



Gold Coast **PARKS**

Active & *healthy*

Holiday Program

26 June to 11 July 2010



Superheroes, fairies and pirates

This Active & Healthy Holiday Program has been designed to encourage children to bring their favourite superhero, fairy or pirate to life! There are over 80 free or low cost activities running across the Gold Coast these holidays. This program caters for children of all abilities up to the age of 17.

There are six major fun days for superheroes, fairies and pirates, and inflatable obstacle fun days running for 3 hours. Children are encouraged to get dressed in their favourite costume.

This program also features a **Kiddies Holiday Program** which has sessions tailored to children up to six years of age.

So get your friends, family and picnic basket together to get up, get out and get active these school holidays!

goldcoastcity.com.au/parks

The free new and exciting activities running these holidays:

* Superheroes fun day



Bring your favorite superhero to life. Come dressed as your favorite superhero and get involved in the combat of superheroes games. Your extraordinary superhero powers will be needed!

The superhero jumping castle will be running from 9am to 12 noon with various super power activities running at:
9.30am to 10am
10.15am to 10.45am
11am to 11.30am

* Fairies and pirates fun day



Fairies and pirates are needed at Coast Island. Come dressed in costume and get involved in the island games. Your creative and supernatural powers will be needed! The jumping castle will be running from 9am to 12 noon with various fun interactive activities from:
9.30am to 10am
10.15am to 10.45am
11am to 11.30am



* Kids Combat

Whether the session is running in a park or on the beach, children will be playing fun games which involve them running, jumping, crawling and challenging themselves in this fun obstacle course. Sessions suitable for all ages and ability levels

* inflatable obstacle course



Come along and experience the newest attraction on the Gold Coast – an inflatable obstacle course that is 14 metres x 5 metres. Children will glide through the ring, go over the mound, duck under the bar through the tube to then climb up the wall to slide down the course and slide under the bar! Then do it all over again! For this 3 hour session you will have the chance to contest your family and friends. A great way to stimulate coordination and physical exertion whilst having extreme fun at the same time. Suitable for children aged over six years.

* Multi games

Children will be having fun getting involved in a variety of ultra cool interactive activities that will get them moving and grooving. This will test their skill, fitness and luck!

* Kung Fu Panda 'Wushu' self defence

Children will learn self defence without the necessity of full contact in a safe, happy and encouraging environment. This will build their 'stranger awareness', teach them new skills as well as developing personal discipline. They will become confident and learn some Chinese Martial skills like the Kung Fu Panda in a active and fun surrounding.







Child care groups and vacation care programs



Please note that child care and vacation care groups are welcome to attend the six major fun days – superheroes, fairies and pirates; and inflatable obstacle fun days running for 3 hours.





DISCLAIMER: All the activities listed in the Active & Health Holiday Program are provided by third parties, not Gold Coast City Council. In respect of each activity, your legal relationship is with that third party provider. Gold Coast City Council takes no responsibility or liability for any damage, loss, costs, expenses, liability, claims, demands, actions, proceedings, injury (including death) or dispute due to or arising out of, directly or indirectly, the actions or omissions (whether wilful negligent or otherwise) of Council (including any officer or employee) or any participant (including yourself) or any third party provider.

