



# **GREAT HOLIDAYS START HERE!**

## **MON 08 APR**

# **ACTION BREAK**

8:30am - 4:30pm Ages 5-12y (\$)

# **BODYPUMP**

17:00 - 18:00 Ages 14-25

## **TUE 09 APR**

#### **ACTION BREAK**

8:30am - 4:30pm Ages 5-12y (\$)

## CORE

117:00 - 17:30 Ages 14-25



## WHEELS UP 5:30-6:30pm

Ages 13+

## **WED 10 APR**

# ACTION BREAK

8:30am - 4:30pm Ages 5-12y (\$)

# GOGA (\$)

16:00-17:30pm

# **SPRINT**

17:30-18:00 Ages 14-25

## THU 11 APR

# **ACTION BREAK**

8:30am - 4:30pm Ages 5-12y (\$)

#### CORE

117:00 - 17:30 Ages 14-25

## FRI 12 APR

# **ACTION BREAK**

8:30am - 4:30pm Ages 5-12y (\$)

# GOGA 5:00-7:00pm

## **MON 15 APR**

# **ACTION BREAK**

8:30am - 4:30pm

Ages 5-12y (\$)

ACTION BREAK: Your kids will have a blast in our fully supervised Action Break Program. Book for a single session or a full actionpacked day of games, fitness, sport and craft activities! \$65-\$80 /day.

GOGA: The GOGA (Get out, get active!) program is a perfect activity for families to come and participate in a range of activities from rock climbing to different stadium sports! \$7 pp

WHEELS UP: Join us for a fun accessible alternative form of sports that anyone can play! wheelchair sports! Suitable for ALL abilities, whether a player has a disability or not! FRE PROGRAM

YOUTH WEEK: Programs bellow is part of the youth week and are sponsored by the NT government.

**CORE:** Core Strength training express workout. FREE PROGRAM

SPRINT: Explosive cycling HIIT workout. Speed, power and mixed condition training. FREE PROGRAM

BODYPUMP: Weight-based resistance training for a total body workout. FREE PROGRAM





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