

April Hols Week 1

Tuesday 2nd

Wednesday 3rd

Thursday 4th

Friday 5th

Morning

Yoga Games

9.30 – 11.30am
\$130 per session

Science & Slime

10 – 12pm
\$130 per session

Ninja Warrior

10 – 11am or 11 – 12pm
\$65.47 per session

Supervised Lunch

12 – 1pm
\$65.47 per session

Fit & Fun

1 – 2pm
\$65.47 per session

Cheer & Gymnastics

2.15 – 4.15pm
\$130 per session

Martial Arts

4.30 – 5.30pm
\$65.47 per session

Conversation Club

1 – 2pm or 2.30 – 4pm
\$366 for all 4 days

Afternoon

AFL

9 – 10am
\$65.47 per session

Family & Friends Yoga

9.30 – 11.30am
\$130 per session

Science & Slime

10 – 12pm
\$130 per session

Ninja Warrior

10 – 11am or 11 – 12pm
\$65.47 per session

Messy Food Play

10.30 – 12pm
\$97 per session

Supervised Lunch

12 – 1pm
\$65.47 per session

Fit & Fun

1 – 2pm
\$65.47 per session

Cheer & Gymnastics

2.15 – 4.15pm
\$130 per session

Martial Arts

4.30 – 5.30pm
\$65.47 per session

Conversation Club

1 – 2pm or 2.30 – 4pm
\$366 for all 4 days

Tennis Club

3 – 4pm
\$65.47 per session

Basketball Club

3 – 4pm
\$65.47 per session

Badminton Club

4 – 5pm
\$65.47 per session

AFL

9 – 10am
\$65.47 per session

TheraFun

9.30 – 11.30am
\$141.70 per session

Science & Slime

10 – 12pm
\$130 per session

Ninja Warrior

10 – 11am or 11 – 12pm
\$65.47 per session

Supervised Lunch

12 – 1pm
\$65.47 per session

Fit & Fun

1 – 2pm
\$65.47 per session

Cheer & Gymnastics

2.15 – 4.15pm
\$130 per session

TimeZone Excursion

1 – 4pm
\$260 per session

Conversation Club

1 – 2pm or 2.30 – 4pm
\$366 for all 4 days

Tennis Club

3 – 4pm
\$65.47 per session

Basketball Club

3 – 4pm
\$65.47 per session

Badminton Club

4 – 5pm
\$65.47 per session

AFL

9 – 10am
\$65.47 per session

Music Club

9.30 – 11am
\$98.20 per session

Play in a Day

10 – 3pm
\$327 per session

Ninja Warrior

10 – 11am or 11 – 12pm
\$65.47 per session

 **Active Eight.**

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Scan me to join the fun today.

 Social

 Creative

 Active

Aprils Hols Week 1

Family & Friends Yoga

Everyone is invited for a session to improve relationships and share fun activations to move the body, loosen up muscles, and free the joints. Taught by Yoga Therapist Shell, this program will include learning sequences to release energy blocks physically, mentally, and emotionally as well as engaging in poses to strength and stretch the body out. The session will finish with a relaxation to take much needed time together away from everyday activities. **Suitable for all ages.**

Fit & Fun

Fit & Fun incorporates fun games & activities to get the body moving in our highly engaging Dojo space! Members will work on their physical skills such as coordination, balance, and endurance whilst working in teams to build their social and communication skills. **Suitable for 5+ yrs.**

Ninja Warrior

Ninja Warrior sessions provide members with the opportunity to develop their strength, fitness, and endurance in the BBC Gymnasium. Members will progress from completing obstacle courses individually to participating in games with peers to assist in improving their communication, teamwork, and friendship building skills. **Suitable for 6+ yrs.**

Yoga Games

Join us for a fun session of games and activities incorporating yoga poses and practices to engage in healthy competition and group play. The session will encourage members to move mindfully, enhance their creativity, develop their hand-eye coordination, and increase their strength & focus! **Suitable for all ages.**