Week 1 - Saturday 26 June to Sunday 4 July





Date	Time	Activity	Location	Cost	Booking details
Sat 26 June	10.30am to 1.30pm	Pirate and fairy fun day - fairies and pirates are needed at Coast Island. Come dressed in costume and get involved in the island games. Your creative and supernatural power will be needed!	Palm Beach Palm Beach Parklands Gold Coast Highway	Free 	No bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030
Sat 26 June	8am	Surfing thrill – there is no better place to surf. All equipment is supplied. For all ability levels	Surfers Paradise Cheyne Horan School of Surf Corner Hanlan Street The Esplanade	\$12	Bookings required 1800 227 873
Sun 27 June	12.30pm				
Mon 28, Wed 30 June & Fri 2 July	12.30pm				
Sun 27 June	8.30am to 10.30am	Stand up paddle – easy way to get started and learn the basic paddling stroke	Surfers Paradise Budds Beach River Drive	\$4	Bookings required Adventure Outlet 5571 929
Sun 27 June	11am to 5.30pm	Great Aussie BBQ - celebrate the cornerstone of cultural identity. Come and see exactly what can be done with a hot grill and a bit of Aussie cooking ingenuity	Surfers Paradise The Esplanade between Hanlan and Laycock Streets	Free	No bookings required 5584 3700
Mon 28 June	9am to 12 noon	Superhero fun day - bring your favourite superhero to life. Come dressed in your favourite superhero outfit and get involved in the combat of superheroes games. Your extraordinary superhero powers will be needed!	Burleigh Heads Justins Park The Esplanade	Free 	No bookings required Fit Kids 0424 425 145
Mon 28 June	9am to 10am	Kids combat – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Ashmore Ashmore Village Park Mualla Drive Map 38L2	Free 	No bookings required Urban Survivor Jenny 0401 214 965
Mon 28 June	6pm to 7.30pm	Spotlight adventure - turn on your night vision and experience this bushland reserve by night on a guided spotlight	Burleigh Heads Burleigh Ridge Park Girl Guides Hut Tabilban Street Map 60D9	Free 	Bookings essential GCCC 5581 1521 An adult must accompany children. Please bring a torch and wear comfortable walking shoes
Mon 28 June to Fri 2 July	9am to 3pm	Circus school – learn the art of gymnastics, acrobatics, circus fun, trapeze, juggling, tight wire, and much more	Ashmore 9/2 Middleton St last roller door of Corporate Express	\$45	Bookings required info@SuperPerformanceCentre.com.au or 5532 8429
Mon 28 June to Fri 2 July	9am to 4pm	PCYC vacation care - each day has a different excursion for children aged 11 to 17 years	Broadbeach Waters Gold Coast Police-Citizens Youth Club 180 Monaco Street	\$50	Bookings required laura.keogh@pcyc.org.au
Mon 28 June to Fri 2 July	8am to 12 noon	Tennis coaching holiday camp – learn the skills of tennis and make new friends. Suitable for children over 5 years. Bring hat, sunscreen, swimmers, towel and morning tea	Palm Beach Currumbin High School Tennis Courts Cnr Thrower Drive and Gold Coast Highway	\$30 per day or \$125 full week	Bookings required 5534 2826 rhys@playtennis.com.au








