

# Active



## Aussie Rules

Learning and improving your Aussie Rules skills whilst having fun with other campers. All levels of experience are welcome as we enjoy our great game together. Classes will be split into Junior & Senior based on school grade.

## Beach Games

A chance to play and enjoy the beautiful Queenscliff Beach. Campers will have a say in the games and activities that are played each day. This will not involve swimming.

## Double Dutch

The skipping ropes will be out for Campers to learn and master the art of double dutch skipping with the long ropes. Lots of chances for individual tricks with the short ropes also.

## Difro Ball

Not as complicated as it sounds, this is a different ball sport for each day of the week which includes camper choice. From traditional sports like Soccer, Basketball and Cricket, to more niche sports like Volleyball, European Handball and Dodgeball. The options are endless!

## Basketball

Hit the court and channel your inner Patty Mills or Lauren Jackson, with some fun basketball drills and a bit of game play. Classes will be split into Junior & Senior based on school grade.

# Creative

## Art

Creative expression using a variety of different artistic skills and textiles, with something different every day to work on and take home to show your family.

## Art Specialty

Available for **full-week** campers only, this is the opportunity to take Art to the next level and create more complex projects across multiple days. "To be an artist is to believe in life."

## Makerspace

An environment where Campers can explore their own interests and learn to use various tools and materials to develop creative solutions to help in their everyday lives. Unstructured by design, to harness a mindset of community, creativity and collaboration.

## Musical Production

For **full-week** campers only, this is a comprehensive activity for participants to fully immerse themselves in the planning, rehearsal and performance of a Broadway-worthy musical production. Friday afternoon will be showtime for all campers and staff to watch the finished product.

## Prop & Costume Design

To complement our Musical Production in a behind-the-scenes capacity, this is a hands-on approach to constructing the required props, costumes and pieces of set for the final show. Campers do not need to have a role in the Musical Production to participate in Prop & Costume Design.

# Special Interest

## Cooking

Warm up those tastebuds and learn how to cook some culinary classics. Cooking is a life skill that promotes independence and gives a new appreciation for what goes on your plate. Learning not only about food, but core kitchen skills such as knowledge of utensils, hygiene, chopping and mixing.

## Just Dance

The ever-popular and ultimate dance-based activity. From the full body aerobic workout of Zumba like Waka Waka, to routines choreographed by the campers. This activity ticks all the boxes for campers who love to move and groove.

## Yoga & Mindfulness

In such a busy and active world, this is a perfect way to relax and centre the mind, body and soul. With a focus on physical and mental well-being, we have a variety of activities and exercises to help balance the day and increase the happiness levels even more.

## Strategy Studio

For the campers who love a brain teaser, promoting cognitive skills such as problem-solving, critical thinking, and memory retention, while also fostering patience and perseverance. The Strategy Studio is full of daily riddles to solve, jigsaw puzzles, crosswords, board games, sudoku, word searches, and more!