Supervised Lunch

It's break time! In between programs, members are invited to bring along their lunch and socialise with peers. Members will be supported to transition between programs to enjoy even more holiday fun! This is perfect for members who want to spend a whole day at Active Eight! **Suitable for 5+yrs.**

AFL

Come along for a morning of AFL fun! In this program, members will work together to develop their ball control, passing, and kicking skills to better understand how to play the game. Members will be supported to work in a team and build confidence in peer play scenarios. Additionally, members will continue to work towards their gross motor skills, coordination, object manipulation skills, and endurance with the help of Jordan (Occupational Therapist). **Suitable for 5+ yrs.**

Badminton Club

Join Nicole (Speech Pathologist) for Badminton Club where members will be supported to incorporate their motor skills and social language skills into learning a new racket sport. A lovely opportunity to meet new friends and play a sport together! **Suitable for 5+ yrs.**

Basketball Club

Dribble, shoot, score! Welcome to the world of basketball! Join us as we dominate the court with skill, determination, and an unwavering team spirit. Whether you're a seasoned pro or just discovering your love for the game, Basketball Club is the ultimate place to learn how to pass, dribble, shoot & defend. Members will also develop their social skills, gross motor, coordination & balance. **Suitable for 5+ yrs.**

Martial Arts

This program will incorporate self-defense martial arts teaching, movement based activities, and group games to help stimulate member's motor-planning, mobility, and stamina. Members will learn the importance of respecting others and the environment. Members will also continue to develop their self-confidence, build upon their physical capacity, and experience the transformative power of Martial Arts! **Suitable for 5 - 16 yrs.**

Tennis Club

Tennis Club works towards developing and achieving a wide range of physical, play, and tennis skills including hand-eye coordination, motor-planning, balance, and core stability. With the help of Jordan (Occupational Therapist), members will work on their forehand, backhand & serve technique as well as be supported to rally with their peers! **Suitable for 5+ yrs.**

Cheer & Gymnastics

Come spread the holiday cheer with Miss Emma and Miss Sophie! For the first hour, members will engage in cheerleading activities such as learning pom skills, cheer routines, and group stunts. For the second hour, members will develop their acrobatic skills (including rolls, handstands & cartwheels) and apparatus techniques (including hoop, ball & ribbon). This program will also include fun games and team activities to support members to work with new people and make friends whilst developing their flexibility, strength, body awareness, coordination, and agility! **Suitable for 5+ yrs.**

Music Club

Come feel the rhythm and flow of Music Club, where members will explore a variety of different instruments, sing songs, and play musical games. With the help of Music Therapist Amy, members will experience several benefits such as developing concentration, musical awareness, flexibility, expression, coordination, creativity, and body-voice connection to support self-expression. Come spend time jamming along with friends! **Suitable for all ages.**

Play in a Day

Lights, Camera, Action! Play in a Day is a whole day of fun where members can develop their self-confidence, communication skills, social skills, and creativity through drama, musical theatre, craft, and performance! Members will work together to learn and rehearse a short play chosen by Miss Emma. The program will include warm up games and activities, character exploration, script reading, costume creating, and so much more! The program will finish with a fun performance for family and friends to enjoy! **Suitable for 8+ yrs.**

Science & Slime

Join Kristina (Occupational Therapist) in Science & Slime! This program fosters a love for science and will see members work in teams to prepare, problem solve, and complete interactive experiments. Each day will be a combination of making slime and engaging in physics, chemistry & biology to learn about how the world works. **Suitable for 5+ yrs.**

TimeZone Excursion

Join us for the ultimate Little Arvo Out! Members will be supported to take public transport from the Active Eight hub to TimeZone at Indooroopilly Shopping Centre to play arcade games and bowling. A wonderful opportunity to build independence and spend time with friends! Facilitated by Shannon (Occupational Therapist). **Suitable for 8+ yrs.**

