

December 2011 – January 2012

# Alive & Kicking

*School holiday healthy and active programs*



**Redland**  
CITY COUNCIL

## Week 1: December 10-18

### Saturday 10 December

#### **GRETSKI'S CHRISTMAS FESTIVAL**

Presented by Emanate Theatre with Redlands Christian Reformed Church. For an afternoon of art and games, a Christmas pantomime and family carols. Bring along your picnic rugs and settle down

Where: Redlands Christian Reformed Church - Cnr Sturgeon and Delancey St, Ormiston

Cost: Free

Contact: For more information visit [www.emanatetheatre.com](http://www.emanatetheatre.com)

### Daily from 9.00am

#### **TEN PIN BOWLING**

Try our special school holiday program includes 1 game of bowling, shoe hire and fruit drink or test your skill and upgrade to 2 games for extra \$5.

Where: 9 Currumbin Court, Capalaba

Cost: \$9.90 per person (extra games available)

Contact: For more information and bookings contact AMF Capalaba Bowl on 3245 5666

### Mon 12 Dec & Wed 14 Dec 9am – 10am

#### **FIT STUFF KIDS**

Group fitness for kids is the perfect way to get your children outdoors, active and interacting with other children. Our program allows your kids to become part of something fun & social. Improving their general health, coordination, balance, core strength & the opportunity to feel accepted into an active environment while having fun.

Where: G J Walter Park, Cleveland

Cost: \$15 per child

Contact: For more information and bookings contact Rolf on 0422 648 558 or Nathan on 0410 057 507

**Tue 13 Dec & Thur 15 Dec 9am – 11am**

### **GYMNASTICS**

Want to jump, tumble, leap....come and try gymnastics and trampolining in a safe environment under the supervision of qualified coaches. A warm up followed by rotations on a variety of apparatus including beam, bars, tramp, tumbling.

Where: Redlands Gymnastics Club, Albert Morris Pavilion, Cleveland Showgrounds, Long St, Cleveland

Cost: \$20 per child

Contact: For more information and bookings contact Redlands Gymnastics on 3821 4477 or email [rgheadcoach@hotmail.com](mailto:rgheadcoach@hotmail.com)

**Tue 13 Dec – Thur 15 Dec 9am – 11.30am**

### **I CAN GROW THINGS**

Collect items from the garden, design and make a miniature garden, decorative bucket garden and newspaper seedlings pots. Lots of activities on each day. Sausage Sizzle included at end of workshop. Ages 5-10.

Where: Oaklands St, Community Garden, Keith Surridge Park, Alexandra Hills

Cost: \$20 per child  
Parent/Guardian required to attend (no charge)

Contact: For more information and bookings contact Connect2Group on 3286 7166



**Wed 14 Dec 9.30am – 12.00pm**

### **BUSH CAPERS FUN**

Activities based in a unique bushland. Learn about plant and animals found in the bush, though an active program including bushwalks, crafts and games.

Where: Erapah Scout Environmental Centre,  
424 Cleveland- Redland Bay Road, Victoria Point

Cost: \$10.00 per day

Contact: For more information and bookings contact  
Erapah Scouts on 3207 8958 or email  
erapahscene@bigpond.com

**Wed 14 Dec 10am – 11.30am**

### **LEAFY WREATH**

Create a beautiful Christmas wreath for your door using scrunched up paper leaves, gumnuts, ribbon and other assorted decorations. For ages 8 – 16 years.

Where: Redlands IndigiScapes Centre, 17 Runnymede Rd,  
Capalaba

Cost: \$4 per child (limited spaces)

Contact: Bookings at the Redland City Council Customer Service Centres. For more information Redlands IndigiScapes on 3824 8611



**Wed 14 Dec 5:30pm - 6:30pm**

### **SYNCHRONIZED SWIMMING**

Have a go at a unique pool sport this Summer. Girls aged 7-14, will enjoy learning various figure combinations and routines and will experience the fun of dancing in the water. Swimmers must be able to swim 25 meters unaided and are required to have togs, towel, cap, water bottle and goggles.

Where: Cleveland Aquatic Centre

Cost: \$7.50 per person

Contact: For more information and bookings contact Aqualina Synchronized Swimming Club on 0414 125 or email 518info@aqualina.org.au

**Wed 14 Dec – Fri 16 Dec 8.30am – 4.30pm**

### **KINDILAN ADVENTURE HOLIDAY PROGRAM (FOR AGES 7-14)**

Each day generally includes one water session, one heights activity and two other fun activities such as abseiling, orienteering and archery. Ask about the overnight programs and eligibility to Child care benefits.

