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## JUNE/JULY SCHOOL HOLIDAYS 2020

FREE & FUN ACTIVITIES!

> Human Rights Commission

29<sup>th</sup> June to 12<sup>th</sup> July 2020

Due to social distancing guidelines, our June/July School Holidays 2020 program will be delivered to you at <u>www.facebook.com/CairnsSaferStreets1</u> Like and follow our Facebook page, then click on Events to join our online events

Share with your friends so that they can join in and stay connected and active too!

| MONDAY                             | TUESDAY                      | WEDNESDAY                          | THURSDAY  | FRIDAY   | SATURDAY                  | SUNDAY  |
|------------------------------------|------------------------------|------------------------------------|---|--|---------------------------|---|
| 10.00-11.00<br>ASPIRE HOCKEY       | #spayc                       | 10.00-11.00<br><u>YOUTH GYM</u>    | 10.00-11.00<br>READING MATTERS  | #spaceandplace   | Happy Holidays            |   |
|                                    | Join us live on Facebook     |                                    |   |  |                           |   |
| 4.00-5.00<br><u>SPORTS AT HOME</u> | 4.00-5.00<br>STRONG FAMILIES | using Google Chrome on             | ntact us for the link to join<br>your phone, iPad, tablet or<br>puter | 4.00-5.00<br>SOCCER SKILLS                             | 2.00-3.00<br>FOOTY SKILLS | CAIRNS WEST<br>DRIVEWAY<br>PROJECT<br><u>FUN DRIVEWAY</u><br><u>GAMES</u> |
| 5.00-6.00<br>BASKETBALL SKILLS     | <b>f</b>                     | 6.00-7.00<br><u>UNLEASH A STAR</u> | 5.00-6.00<br>ACTIVE CHALLENGE   | 5.00-6.00<br><u>HIP HOP AFRO</u><br><u>DANCE PARTY</u> |                           |   |

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

P: 0472 838 388 E: Cairns.SaferStreets@police.qld.gov.au W: www.cairnssaferstreets.com.au FB: www.facebook.com/CairnsSaferStreets1

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## **PROGRAM DESCRIPTIONS**

| ACTIVE CHALLENGE         | Join us in active fitness and/or sport video battles to stay fit and health and be in the running to win some cool prizes   | Active Challenge            |
|--------------------------|---|-----------------------------|
| ASPIRE HOCKEY            | An introduction to hockey, this program is modified for younger children and is designed to teach new skills and increase self esteem   | Aspire Hockey               |
| BASKETBALL SKILLS        | Learn basketball skills and take part in fun challenges. Don't have a basketball? Go to the Basketball<br>Skills event page and mark 'Attending' and we will deliver one to you                 | Basketball SKILLS           |
| FOOTY SKILLS             | <b>/ SKILLS</b> Learn different touch football skills and take part in fun challenges. Don't have a ball? Go to the Footy Skills event page and mark 'Attending' and we will deliver one to you |                             |
| FUN DRIVEWAY GAMES       | Enjoy Sunday afternoons socializing from your own driveway. Each week there will be different game ideas for you to play on your driveway and front yard  |                             |
| HIP HOP AFRO DANCE PARTY | Have fun at home practicing new dance moves and choreography to energetic hip hop afro dance music  | Hip Hop Afro Dance<br>Party |
| READING MATTERS          | Literacy learning fun and fun games   | <b>Reading Matters</b>      |
| SOCCER SKILLS            | Basic ball control skills such as passing and dribbling to improve confidence in playing street soccer  | Soccer Skills               |
| SPORTS AT HOME           | Tailored one-on-one and/or family home sporting sessions through home front and back yard multi-<br>sports clinics  | Sports At Home              |
| STRONG FAMILIES          | Learn tips and tricks for families to stay happy and healthy including how to maintain good hygiene, eating healthy, staying active and looking after each other.                               | Strong Families             |
| UNLEASH A STAR           | Join Gold Coast Suns AFL Player Jarrod Harbrow via live stream, learn about what it takes to rise to your potential and participate in online challenges  | <u>Unleash A Star</u>       |
| YOUTH GYM                | Simple fitness routines and techniques using items that you will find in and around your home   | Youth Gym                   |

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