

PROGRAM DESCRIPTIONS

ACROKIDS IN THE PARK	Test your co-ordination and balance with yoga practice through play, basing, flying and poses	MURRAY ST PARK *wet weather option Manoora Centre
BASKETBALL	Give participants a deeper understanding of the sport and engage young people in a positive way and with positive peer role models	118 MURRAY ST / SHANG PARK / CAIRNS WEST SCHOOL
DEADLY NINJAS	Take on the challenge of an obstacle course which will see you jumping, climbing, crawling, dodging, lifting, pulling, and pushing you to your limits.	HARALD FALGE PARK
HIP HOP AFRO DANCE	Learn some new dance moves and choreography in an energetic and fun environment	MANOORA CENTRE
HOCKEY FUN ZONE	An introduction to hockey, this program is modified for younger children and is designed to teach new skills and increase self-esteem.	BALACLAVA SCHOOL
KARATE KIDS (8YRS+)	Encompassing domains of health and wellbeing such as connection to land/country, culture, spirituality, ancestry, family, and community, through karate. For ages 8 years and older.	CAIRNS WEST SCHOOL
MOVE RE MOVEMENT ART	Focusing on body movement, co-ordination and independence, this program is specifically designed for people with special needs.	CAIRNS WEST SCHOOL
RUNNING + WALKING	Provides motivation and support to help the Cairns West community reach their running, walking, and fitness goals in a fun, safe, social, and encouraging environment	MURRAY ST PARK
SKATEBOARDING	Participants can express themselves whilst learning the fundamental skateboarding skills under the coaching and guidance of an Australian Accredited Skateboarding Coach	SHANG PARK
STREET SOCCER	Engaging participants in basic soccer skills, promoting motivation, team bonding, physical education, fitness, coordination, and motor skill activities	HARALD FALGE PARK CAIRNS WEST SCHOOL
STRONG FAMILIES	Introduction to health and nutrition, strength and conditioning, fitness workouts and smoothies	MOOROBOOL HUB
TAGGIN IN THE PARK	Enjoy a relaxed family day in the park with a fun game of Tag	SHANG PARK
TENNIS HOT SHOTS	Learn tennis skills, personal and social capability, and intercultural understanding	SHANG PARK
VOLLEYBALL	Participants will learn volleyball skills and drills and enjoy match play in an inclusive environment	HARALD FALGE PARK
YOUTH GYM (12YRS+)	Learn techniques of safe handling of gym equipment, strength, conditioning, and cross-training session	SHANG PARK
YOUTH YARNS (12YRS+)	Bringing young people together to enjoy each other's company in a safe and comfortable environment.	MOOROBOOL HUB

*In the event of wet weather this activity will be moved to Manoora Community Centre/Mooroobool Hub

FREE & FUN ACTIVITIES!!

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In the event of unforeseen circumstances, program days/times/venues are subject to change or may result in cancellation