Mon 28, Tues 29 & Wed 30 June	6pm to 7pm	Anti bullying resilience program – improve your child’s self confidence and overall wellbeing	Burleigh Heads 4/29 Township Drive	\$10	Bookings required Matthew Hansen 0402 888 892
Mon 28 June to Fri 2 July	8.30am to 10.30am	Bowling and laser skirmish – great family fun at the new AMF bowling and M9 laser skirmish at Robina	Robina Robina Town Centre Under Events Cinema	\$6	Bookings essential AMF bowling & M9 laser skirmish 07 3806 0333
Mon 28 June	10am to 11am	Survival challenge – laugh, have fun and experience the excitement while running, throwing and jumping	Broadbeach Pratten Park Old Burleigh Road	\$4 	Bookings required kidzquestonline.com or 0414 861428 or 0414 404 013
Mon 28 June	2pm to 3pm	Treasure hunt – find your way through the park in this fun and exciting treasure hunt activity	Benowa Gold Coast Regional Botanic Gardens Ashmore Road	\$4 	Bookings required kidzquestonline.com or 0414 861 428 or 0414 404 013
Mon 28 June to Fri 2 July	9am to 12noon	Kayaking – learn the paddle stroke technique, self rescue and team rescue skills in a safe and friendly environment	Mermaid Waters Bel Air Park Rio Vista Blvd Lake Hugh Muntz	\$20	Bookings required Mark 0448422663 kayaksports.com.au
Tues 29 June	9am to 10am	Multi games - try your skill, fitness or luck in a variety of ultra cool activities that will get you moving and grooving	Labrador Harley Park Marine Parade	Free 	No bookings required Mad Sports 0401 018 767
Tues 29 June	9am to 10.30am	Creatures of the wetlands - enjoy the chorus of the sedge frogs and get up close to wildlife while walking through the amazing Paper Bark forest	Coombabah Coombabah Lakes Conservation Area Rain Tree Glen Map 18K12	Free 	Bookings essential GCCC 5581 1521 An adult must accompany children. Please bring hat, sunscreen, water and wear comfortable walking shoes
Tues 29 June	9am to 10am	Multi games - try your skill, fitness or luck in a variety of ultra cool activities that will get you moving and grooving	Mudgeeraba Firth Park Somerset Drive	Free 	No bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030
Tues 29 June	9.30am to 11.30am	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Paradise Point Esplanade North Park The Esplanade	\$5 	No bookings required The Fun Team 5559 0957
Tues 29 June	2pm to 4pm	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Benowa Gold Coast Regional Botanic Gardens Ashmore Road	\$5 	No bookings required The Fun Team 5559 0957
Wed 30 June	9am to 12 noon	Pirate and fairy fun day - fairies and pirates are needed at Coast Island. Come dresses in costume and get involved in the island games. Your creative and supernatural power will be needed!	Ormeau Brien Harris Oval Peachy Road Map 305H11	Free 	No bookings required Fit Kids 0424 425 145
Wed 30 June	10am to 11am	Survival challenge – laugh, have fun and experience the excitement while running, throwing and jumping	Coolangatta Queen Elizabeth Park The Esplanade	\$4 	Bookings required kidzquestonline.com or 0414 861 428 or 0414 404 013
Wed 30 June	2pm to 3pm	Treasure hunt – find your way through the park in this fun and exciting treasure hunt activity	Burleigh Heads Justins Park The Esplanade	\$4 	Bookings required kidzquestonline.com or 0414 861 428
Wed 30 June	6pm to 7.30pm	Spotlight adventure - bound along and discover what the kangaroos and other native wildlife get up to at night on a ranger guided spotlight	Coombabah Coombabah Lakes Conservation Area Rain Tree Glen Map 18K12	Free 	Bookings essential GCCC 5581 1521 An adult must accompany children. Please bring a torch and wear comfortable walking shoes














Wed 30 June	9am to 10am	Multi games - try your skill, fitness or luck in a variety of ultra cool activities that will get you moving and grooving	Oxenford Oxenford and Coomera Community Centre 25 Oxenford – Tamborine Road	Free 	No bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030
Wed 30 June	10am to 3pm	Vacation care - a great way to be involved with friends in a day full of art, crafts, sports and fun activities	Oxenford Oxenford & Coomera Community Centre 25 Oxenford – Tamborine Road	Free	Bookings required enquires@yet.net.au or 5543 6899
Thurs 1 July	9am to 10am	Kids combat – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Bundall Evandale Parklands 135 Bundall Road meet behind Arts Centre	Free 	No bookings required Urban Survivor Jenny 0401 214 965
Thurs 1 July	9am to 10am	Multi games - try your skill, fitness or luck in a variety of ultra cool activities that will get you moving and grooving	Pacific Pines Central Park Hotham Drive	Free 	No bookings required Mad Sports 0401 018 767
Thurs 1 July	9am to 10am	Kids combat – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Paradise Point Esplanade North Park The Esplanade	Free 	No bookings required Kids Quest 0414 861 428
Thurs 1 July	9am to 10.30am	Mangrove madness - discover this thriving marine habitat from the meandering boardwalk out to the bird hide on the edge of Lake Coombabah. Includes native wildlife presentation	Coombabah Coombabah Lakes Conservation Area Shelter Road Map 18A13	Free 	Bookings essential GCCC 5581 1521 An adult must accompany children. Please bring hat, sunscreen, water and wear comfortable walking shoes
Thurs 1 July	9.30am to 1.30am	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Palm Beach Laguna Park Laguna Avenue	\$5 	No bookings required The Fun Team 5559 0957
Thurs 1 July	2pm to 4pm	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Mudgeeraba Hinterland Regional Park 40 Hardy's Road	\$5 	No bookings required The Fun Team 5559 0957
Thurs 1 July	2pm to 3pm	Treasure hunt – find your way through the park in this fun and exciting treasure hunt activity	Surfers Paradise Macintosh Island Gold Coast Highway	\$4 	Bookings required kidzquestonline.com or 0414 861 428 or 0414 404 013
Thur 1 to Sat 3 July	Various times	Asics sport and leisure expo – Thur 4pm to 8pm, Fri 8am to 8pm and Sat 8am to 5pm	Broadbeach Gold Coast Convention & Exhibition Centre Gold Coast Highway	Free	No bookings required Gold Coast Events 5564 8733
Fri 2 July	9am to 12 noon	Inflatable obstacle course - glide, duck and slide through the obstacle course measuring 14 metres x 5 metres. Suitable for children from 6 years	Helensvale Discovery Park Discovery Drive	Free 	No bookings required Vertec Adventures info@vertecadventure.com.au
Fri 2 July	2pm to 4pm	Fishing - come learn how to bait, cast and catch and read tides from the professionals. All equipment, instructions and bait supplied	Upper Coomera John Siganto Park Reserve Road Coomera River Map 16D1	Free 	No bookings required Vertec Adventures info@vertecadventure.com.au
Fri 2 July	9am to 10am	Kids combat – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Arundel Arundel Park Corner of Arundel Drive and Paterson Dr Map 18B14	Free 	No bookings required Kids Quest 0414 861 428