Conversation Club

Join Chelsea (Speech Pathologist) in this social club where members will come together and build on their conversation skills using their preferred method of communication. Through interactive games, activities & a picnic, members will focus on introducing themselves to new people, initiating and ending conversations, turn taking, asking questions, making comments, and staying on topic. **Junior session (1pm - 2pm) suitable for 5+ yrs. Senior session (2.30pm - 4pm) suitable for 8+ yrs.**

Messy Food Play

"Don't play with your food" is a concept that most of us grew up with. But did you know there is a lot to learn about a food BEFORE it even gets to your mouth? Children learn about their world through play, and this applies to food too. Playing with food is a normal development process of learning to accept or eat it. It may also help to decrease mealtime battles by allowing children to look at food through a different lens and develop curiosity about it. Led by Rachel (Dietitian), this fun group session provides our younger members with food-based messy play experiences. Members will have the opportunity to explore a range of food across different stations accompanied by nursery rhymes & plenty of games. **Suitable for 6 months - 5 yrs.**

TheraFun

Calling all Thera program members! Join us for a morning filled with fun! This program is perfect for members who require more support, whether that be physically or support to safely participate in a group environment. Members will be supported to participate in activities such as obstacle courses, group games, and dance parties. **Suitable for 5+ yrs.**

April Hols Week 2

	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
Morning	DnD (Senior) 9 – 11am \$980.20 for all 4 sessions	DnD (Senior) 9 – 11am \$980.20 for all 4 sessions	DnD (Senior) 9 – 11am \$980.20 for all 4 sessions	DnD (Senior) 9 – 11am \$980.20 for all 4 sessions	
	TheraFun 9.30 – 11.30am \$141.70 per session	TheraFun 9.30 – 11.30am \$141.70 per session	Family & Friends Yoga 9.30 – 11.30am \$130 per session	Acro & Yoga 9.30 – 11.30am \$130 per session	Music Club 9.30 – 11am \$98.20 per session
		Arts & Craft 10 – 12pm \$130 per session	Arts & Craft 10 – 12pm \$130 per session	Dance-a-thon 10 – 12pm \$130 per session	Dance-a-thon 10 – 12pm \$130 per session
Afternoon		Supervised Lunch 12 – 1pm \$65.47 per session	Supervised Lunch 12 – 1pm \$65.47 per session	Supervised Lunch 12 – 1pm \$65.47 per session	
	Bakery Bonanza 1 – 2.30pm \$145.50 per session*	Bakery Bonanza 1 – 2.30pm \$145.50 per session*	Swifties 1 – 3pm \$130 per session	Swifties 1 – 3pm \$130 per session	
		Fit & Fun 1 – 2pm \$65.47 per session	Fit & Fun 1 – 2pm \$65.47 per session	Fit & Fun 1 – 2pm \$65.47 per session	
		Netball 2.15 – 3.15pm \$65.47 per session	Netball 2.15 – 3.15pm \$65.47 per session	Netball 2.15 – 3.15pm \$65.47 per session	
		Martial Arts 3.30 – 4.30pm \$65.47 per session	Martial Arts 3.30 – 4.30pm \$65.47 per session	Martial Arts 3.30 – 4.30pm \$65.47 per session	
		DnD (Junior) 11.30 – 1.30pm or 2.30 – 4.30pm \$980.20 for all 4 sessions	DnD (Junior) 11.30 – 1.30pm or 2.30 – 4.30pm \$980.20 for all 4 sessions	DnD (Junior) 11.30 – 1.30pm or 2.30 – 4.30pm \$980.20 for all 4 sessions	DnD (Junior) 11.30 – 1.30pm or 2.30 – 4.30pm \$980.20 for all 4 sessions
		Autumn Aquatic 1 – 1.45pm or 2 – 2.45pm \$113 per session	Autumn Aquatic 1 – 1.45pm or 2 – 2.45pm \$113 per session	Autumn Aquatic 1 – 1.45pm or 2 – 2.45pm \$113 per session	Lego Excursion 12 – 4pm \$388 per session
		Tennis Club 3 – 4pm \$65.47 per session	Tennis Club 3 – 4pm \$65.47 per session	Tennis Club 3 – 4pm \$65.47 per session	Tennis Club 3 – 4pm \$65.47 per session
		Basketball Club 3 – 4pm \$65.47 per session	Basketball Club 3 – 4pm \$65.47 per session	Basketball Club 3 – 4pm \$65.47 per session	Basketball Club 3 – 4pm \$65.47 per session
				Parent Info Night & Member Movie Night 5.30 – 7pm \$98.20	