Where: Cnr Days Rd and German Church Rd, Redland Bay

Cost: \$55 per day

Contact: For more information and bookings contact Kindilan on 3206 7291

**Wed 14 Dec – Fri 16 Dec 8.30am – 4.30pm**

### **GOANNA GANG PROGRAM**

Goanna Gang Program is designed for young children between the ages of 4 and 7. Each day the Goanna Gang has an exciting theme, using fun activities to tie in with that days' theme including beach day, magic day, Master Chef day and many more.

Where: Cnr Days Rd and German Church Rd, Redland Bay

Cost: \$65 per day

Contact: For more information and bookings contact Kindilan on 3206 7291

**Fri 16 Dec 10am – 11.30am**

### **ENVIRONMENTAL TREASURE HUNT**

A fun way for kids to explore and discover the amazing colours, sounds, smells and textures of the bush. There are so many treasures out in the bush for us to discover, so why not join us in finding some environmental treasures. For ages 4 – 10 years.

Children under 8 must be accompanied by parent/guardian.

Where: Redlands IndigiScapes Centre, 17 Runnymede Rd, Capalaba

Cost: \$4 per child (limited spaces)

Contact: Bookings at the Redland City Council Customer Service Centres. For more information Redlands IndigiScapes on 3824 8611

## **Week 2: December 19-25**

**Daily from 9.00am**

### **TEN PIN BOWLING**

Try our special school holiday program includes 1 game of bowling, shoe hire and fruit drink or test your skill and upgrade to 2 games for extra \$5.

Where: 9 Currumbin Court, Capalaba

Cost: \$9.90 per person (extra games available)

Contact: For more information and bookings contact AMF Capalaba Bowl on 3245 5666



**Mon 19 Dec & Wed 21 Dec: 9am – 10am**

### **FIT STUFF KIDS**

Group fitness for kids is the perfect way to get your children outdoors, active and interacting with other children. Our program allows your kids to become part of something fun & social. Improving their general health, coordination, balance, core strength & the opportunity to feel accepted into an active environment while having fun.

Where: G J Walter Park, Cleveland

Cost: \$15 per child

Contact: For more information and bookings contact Rolf on 0422 648 558 or Nathan on 0410 057 507

**Tue 20 Dec & Thur 22 Dec: 9am – 11am**

### **GYMNASTICS**

Want to jump, tumble, leap....come and try gymnastics and trampolining in a safe environment under the supervision of qualified coaches. A warm up followed by rotations on a variety of apparatus including beam, bars, tramp, tumbling.

Where: Redlands Gymnastics Club, Albert Morris Pavilion, Cleveland Showgrounds, Long St, Cleveland

Cost: \$20 per child

Contact: For more information and bookings contact Redlands Gymnastics on 3821 4477 or email [rgheadcoach@hotmail.com](mailto:rgheadcoach@hotmail.com)

**Tue 20 Dec 20 –Thur 22 Dec: 8.30am-2.30pm**

### **3 DAY TENNIS CAMP**

3 Day Tennis Camp for 6-16yrs. Includes tuition, fun games, prize giveaway, trophy presentation and tournament for all players on final day.

Lunch provided on final day

Where: Redlands Lawn Tennis Association, Cnr Long & Smith Sts, Cleveland

Cost: \$110 total for the three days.

Contact: For more information and bookings contact the Pro-Shop on 3821-0337

**Wed 21 Dec: 9.30am – 12.00pm**

### **BUSHLAND CAPERS FUN**

Fun activities based in a unique bushland. Learn about plant and animals found in the bush, though an active program including bushwalks, crafts and games.

Where: Erapah Scout Environmental Centre,  
424 Cleveland- Redland Bay Road, Victoria Point

Cost: \$10.00 per day

Contact: For more information and bookings contact  
Erapah Scouts on 3207 8958 or email  
erapahscene@bigpond.com

**Fri 23 Dec: 5.30pm – 9pm**

### **DJ POOL PARTY**

DJ pool party music lights family and youth fun night –  
Christmas theme

Where: Russell Island Pool, Cnr Burrows and High St,  
Russell Island

Cost: \$3.80 per person  
General entry

Contact: For more information contact the Russell Island Pool on  
3409 1503

## **Week 4: January 2-8**

**Daily from 9.00am**

### **TEN PIN BOWLING**

Try our special school holiday program includes 1 game of bowling, shoe hire and fruit drink or test your skill and upgrade to 2 games for extra \$5.

