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JUNE/JULY SCHOOL HOLIDAYS 2020

FREE & FUN ACTIVITIES!

> Human Rights Commission

29th June to 12th 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 ASPIRE HOCKEY	#spayc	10.00-11.00 <u>YOUTH GYM</u>	10.00-11.00 READING MATTERS	#spaceandplace	Happy Holidays	
	Join us live on Facebook					
4.00-5.00 <u>SPORTS AT HOME</u>	4.00-5.00 STRONG FAMILIES	using Google Chrome on	ntact us for the link to join your phone, iPad, tablet or puter	4.00-5.00 SOCCER SKILLS	2.00-3.00 FOOTY SKILLS	CAIRNS WEST DRIVEWAY PROJECT <u>FUN DRIVEWAY</u> <u>GAMES</u>
5.00-6.00 BASKETBALL SKILLS	f	6.00-7.00 <u>UNLEASH A STAR</u>	5.00-6.00 ACTIVE CHALLENGE	5.00-6.00 <u>HIP HOP AFRO</u> <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 Skills event page and mark 'Attending' and we will deliver one to you	Basketball SKILLS
FOOTY SKILLS	/ SKILLS 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 Party
READING MATTERS	Literacy learning fun and fun games	Reading Matters
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- 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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