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Scan me to join the fun today.

- Social
- Creative
- Active

*Bakery Bonanza will incur an additional \$20 food consumable cost per member (not NDIS applicable)

Aprils Hols Week 2

Combined Acro & Supportive Yoga

This yoga session will not only support members to take turns and achieve partner & group based acro poses at a beginner level but will also use the aid of chairs, ballet barres, and walls to stretch & strength the body! The program will finish with a long and much deserved relaxation with optional wall and chair support for a different perspective of the world around us. A whole session of fun whilst developing connections and building trust! **Suitable for all ages.**

Family & Friends Yoga

This session of Family & Friends Yoga is all about 'Celebrate Life, Celebrate Yoga' as it reinforces positive themes in regards to the renewing attributes of Easter and focuses on varying practices to reinvigorate body, heart, and mind including Mantra and sound & chanting. Taught by Yoga Therapist Shell, members & their families will learn sequences to release energy blocks physically and mentally & engage in poses to strength and stretch the body out. The session will finish with a relaxation to take much needed time together away from outwardly distractions and everyday activities. **Suitable for all ages.**

Netball

Let's Net, Set, Go with Netball Enthusiast and Physiotherapist Jazzie for an afternoon of fun, friends, and netball in our highly engaging Dojo space! In this Netball program, members will learn to develop their physical abilities with a focus on gross motor skills, coordination, and agility. Netball will also encourage social skills through teamwork activities and turn-taking drills. The program will involve strength and conditioning exercises, agility drills, games for building ball skills, learning basic rules of game play & more! **Suitable for 5+ yrs.**

Supervised Lunch

It's break time! In between programs, members are invited to bring along their lunch and socialise with peers. Members will be supported to transition between programs to enjoy even more holiday fun! This is perfect for members who want to spend a whole day at Active Eight! **Suitable for 5+ yrs.**

Autumn Aquatic

Join us for Active Eight's Aquatic Therapy program where we will focus on water awareness & play, strength, movement, coordination & water games. An awesome way to stay cool and have fun with friends. Facilitated by Therese (Occupational Therapist). **Junior session (1pm - 1.45pm) suitable for 2 - 6 yrs. Senior session (2pm - 2.45pm) suitable for 7+ yrs.**

Basketball Club

Dribble, shoot, score! Welcome to the world of basketball! Join us as we dominate the court with skill, determination, and an unwavering team spirit. Whether you're a seasoned pro or just discovering your love for the game, Basketball Club is the ultimate place to learn how to pass, dribble, shoot & defend. Members will also develop their social, gross motor, coordination & balance. **Suitable for 5+ yrs.**

Martial Arts

This program will incorporate self-defense martial arts teaching, movement based activities, and group games to help stimulate member's motor-planning, mobility, and stamina. Members will learn the importance of respecting others and the environment. Members will also continue to develop their self-confidence, build upon their physical capacity, and experience the transformative power of Martial Arts! **Suitable for 5 - 16 yrs.**

Fit & Fun

Fit & Fun incorporates fun games & activities to get the body moving in our highly engaging Dojo space! Members will work on their physical skills such as coordination, balance, and endurance whilst working in teams to build their social and communication skills. **Suitable for 5+ yrs.**