Where: 9 Currumbin Court, Capalaba

Cost: \$9.90 per person (extra games available)

Contact: For more information and bookings contact AMF  
Capalaba Bowl on 3245 5666

**9am – 10am**

### **FIT STUFF KIDS**

Group fitness for kids is the perfect way to get your children outdoors, active and interacting with other children. Our program allows your kids to become part of something fun & social. Improving their general health, coordination, balance, core strength & the opportunity to feel accepted into an active environment while having fun.

Where: G J Walter Park, Cleveland

Cost: \$15 per child

Contact: For more information and bookings contact Rolf on 0422 648 558 or Nathan on 0410 057 507

**Tue 3 Jan & Thur 5 Jan: 9am-11am**

### **GYMNASTICS**

Want to jump, tumble, leap....come and try gymnastics and trampolining in a safe environment under the supervision of qualified coaches. A warm up followed by rotations on a variety of apparatus including beam, bars, tramp, tumbling.

Where: Redlands Gymnastics Club, Albert Morris Pavilion, Cleveland Showgrounds, Long St, Cleveland

Cost: \$20 per child

Contact: For more information and bookings contact Redlands Gymnastics on 3821 4477 or email [rgtheadcoach@hotmail.com](mailto:rgtheadcoach@hotmail.com)



**Sun 8 Jan: 4pm - 6pm**

### **AQUA GAMES**

Aqua Games includes water volley ball, water polo and aqua monster ball

Where: Russell Island Pool, Cnr Burrows and High St, Russell Island

Cost: \$3.80 per person General entry

Contact: For more information contact the Russell Island Pool on 3409 1503

## **Week 5: January 9-15**

**Daily from 9.00am**

### **TEN PIN BOWLING**

Try our special school holiday program includes 1 game of bowling, shoe hire and fruit drink or test your skill and upgrade to 2 games for extra \$5.

Where: 9 Currumbin Court, Capalaba

Cost: \$9.90 per person (extra games available)

Contact: For more information and bookings contact AMF Capalaba Bowl on 3245 5666



**Tues 10 Jan: 10am – 11.30am**

### **ENVIRONMENTAL TREASURE HUNT**

A fun way for kids to explore and discover the amazing colours, sounds, smells and textures of the bush. There are so many treasures out in the bush for us to discover, so why not join us in finding some environmental treasures. For ages 4 – 10 years.

Children under 8 must be accompanied by parent/guardian.

Where: Redlands IndigiScapes Centre, 17 Runnymede Rd, Capalaba

Cost: \$4 per child (limited spaces)

Contact: Bookings at the Redland City Council Customer Service Centres. For more information Redlands IndigiScapes on 3824 8611

**Tue 10 Jan & Thur 12 Jan: 9am – 11 am**

### **GYMNASTICS**

Want to jump, tumble, leap....come and try gymnastics and trampolining in a safe environment under the supervision of qualified coaches. A warm up followed by rotations on a variety of apparatus including beam, bars, tramp, tumbling.

Where: Redlands Gymnastics Club, Albert Morris Pavilion, Cleveland Showgrounds, Long St, Cleveland

Cost: \$20 per child

Contact: For more information and bookings contact Redlands Gymnastics on 3821 4477 or email [rgcheadcoach@hotmail.com](mailto:rgcheadcoach@hotmail.com)

**Wed 11 Jan: 10am – 11.30am**

### **PRINTING FROM NATURE (FOR AGES 8 – 16 YEARS)**

Come and create a design from the animals and plants you see in the IndigiScapes gardens. Then make stencils or printings from plants onto calico bags and banners to take home.

Where: Redlands IndigiScapes Centre, 17 Runnymede Rd, Capalaba

Cost: \$4 per child (limited spaces)

Contact: Bookings at the Redland City Council Customer Service Centres. For more information Redlands IndigiScapes on 3824 8611

**Wed 11 Jan: 5:30pm to 6:30pm**

### **SYNCHRONIZED SWIMMING**

Have a go at a unique pool sport this Summer. Girls aged 7-14, will enjoy learning various figure combinations and routines and will experience the fun of dancing in the water. Swimmers must be able to swim 25 meters unaided and are required to have togs, towel, cap, water bottle and goggles.

Where: Cleveland Aquatic Centre

Cost: \$7.50 per person

Contact: For more information and bookings contact Aqualina Synchronized Swimming Club on 0414 125 or email 518info@aqualina.org.au

**Wed 11 Jan – Fri 13 Jan: 3 day program**

### **KINDILAN TEEN ADVENTURE PROGRAM**

**(FOR AGES 14 -18)**

The three day Teen Adventure Program has been designed to engage teens through a range of challenging and exciting activities whilst encouraging positive learning outcomes such as self concept, interpersonal skills and goal setting. Activities include canoeing, team challenges, campfire cookout and night abseiling.