Fri 2 July	9am to 10am	Kung Fu Panda 'wushu' self defence - like in the movie have fun learning the skills of Chinese Martial without the necessity of full contact	Miami Ernie Tebb Park 12 Albion Avenue Map 50A19	Free 	No bookings required GC Tai Chi Academy Dennis 5545 1874
Fri 2 July	6pm to 7.30pm	Spotlight adventure - enjoy this hinterland natural setting on a guided spotlight adventure, discovering local nocturnal inhabitants	Mudgeeraba Hinterland Regional Park Hardy's Road Map 58A7	Free 	Bookings essential GCCC 5581 1521 An adult must accompany children. Please bring a torch and wear comfortable walking shoes
Sat 3 July	8am	Surfing thrill – there is no better place to surf. All equipment is supplied. For all ability levels	Surfers Paradise Cheyne Horan School of Surf Corner Hanlan Street The Esplanade	\$12	Bookings required 1800 227 873
Sat 3 July	10am to 2pm	Kayaking, sailing and beach activities - have fun learning to kayak and sail in this enjoyable activity by the water. Beach activities will also be occurring through out the day	Paradise Point Paradise Point Parklands The Esplanade Next to swimming enclosure	\$10 	Bookings required Sails 0420 811 080 or 0405 468 344
Sat 3 July	8am to 12noon	Family fun day – celebrating the Gold Coast Marathon. The children can have fun whilst you watch the 10km finishers	Southport Broadwater Parklands Gold Coast Highway	Free 	No bookings required Queensland Events Gold Coast 5668 9888
Sun 4 July	12.30pm	Surfing thrill – there is no better place to surf. All equipment is supplied. For all ability levels	Surfers Paradise Cheyne Horan School of Surf Corner Hanlan Street The Esplanade	\$12	Bookings required 1800 227 873

week 2 - Monday 5 July to Sunday 11 July

Date	Time	Activity	Location	Cost	Booking details
Mon 5 July	2pm to 4pm	Fishing - come learn how to bait, cast and catch and read tides from the professionals. All equipment, instructions and bait supplied	Nerang Arthur Earl Park Nerang River Nerang Connection Road Map 37K2	Free 	No bookings required Vertec Adventures info@vertecadventure.com.au
Mon 5 July	10am to 11am	Survival challenge – laugh, have fun and experience the excitement while running, throwing and jumping	Broadbeach Pratten Park Old Burleigh Road	\$4 	Bookings required kidzquestonline.com or 0414 861 428 or 0414 404 013
Mon 5 July	2pm to 3pm	Treasure hunt – find your way through the park in this fun and exciting treasure hunt activity	Benowa Gold Coast Regional Botanic Gardens Ashmore Road	\$4 	Bookings required kidzquestonline.com or 0414 861 428 or 0414 404 013
Mon 5 July	9am to 10.30am	Wild mountain - breathe in the fresh mountain air, while helping rangers look for tracks and other signs of the unique wildlife found on the Springbrook Plateau	Springbrook Apple Tree Park Springbrook Road Map 66E10	Free 	Bookings essential GCCC 5581 1521 An adult must accompany children. Please bring hat, sunscreen, water and wear comfortable walking shoes