Tennis Club

Tennis Club works towards developing and achieving a wide range of physical, play, and tennis skills including hand-eye coordination, motor-planning, balance, and core stability. With the help of Jordan (Occupational Therapist), members will work on their forehand, backhand & serve technique as well as be supported to rally with their peers! **Suitable for 5+ yrs.**

Dungeons & Dragons (DnD)

Luke (Psychologist) invites members to join his legion as they complete quests in the fantasy role-playing game Dungeons & Dragons. Together, members will unlock gateways to new worlds, complete mystical quests, and uncover items of untold power. Members can expect all the fun and problem solving involved in a typical intermediate DnD game. Members are required to attend all 4 days to meet and create characters, develop backstories, set goals, and conclude their epic adventure! **9am - 11am session suitable for 16+ yrs, 11.30am - 1.30pm session suitable for 11 - 13 yrs & 2.30pm - 4.30pm session suitable for 14 - 15 yrs.**

Lego Excursion

Embark on a Lego adventure with Katelyn (Speech Pathologist) & Jayne (Psychologist)! Through collaborative building & creative storytelling, members will work together to build their own Lego creations before venturing to the Queensland Museum to see 'Jurassic World' by Brickman. Join us as we explore communication, teamwork, and self-expression... one Lego brick at a time! **Suitable for 8+ yrs.**

TheraFun

Calling all Thera program members! Join us for a morning filled with fun! This program is perfect for members who require more support, whether that be physically or support to safely participate in a group environment. Members will be supported to participate in activities such as obstacle courses, group games, and dance parties. **Suitable for 5+ yrs.**

Bakery Bonanza

Easter has come early this year with the Easter Bunny setting up camp at Active Eight during the school holidays to bake a collection of tasty treats. Combining cooking & creativity, members can get their hands dirty with a range of ingredients to enjoy in session. Members will also get to take their recipes & treats home! **Suitable for 5+ yrs.**

Psych Info Night for Parents & Movie Night for Members!

This information evening will engage parents & carers with the current literature on disordered eating. The session will help identify warning signs and discuss safety management strategies for young people with eating disorders. Members & siblings are invited to join us for a movie night whilst their parents and carers attend the session.

Arts & Craft

Hosted by Shannon (Occupational Therapist), this Arts & Craft program invites members to explore the depths of their creativity & imagination. Members will be supported to develop their fine motor & visual skills. Members will also be encouraged to participate in group games to keep their bodies active and help facilitate social interaction with fellow crafters! **Suitable for 5+ yrs.**

Dance-a-thon

Are you ready to move, shake, dance, repeat? Our Thursday session is all about Ballet & Tap with our Friday session focusing on Hip Hop & Jazz. Both sessions are perfect for members who are new to these dance styles as well as members who already love Ballet, Tap, Hip Hop or Jazz! Members will work individually and together with friends to learn routines & participate in dance activities that develop their stamina, musical awareness, coordination, expression & motor-active skills! **Suitable for 5+ yrs.**

Music Club

Come feel the rhythm and flow of Music Club, where members will explore a variety of different instruments, sing songs, and play musical games. With the help of Music Therapist Amy, members will develop their concentration, musical awareness, flexibility, expression, coordination, creativity, and body-voice connection to support self-expression. Come spend time jamming along with friends! **Suitable for all ages.**

Swifties

Get ready to 'shake it off' and 'jump then fall' into the Taylor Swift frenzy that is taking over the nation because Active Eight is joining the party in 'style'! We know 'all too well' that members will be supported to learn popular, age-appropriate dances in a fun and inclusive environment, but they will also get the chance to work with friends to make friendship bracelets, sunglasses, and t-shirts! We will be 'enchanted' to see you there! Facilitated by Miss Emma & Georgie (OT). **Suitable for 8+ yrs.**