

# HOLIDAY PROGRAM SCHEDULE

## SPRING



**MONDAY**  
23 September

9.15AM - 11.00AM	Aquatics
11.00AM - 11.30AM	MORNING TEA
11.30AM - 1.00PM	Aquatics
1.00PM - 2.00PM	LUNCH
2.00PM - 4.00PM	Table Tennis, European Handball, Netball, Jail Break
4.00PM - 4.30PM	Little Kids - Pirates Cave



**TUESDAY**  
24 September

9.15AM - 11.00AM	Excursion to Lakeside Stadium
11.00AM - 11.30AM	MORNING TEA
11.30AM - 1.00PM	Aquatics
1.00PM - 2.00PM	LUNCH
2.00PM - 4.00PM	Circuit Class, Squash, Soccer, Dodgeball
4.00PM - 4.30PM	Little Kids - Pirates Cave



**WEDNESDAY**  
25 September

9.15AM - 11.00AM	Aquatics
11.00AM - 11.30AM	MORNING TEA
11.30AM - 1.00PM	Aquatics
1.00PM - 2.00PM	LUNCH
2.00PM - 4.00PM	Basketball, Hockey, Ultimate Frisby, Tail Tag
4.00PM - 4.30PM	Little Kids - Pirates Cave



**THURSDAY**  
26 September

9.15AM - 11.00AM	AFL Challenge
11.00AM - 11.30AM	MORNING TEA
11.30AM - 1.00PM	Aquatics
1.00PM - 2.00PM	LUNCH
2.00PM - 4.00PM	Inflatable Day, Fun and Games
4.00PM - 4.30PM	Little Kids - Pirates Cave



**FRIDAY**  
27 September

**PUBLIC HOLIDAY**



**MONDAY**  
30 September

9.15AM - 11.00AM	Aquatics
11.00AM - 11.30AM	MORNING TEA
11.30AM - 1.00PM	Aquatics
1.00PM - 2.00PM	LUNCH
2.00PM - 4.00PM	Ultimate Frisby, Badminton, Soccer, Memory Tag
4.00PM - 4.30PM	Little Kids - Pirates Cave



**TUESDAY**  
1 October

9.15AM - 11.00AM	Aquatics
11.00AM - 11.30AM	MORNING TEA
11.30AM - 1.00PM	Excursion to Lakeside
1.00PM - 2.00PM	LUNCH
2.00PM - 4.00PM	Table Tennis, Lacrosse, Hockey, Capture the Flag
4.00PM - 4.30PM	Little Kids - Pirates Cave



**WEDNESDAY**  
2 October

9.15AM - 11.00AM	Aquatics
11.00AM - 11.30AM	MORNING TEA
11.30AM - 1.00PM	Excursion to Golf Amazing Race
1.00PM - 2.00PM	LUNCH
2.00PM - 4.00PM	Yoga, Netball, Kickeball, Rob the Nest
4.00PM - 4.30PM	Little Kids - Pirates Cave



**THURSDAY**  
3 October

9.15AM - 11.00AM	Aquatics
11.00AM - 11.30AM	MORNING TEA
11.30AM - 1.00PM	Aquatics
1.00PM - 2.00PM	LUNCH
2.00PM - 4.00PM	Squash, Basketball, Volleyball, Poison Ball
4.00PM - 4.30PM	Little Kids - Pirates Cave



**FRIDAY**  
4 October

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 - 4.00PM	Inflatable Day, Fun & Games
4.00PM - 4.30PM	Little Kids - Pirates Cave



**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](http://www.melbournesportscentres.com.au)



# HOLIDAY PROGRAM SCHEDULE

## Aquatics

Wave pool, water safety and aquatic fun on our 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!

## OCCASIONAL CHILDCARE

Discover Albert Park, run errands or workout, all while your little one explores our Kids Zone under the care of qualified staff. **ENQUIRE NOW - 9926 1533**

## Inflatable Day

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

## Kids Classes

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

## FAMFIT

Join our new family friendly group fitness classes for \$25 (1 adult / 1 child). Tuesday Yoga and Thursday HIIT between 4.30-5.15pm. **ENQUIRE NOW - 9926 1618**

## Scavenger Hunt & Amazing Race

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**

## MP3 – MSAC PHYSICAL PERFORMANCE PROGRAM

MP3 is your one-stop shop for athletic development for young adolescents aged 11-17. Whether looking to get in shape or compete in a specialised sport, MP3 will customise a Strength and Conditioning program to meet the participant's needs. For more information, visit:

[melbournesportscentres.com.au/kids/mp3-physical-performance-program](http://melbournesportscentres.com.au/kids/mp3-physical-performance-program)



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