Mon 5 July	10am to 2pm	Kayaking, sailing and beach activities - have fun learning to kayak and sail in this enjoyable activity by the water. Beach activities will also be occurring through out the day	Tallebudgera Tallebudgera Creek Murlong Crescent boat ramp	\$10 	Bookings required Sails 0420 811 080 or 0405 468 344
Mon 5 to Fri 9 July	9am to 3pm	Circus school – learn the art of gymnastics, acrobatics, circus fun, trapeze, juggling, tight wire, and much more	Ashmore 9/2 Middleton St last roller door of Corporate Express	\$45	Bookings required info@SuperPerformance Centre.com.au or 5532 8429
Mon 5, Tues 6 & Wed 7 July	6pm to 7pm	Anti bullying resilience program – improve your child's self confidence and overall wellbeing.	Burleigh Heads 4/29 Township Drive	\$10	Bookings required Matthew Hansen 0402 888 892
Mon 5 to Fri 9 July	8am to 12 noon	Tennis coaching holiday camp – learn the skills of tennis and make new friends. Suitable for children over 5 years. Bring hat, sunscreen, swimmers, towel and morning tea	Palm Beach Currumbin High School Tennis Courts Cnr Thrower Drive and Gold Coast Highway	\$30 per day or \$125 full week	Bookings required rhys@playtennis.com.au 5534 2826
Mon 5 to Fri 9 July	9am to 12noon	Kayaking – learn the paddle stroke technique, self rescue and team rescue skills in a safe and friendly environment	Mermaid Waters Bel Air Park Rio Vista Blvd Lake Hugh Muntz	\$20	Bookings required Mark 0448422663 kayaksports.com.au
Mon 5, Wed 7 & Fri 9 July	12.30pm	Surfing thrill – there is no better place to surf. All equipment is supplied. For all ability levels	Surfers Paradise Cheyne Horan School of Surf Corner Hanlan Street The Esplanade	\$12	Bookings required 1800 227 873
Tues 6 July	9am to 10am	Kids combat – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Jacobs Well Riesenwebber Park Bay Street Map 308C9	Free 	Bookings required Urban Survivor Jenny 0401 214 965
Tues 6 July	2pm to 4pm	Fishing - come learn how to bait, cast and catch and read tides from the professionals. All equipment, instructions and bait supplied	Elanora Schuster Park Schuster Road Tallebudgera Creek Meet at sand beach northern end Map 70B2	Free 	No bookings required Vertec Adventures info@vertecadventure.com.au
Tues 6 July	6pm to 7.30pm	Spotlight adventure - turn on your night vision and experience this bushland reserve by night on a guided spotlight	Burleigh Heads Burleigh Ridge Park Girl Guides Hut Tabilban Street Map 60D9	Free 	Bookings essential GCCC 5581 1521 An adult must accompany children. Please bring a torch and wear comfortable walking shoes
Tues 6 July	9.30am to 11.30am	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Palm Beach Palm Beach Parklands Gold Coast Highway	\$5 	No bookings required The Fun Team 5559 0957
Tues 6 July	2pm to 4pm	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Benowa Gold Coast Regional Botanic Gardens Ashmore Road	\$5 	No bookings required The Fun Team 5559 0957
Wed 7 July	9am to 12 noon	Inflatable obstacle course - glide, duck and slide through the obstacle course measuring 14 metres x 5 metres. Suitable for children from 6 years	Broadbeach Kurrawa Park Old Burleigh Road	Free 	No bookings required Vertec Adventures info@vertecadventure.com.au