Where: Cnr Days Rd and German Church Rd, Redland Bay

Cost: \$195 per person (3 day program)

Contact: For more information and bookings contact Kindilan on 3206 7291

**Wed 11 Jan – Fri 13 Jan: 8.30am – 4.30pm**

### **GOANNA GANG PROGRAM**

Goanna Gang Program is designed for young children between the ages of 4 and 7. Each day the Goanna Gang has an exciting theme, using fun activities to tie in with that days' theme including beach day, magic day, Master Chef day and many more.

Where: Cnr Days Rd and German Church Rd, Redland Bay

Cost: \$65 per day

Contact: For more information and bookings contact Kindilan on 3206 7291

**Thurs 12 Jan: 6.30pm - 8.00pm**

### **BATS AT THE BLACK SWAMP**

Learn about the mysterious creatures that inhabit the Black Swamp. This activity will focus on the fascinating world of bats. Learn about their lifestyle and watch as thousands of them venture off for a night-time foray.

All ages. Children under 8 must be accompanied by a paying parent/guardian. Children 3 and under free.

Where: Norfolk Park Haggup St, Cleveland

Cost: \$4 per person or \$12 per group of 4 (limited spaces)

Contact: Bookings at the Redland City Council Customer Service Centres. For more information Redlands IndigiScapes on 3824 8611



## Week 6: January 16-22

Daily from 9.00am

### TEN PIN BOWLING

Try our special school holiday program includes 1 game of bowling, shoe hire and fruit drink or test your skill and upgrade to 2 games for extra \$5.

Where: 9 Currumbin Court, Capalaba

Cost: \$9.90 per person (extra games available)

Contact: For more information and bookings contact AMF Capalaba Bowl on 3245 5666

Mon 16 Jan: 9am – 3pm

### CSIRO HOLIDAY SCIENCE

Drop the kids off for a whole day of cool and exciting science experiments and activities. Must bring a hat, lunch and morning tea and wear closed toe shoes.

Where: Redlands IndgiScapes Centre, 17 Runnymede Rd, Capalaba

Cost: \$75 for non members or \$65 for CSIRO Double Helix Science Club Members

Contact: For more information and bookings contact CSIRO on 3833 5562 or visit [www.csiro.au/events/SQLD-Holidays.html](http://www.csiro.au/events/SQLD-Holidays.html)



**Mon 16 Jan & Thur 19 Jan: from 10.15am**

### **PILATES**

Tone your legs and arms, flatten your tummy and strengthen those muscles through a complete body workout. You'll feel your muscles burn and love the results. With greater mobility, improved flexibility & eased back pain this workout will make you feel great.

Everyone welcome, including beginners and anyone 12 years and older.

Where: 5 Veronica St, Capalaba

Cost: \$5 per person

Contact: For more information and bookings contact Bliss Pilates on 0400 228 762 or email [BlissPilatesClass@gmail.com](mailto:BlissPilatesClass@gmail.com)

**Tues 17 Jan: 10.00am - 11.30am**

### **BUSH TUCKER TOUR AND TASTE**

Come for a walk in the IndigiScapes Wild Herb garden where you will learn about some of our tasty bush foods and which will grow well in your garden. After our walk we will get to try some bush fruits and a sweet treat!

All ages. Children under 8 must be accompanied by a paying parent/guardian.

Where: Redlands IndigiScapes Centre, 17 Runnymede Rd, Capalaba

Cost: \$6 per person (limited spaces)

Contact: Bookings at the Redland City Council Customer Service Centres. For more information Redlands IndigiScapes on 3824 8611

**Tue 17 Jan & Thur 19 Jan: 9am – 11am**

### **GYMNASTICS**

Want to jump, tumble, leap....come and try gymnastics and trampolining in a safe environment under the supervision of qualified coaches. A warm up followed by rotations on a variety of apparatus including beam, bars, tramp, tumbling.

Where: Redlands Gymnastics Club, Albert Morris Pavilion, Cleveland Showgrounds, Long St, Cleveland

Cost: \$20 per child

Contact: For more information and bookings contact Redlands Gymnastics on 3821 4477 or email [rgcoach@hotmail.com](mailto:rgcoach@hotmail.com)

**Tue 17 Jan – Thur 19 Jan: 9am – 11.30am**

### **I CAN GROW THINGS (AGES 5-10)**

Collect items from the garden, design and make a miniature garden, decorative bucket garden and newspaper seedlings pots. Lots of activities on each day. Sausage Sizzle included at end of workshop.

