 1.00PM - 2.00PM LUNCH |
| 2.00PM - 4.30PM Yoga, Ultimate Frisby, Capture the Flag |
| 4.00PM - 4.30PM Little Kids - Jungle Gym |



TUESDAY
9 July

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|---|
| 9.15AM - 11.00AM Aquatics |
| 11.00AM - 11.30AM MORNING TEA |
| 11.30AM - 1.00PM Excursion to Golf & Scavenger Hunt |
| 1.00PM - 2.00PM LUNCH |
| 2.00PM - 4.30PM Hockey, Volleyball, Dodgeball |
| 4.00PM - 4.30PM Little Kids - Jungle Gym |



WEDNESDAY
10 July

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|---|
| 9.15AM - 11.00AM Aquatics |
| 11.00AM - 11.30AM MORNING TEA |
| 11.30AM - 1.00PM European Handball, Table Tennis, Red Rover |
| 1.00PM - 2.00PM LUNCH |
| 2.00PM - 4.30PM Kickball, Squash, Flip Tag |
| 4.00PM - 4.30PM Little Kids - Jungle Gym |



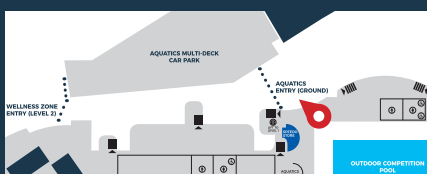
THURSDAY
11 July

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| 9.15AM - 11.00AM Aquatics |
| 11.00AM - 11.30AM MORNING TEA |
| 11.30AM - 1.00PM Excursion to Lakeside Stadium |
| 1.00PM - 2.00PM LUNCH |
| 2.00PM - 4.30PM Basketball, AFL, Four Corners |
| 4.00PM - 4.30PM Little Kids - Jungle Gym |



FRIDAY
12 July

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| 9.15AM - 11.00AM Excursion to Adventure Playground |
| 11.00AM - 11.30AM MORNING TEA |
| 11.30AM - 1.00PM Aquatics |
| 1.00PM - 2.00PM LUNCH |
| 2.00PM - 4.30PM Inflatable Day, Fun & Games |
| 4.00PM - 4.30PM Little Kids - Jungle Gym |



DROP OFF 7.45am-8.45am
PICK UP 4.30pm-5.45pm
Meeting point: Outside Aquatics entry (ground level)

To download the Holiday Program Information Pack and view more information, visit www.melbournesportscentres.com.au



HOLIDAY PROGRAM SCHEDULE

Aquatics

Wave pool, water safety, water slide, and fun on the giant water inflatables – get ready to make a splash! Water safety skills include safe water entry (both pool and beach scenarios), exploring depths, how to be safe around the pool, rescue and lifeguard signals and signage, and more

Jungle Gym

It's exploration time with the jungle gym and ever popular ball pit!

Inflatable Day

Jumping castle, inflatable futsal and inflatable twister – bouncing, jumping, inflatable fun!

Kids Classes

Yoga, Free Dance, Zumba and meditation – just for kids!

Scavenger Hunt

There's a secret message hidden around the venue – in teams we'll find the clues, decipher the messages, complete the activities and unlock MSAC's secret!

Sport Rotations

Get ready to try a new sport and master some new skills these holidays! Cricket, basketball, netball, hockey, volleyball, table tennis, AFL, soccer, tennis and more – it's a buffet of sport at MSAC! We'll rotate the fun and modify activities to suit the age groups on the day

Lakeside Stadium

After a short walk across to Lakeside Stadium, we'll be enjoying a special track and field clinic where the champions compete!

Adventure Playground

There is an amazing wooden fort to be conquered by the Holiday Program kids – within walking distance from MSAC (Aughtie Drive Playground)! Swings, slides, bridges and fun awaits us just a short adventure away

Golf

Albert Park Golf Course – 35-37 Albert Drive Victoria 3000

Talk about a hole in one – we're off on an excursion to the Albert Park Golf Course!

Designed by expert coaches, our golf program will have all of our juniors teeing off in no time

ACTIVITIES ARE SUBJECT TO CHANGE – DUE TO SPACE AVAILABILITY, EVENTS AND WEATHER