Wed 7 July	9am to 10am	Multi games - try your skill, fitness or luck in a variety of ultra cool activities that will get you moving and grooving	Merrimac Faerie Park Inwood Dr Map 48E8	Free 	No bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030
Wed 7 July	9am to 10am	Kung Fu Panda 'wushu' self defence - like in the movie have fun learning the skills of Chinese Martial without the necessity of full contact	Robina Robina Common Ron Penhaligon Way	Free 	No bookings required GC Tai Chi Academy Dennis 5545 1874
Wed 7 July	10am to 11am	Survival challenge – laugh, have fun and experience the excitement while running, throwing and jumping	Palm Beach Palm Beach Parklands Gold Coast Highway	\$4 	Bookings required kidzquestonline.com or 0414 861 428 or 0414 404 013
Wed 7 July	9am to 10.30am	Creek to coast - explore what lives in the shallows of Currumbin Creek plus native wildlife experience in this unique coastal reserve	Currumbin Tarrabora Reserve Gold Coast Highway Map 70R4	Free 	Bookings essential GCCC 5581 1521 An adult must accompany children. Please bring hat, sunscreen, water and wear comfortable walking shoes
Wed 7 July	2pm to 3pm	Treasure hunt – find your way through the park in this fun and exciting treasure hunt activity	Surfers Paradise Macintosh Island Gold Coast Highway	\$4 	Bookings required kidzquestonline.com or 0414 861 428 or 0414 404 013
Wed 7 July	10am to 2pm	Kayaking, sailing and beach activities - have fun learning to kayak and sail in this enjoyable activity by the water. Beach activities will also be occurring through out the day	Currumbin Currumbin Creek Duringham Street boat ramp	\$10 	Bookings required Sails 0420 811 080 or 0405 468 344
Thurs 8 July	9am to 12 noon	Superhero fun day - bring your favorite superhero to life. Come dressed in your favorite superhero outfit and get involved in the combat of superhero games. Your extraordinary superhero powers will be needed!	Nerang Bischof Park 48 Nerang Street	Free 	No bookings required Fit Kids 0424 425 145
Thurs 8 July	9am to 10am	Multi games - try your skill, fitness or luck in a variety of ultra cool activities that will get you moving and grooving	Hope Island Charles Holm Park 2 Pinnaroo St	Free 	No bookings required Mad Sports 0401 018 767
Thurs 8 July	9am to 10am	Kids combat – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Clear Island Waters Takasu Gardens Corner Robina Parkway and Markeri Streets Map 48Q11	Free 	Bookings required Urban Survivor Jenny 0401 214 965
Thurs 8 July	6pm to 7.30pm	Spotlight adventure - bound along and discover what the kangaroos and other native wildlife get up to at night on a ranger guided spotlight	Coombabah Coombabah Lakes Conservation Area Rain Tree Glen Map 18K12	Free 	Bookings essential GCCC 5581 1521 An adult must accompany children. Please bring a torch and wear comfortable walking shoes
Thurs 8 July	9.30am to 11.30am	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Paradise Point Esplanade North Park The Esplanade	\$5 	No bookings required The Fun Team 5559 0957
Thurs 8 July	2pm to 4pm	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Nerang Bischoff Park Nerang Street Map 37J2	\$5 	No bookings required The Fun Team 5559 0957
Thurs 8 July	10am to 11am	Survival challenge – laugh, have fun and experience the excitement while running, throwing and jumping	Broadbeach Pratten Park Old Burleigh Road	\$4 	Bookings required kidzquestonline.com or 0414 861 428 or 0414 404 013