Where: Oaklands St, Community Garden, Keith Surridge Park, Alexandra Hills

Cost: \$20 per child

Contact: Parent/Guardian required to attend (no charge). For more information and bookings contact Connect2Group on 3286 7166

**Wed 18 Jan: 5:30pm to 6:30pm**

### **SYNCHRONIZED SWIMMING**

Have a go at a unique pool sport this Summer. Girls aged 7-14, will enjoy learning various figure combinations and routines and will experience the fun of dancing in the water. Swimmers must be able to swim 25 meters unaided and are required to have togs, towel, cap, water bottle and goggles.

Where: Cleveland Aquatic Centre

Cost: \$7.50 per person

Contact: For more information and bookings contact Aqualina Synchronized Swimming Club on 0414 125

**Wed 18 Jan: 7.00pm - 8.30pm**

**CREATURES OF THE DARK SPOTLIGHT  
(CHILDREN 3 AND UNDER FREE)**

Come and explore the mysterious creatures of the dark that call the Redlands IndigiScapes Centre home. Besides learning all about the birds, koalas, possums and other night creatures, you will get the opportunity to see some these creatures as they venture off on their nightly activities. All ages. Children under 8 must be accompanied by a paying parent/guardian.

Where: Redlands IndigiScapes Centre, 17 Runnymede Rd, Capalaba

Cost: \$4 per person or \$12 per group of 4 (limited spaces)

Contact: Bookings at the Redland City Council Customer Service Centres. For more information Redlands IndigiScapes on 3824 8611

**Wed 18 Jan – Fri 20 Jan: 8.30am – 4.30pm**

**GOANNA GANG PROGRAM**

Goanna Gang Program is designed for young children between the ages of 4 and 7. Each day the Goanna Gang has an exciting theme, using fun activities to tie in with that days' theme including beach day, magic day, Master Chef day and many more.

Where: Cnr Days Rd and German Church Rd, Redland Bay

Cost: \$65 per day

Contact: For more information and bookings contact Kindilan on 3206 7291



**Thurs 19 Jan: 10.00am - 11.30am**

**WONDERFUL WATER BUGS (FOR AGES 8 – 16 YEARS)**

Come and learn about the little creatures that call Coolnwynpin Creek home and the importance of these creatures to the health of our waterways. Be prepared to get your feet wet!

Where: Redlands IndigiScapes Centre, 17 Runnymede Rd, Capalaba

Cost: \$4 per child (limited spaces)

Contact: Bookings at the Redland City Council Customer Service Centres. For more information Redlands IndigiScapes on 3824 8611

**Thur 19 Jan: 10.15am – 11am**

**MINIS MOVEMENT**

2 - 4 year old an integrated learning movement class special gymnastics theme. Tumbling, rolling, and balancing the little ones will love this class.

Where: 5 Veronica St, Capalaba

Cost: \$5 per child

Contact: For more information and bookings contact Industrie 1 Dance Company on 3823 6703



**Thur 19 Jan: 10.15am – 11am**

**BOYS AND GIRLS HIP HOP AND BREAKDANCING**

Workshop for 5-12years: a fun & energetic style of dance, performed to hip hop music (as seen in many music video clips). A popular style of street dance for boys and girls.

Where: 5 Veronica St, Capalaba

Cost: \$5 per child

Contact: For more information and bookings contact Industrie 1 Dance Company on 3823 6703

**Fri 20 Jan: 5.30pm – 9pm**

**DJ POOL PARTY**

DJ pool party music lights family and youth fun night Russell Island Pool

Where: Cnr Burrows and High St, Russell Island

Cost \$3.80 per person General entry

Contact: For more information contact the Russell Island Pool on 3409 1503



### **Disclaimer**

If you have any concerns regarding your fitness level, ability or skill to undertake an activity it is recommended that you seek the appropriate independent advice. The activities that are provided by third parties and not by Redland City Council and your legal relationship is with that third party provider. Redland City Council takes no responsibility or liability for any damage, loss costs, expenses, liability, claims, demands, actions, injury or dispute due to or arising directly or indirectly or omissions of Council or any participant or third party provider. Every effort has been made to ensure that the activities listed are correct at the time of printing. In the unlikely event that activities are changed or cancelled please contact the service provider listed for more information.

**If you would like your holiday activity listed in the next Alive and Kicking school holiday healthy and active program brochure please contact Redland City Council Sport and Recreation team on 3829 8999.**