



Gold Coast **PARKS**

Active & *healthy*

## *Kiddies 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! This is the first time the Active & Healthy Holiday Program has launched 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](http://goldcoastcity.com.au/parks)

## \* 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

## \* 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!

## 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, and fairies and pirates 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 | <b>Pirate and fairy fun day</b> - 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!                       | <b>Palm Beach</b><br>Palm Beach Parklands<br>Gold Coast Highway             | Free<br>   | No bookings required<br>Leaps & Bounds<br>Childrens Fitness Centre<br>5534 4030 |
| Sun 27 June  | 11am to 5.30pm    | <b>Great aussie BBQ</b> - 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   | <b>Surfers Paradise</b><br>The Esplanade between Hanlan and Laycock Streets | Free  | No bookings required<br>5584 3700   |
| Mon 28 June  | 9am to 12 noon    | <b>Superhero fun day</b> - 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! | <b>Burleigh Heads</b><br>Justin's Park<br>The Esplanade                     | Free<br>   | No bookings required<br>Fit Kids<br>0424 425 145                                |
| Tues 29 June | 2pm to 3pm        | <b>Kids combat</b> – run, jump, crawl and challenge yourself in this fun obstacle course. Suitable for all ages and ability levels   | <b>Pacific Pines</b><br>Central Park<br>Hotham Drive                        | Free<br>   | No bookings required<br>Mad Sports<br>0401 018 767                              |
| Tues 29 June | 9.30am to 11.30am | <b>Jumping slide fun</b> – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages   | <b>Paradise Point</b><br>Esplanade North Park<br>The Esplanade              | \$5<br>  | No bookings required<br>The Fun Team<br>5559 0957                               |
| Tues 29 June | 2pm to 4pm        | <b>Jumping slide fun</b> – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages   | <b>Benowa</b><br>Gold Coast Regional Botanic Gardens<br>Ashmore Road        | \$5<br>  | No bookings required<br>The Fun Team<br>5559 0957                               |
| Wed 30 June  | 9am to 12 noon    | <b>Pirate and fairy fun day</b> - 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!                       | <b>Ormeau</b><br>Brien Harris Oval<br>Peachy Road<br>Map 305H11             | Free<br> | No bookings required<br>Fit Kids<br>0424 425 145                                |
| Thurs 1 July | 9.30am to 1.30am  | <b>Jumping slide fun</b> – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages   | <b>Palm Beach</b><br>Laguna Park<br>Laguna Avenue                           | \$5<br>  | No bookings required<br>The Fun Team<br>5559 0957                               |
| Thurs 1 July | 2pm to 4pm        | <b>Jumping slide fun</b> – join the fun team for 2 hours of unlimited jumping fun on 3 jumping castles. Colouring table provided and caters for all ages   | <b>Mudgeeraba</b><br>Hinterland Regional Park<br>40 Hardy's Road            | \$5<br>  | No bookings required<br>The Fun Team<br>5559 0957                               |

## 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.

To get a copy of the program mailed to your home address email [activehealthygc@goldcoast.qld.gov.au](mailto:activehealthygc@goldcoast.qld.gov.au) or phone 5581 5233. The full program can be downloaded at [www.goldcoastcity.com.au/activehealthygc](http://www.goldcoastcity.com.au/activehealthygc) or you can use our activity finder to search for an activity that suits you!

# Week 2 - Monday 5 July to Sunday 11 July

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