Thurs 8 July	2pm to 3pm	Treasure hunt – find your way through the park in this fun and exciting treasure hunt activity	Burleigh Heads Justins Park The Esplanade	\$4 	Bookings required kidzquestonline.com or 0414 861 428 or 0414 404 013
Fri 9 July	9am to 12 noon	Inflatable obstacle course - glide, duck and slide through the obstacle course measuring 14 metres x 5 metres. Suitable for children from 6 years	Southport Broadwater Parklands Gold Coast Highway	Free 	No bookings required Vertec Adventures info@vertecadventure.com.au
Fri 9 July	9am to 10am	Kids combat – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Coolangatta Queen Elizabeth Park The Esplanade	Free 	No bookings required Kids Quest 0414 861 428
Fri 9 July	9am to 10am	Multi games - try your skill, fitness or luck in a variety of ultra cool activities that will get you moving and grooving	Maudslaid Park Lake Park Greenway Boulevard	Free 	No bookings required Mad Sports 0401 018 767
Fri 9 July	9am to 10am	Wildlife presentation - learn amazing wildlife facts and experience close encounters with Australian native wildlife. Participants will be inspired to develop their understanding and appreciation of nature	Mudgeeraba Hinterland Regional Park Hardy's Road Map 58A7	Free 	Bookings essential GCCC 5581 1521 An adult must accompany children. Please bring hat, sunscreen, water and wear comfortable walking shoes
Fri 9 July	9am & 10am	Botanica quest - join in the adventure these holidays. Follow the map, explore the botanic gardens using your senses, solve the quests and collect your treasure. Meet at the marquee in the Mangroves to Mountains area	Benowa Gold Coast Regional Botanic Gardens Ashmore Road	\$3 	Bookings essential 0449 561 674 Bring a drink bottle, hat, sunscreen and enclosed shoes
Sat 10 July	1pm to 3pm	Family fun day – free ball games, jumping castle and face painting is being provided by Coastlife Adventist Church	Nerang Bischof Park 48 Nerang Street	Free	No bookings required Theresa 0413 298 520
Sat 10 July	10am to 2pm	Kayaking and beach activities - have fun learning to kayak and sail in this enjoyable activity by the water	Varsity Lakes Delfin House Varsity Parade	\$10 	Bookings required Sails 0420 811 080 or 0405 468 344
Sun 11 July	8am to 12 noon	GC paddlers group - bring any type of paddle or hire one and get involved in the group activities	Currumbin Currumbin Creek Duringan Street	\$4	Bookings required Adventure Outlet 5571 2929

The new Active & Healthy Citywide Program

19 July 2010 to 19 June 2011



There are over 150 free or low cost activities running across the Gold Coast to discover yourself. The citywide program offers activities for everyone including activities specific to kids, seniors, parents with bubs, prenatal and people with a disability. Activities include group fitness training, yoga, pilates, tai chi, stroller groups, after school activities for kids, fit and fabulous for over 50's and much more.



Free kids activities include the after school program. Head down to your local park to join in the range of free exciting activities designed to get the heart pumping and the faces smiling.

Get a copy of the program

Email activehealthygc@goldcoast.qld.gov.au or phone 5581 5233 to get a copy of the program mailed to you. The full program can be downloaded at www.goldcoastcity.com.au/activehealthygc or you can use our activity finder to search for an activity that suits you!

Kiddies Holiday Program

The activities listed below have been specifically designed for children up to the age of six. It's a great way for parents to get involved and bond with your children. Everyone is welcome to attend the superhero, fairy and pirate fun days.



Week 1 - Saturday 26 June to Sunday 4 July

Date	Time	Activity	Location	Cost	Booking details
Sat 26 June	10.30am to 1.30pm	Pirate and fairy fun day - fairies and pirates are needed at Coast Island. Come dressed in costume and get involved in the island games. Your creative and supernatural power will be needed!	Palm Beach Palm Beach Parklands Gold Coast Highway	Free 	No bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030
Sun 27 June	11am to 5.30pm	Great aussie BBQ - celebrate the cornerstone of cultural identity. Come and see exactly what can be done with a hot grill and a bit of Aussie cooking ingenuity	Surfers Paradise The Esplanade between Hanlan and Laycock Streets	Free	No bookings required 5584 3700
Mon 28 June	9am to 12 noon	Superhero fun day - bring your favourite superhero to life. Come dressed in your favorite superhero outfit and get involved in the combat of superheroes games. Your extraordinary superhero powers will be needed!	Burleigh Heads Justin's Park The Esplanade	Free 	No bookings required Fit Kids 0424 425 145
Tues 29 June	2pm to 3pm	Kids combat – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Pacific Pines Central Park Hotham Drive	Free 	No bookings required Mad Sports 0401 018 767
Tues 29 June	9.30am to 11.30am	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Paradise Point Esplanade North Park The Esplanade	\$5 	No bookings required The Fun Team 5559 0957
Tues 29 June	2pm to 4pm	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Benowa Gold Coast Regional Botanic Gardens Ashmore Road	\$5 	No bookings required The Fun Team 5559 0957
Wed 30 June	9am to 12 noon	Pirate and fairy fun day - fairies and pirates are needed at Coast Island. Come dressed in costume and get involved in the island games. Your creative and supernatural power will be needed!	Ormeau Brien Harris Oval Peachy Road Map 305H11	Free 	No bookings required Fit Kids 0424 425 145
Thurs 1 July	9.30am to 1.30am	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Palm Beach Laguna Park Laguna Avenue	\$5 	No bookings required The Fun Team 5559 0957
Thurs 1 July	2pm to 4pm	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Mudgeeraba Hinterland Regional Park 40 Hardy's Road	\$5 	No bookings required The Fun Team 5559 0957

Kiddies Holiday Program

Week 2 - Monday 5 July to Sunday 11 July

Date	Time	Activity	Location	Cost	Booking details
Mon 5 July	9am to 12 noon	Superhero fun day - bring your favorite superhero to life. Come dressed in your favorite superhero outfit and get involved in the combat of superheroes games. Your extraordinary superhero powers will be needed!	Merrimac Stoner Family Park 70 Merridown Drive	Free 	No bookings required Fit Kids 0424 425 145
Tues 6 July	9am to 10am	Multi games - try your skill, fitness or luck in a variety of ultra cool activities that will get you moving and grooving	Burleigh Heads Justins Park The Esplanade	Free 	No bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030
Tues 6 July	9.30am to 11.30am	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Palm Beach Palm Beach Parklands Gold Coast Highway	\$5 	No bookings required The Fun Team 5559 0957
Tues 6 July	2pm to 4pm	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Benowa Gold Coast Regional Botanic Gardens Ashmore Road	\$5 	No bookings required The Fun Team 5559 0957
Wed 7 July	10am to 11am	Kids combat – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels	Upper Coomera Rosemallow Reserve Park Cnr Coomera Spring Boulevard and Rosemallow Drive	Free 	No bookings required Mad Sports 0401 018 767
Thurs 8 July	9am to 12 noon	Superhero fun day - bring your favourite superhero to life. Come dressed in your favorite superhero outfit and get involved in the combat of superheroes games. Your extraordinary superhero powers will be needed!	Nerang Bischof Park 48 Nerang Street	Free 	No bookings required Fit Kids 0424 425 145
Thurs 8 July	9.30am to 11.30am	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Paradise Point Esplanade North Park The Esplanade	\$5 	No bookings required The Fun Team 5559 0957
Thurs 8 July	2pm to 4pm	Jumping slide fun – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages	Nerang Bischoff Park Nerang Street Map 37J2	\$5 	No bookings required The Fun Team 5559 0957
Fri 9 July	9am to 10am	Multi games - try your skill, fitness or luck in a variety of ultra cool activities that will get you moving and grooving	Paradise Point Esplanade North Park The Esplanade	Free 	No bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030
Sat 10 July	10am to 11am	Multi games - try your skill, fitness or luck in a variety of ultra cool activities that will get you moving and grooving	Merrimac Stoner Family Park 70 Merridown Drive	Free 	No bookings required Leaps & Bounds Childrens Fitness Centre 5534 4030
Sat 10 July	1pm to 3pm	Family fun day – free ball games, jumping castle and face painting is being provided by the Coastlife Adventist Church	Nerang Bischof Park 48 Nerang Street	Free	No bookings required Theresa 0413 298 520