

Bayside Kids Holiday Program

1-12 July

Children 5-12 years
Bookings open 9 June

Tuesday, 1 July Karate Clinic

Build self-confidence and learn the basics of karate with Kids Karate Club. Learn the techniques and stances, use shields and focus pads. There will be fitness exercises, circuits and a play sword combat.

Cost: \$35

Time: 10am-12pm

Venue: Drummoyne Senior Citizens Club,
422 Lyons Road, Five Dock

What to bring: Water and snacks

Tuesday, 1 July Gymnastics, Circus Skills and Kids Yoga

Balance, tumble and somersault with gymnastics coaches from Five Dock Leisure Centre; using the specialised apparatus such as the sprung flooring, trampoline and a massive foam pit. Then relax for lunch, and feel the benefits of kid's yoga before trying your hand juggling, plate spinning, stilt walking, hula hoops, diabolo and circus games when the Circus Factory presents a fun two hour program.

Cost: \$50

Time: 9.30am-3.30pm

Venue: Five Dock Leisure Centre,
Queens Road, Five Dock

What to bring: Water, snacks and lunch

Wednesday, 2 July Rugby League clinic

Coaches from the NRL and Five Dock RSL Dockers will provide a fun and inclusive clinic for boys and girls that will include skill development, fun activities and modified games.

The club canteen will be open selling coffee, drinks, snacks

Cost: \$25 includes a BBQ lunch

Time: 10am-1.30pm

Venue: Five Dock Park, Park Road, Five Dock

What to bring: Water, snacks, hat and sunscreen

Wet weather: An SMS will be sent notifying indoor venue change

Wednesday, 2 July Aussie Hoops Basketball Clinic

Have some fun with the Aussie Hoops Basketball Clinic. The clinic will focus on basketball skills such as ball handling, shooting and defence in a fun and safe environment. There will be the opportunity to meet a Sydney Kings player so tell your friends to come along.

Cost: \$40

Time: 9am-3pm

Venue: Five Dock Leisure Centre,
Queens Rd, Five Dock

What to bring: Water, snacks and lunch

Thursday, 3 July Soccer clinic

Boys and girls will have the opportunity to learn the fundamental skills that are needed at all levels of soccer, from participation to the professional game. Well educated coaches from Football NSW will assist kids with their ball skills, technique, footwork, and field awareness.

The clinic is open to all levels of ability.

Cost: \$45

Time: 10am-2pm

Venue: Timbrell Park, Henley Marine Drive,
Five Dock

What to bring: Hat, water, snacks, lunch, sunscreen, shin pads, football boots (if you have them)

Wet weather: An SMS will be sent notifying indoor venue change

Thursday, 3 July Gymnastics at FDLc

Balance, tumble and somersault with gymnastics coaches from Five Dock Leisure Centre; using the specialised apparatus such as the sprung flooring, trampoline and a massive foam pit. Children will work in groups on a number of different circuits using the equipment in a fun, safe and exciting environment.

Cost: \$25

Time: 10.30am-12.30pm

Venue: Five Dock Leisure Centre,
Queens Road, Five Dock

What to bring: Water and snacks



City of
Canada Bay

five dock leisure centre

bayside
kids
fitness, wellbeing, fun

Tuesday, 8 July

Dance to the Beat

Dancexcite instructors will provide a workshop at their very own studios which is sure to be fun and challenging for all. Students will be able to experience Cha Cha Cha, Samba, Waltz, Tango, Rock & Roll, Salsa, Hip Hop and much more.

Cost: \$25

Time: 10am-12pm

Venue: Dancexcite Studio, 3-5 Burwood Road, Concord (Cnr Parramatta Rd - Next to the florist)

What to bring: Water and snacks

Tuesday, 8 July

AFL Clinic

Join in the fun and take part in an AFL clinic with coaches from NSW/ACT AFL. The clinic will provide a fun and inclusive program for boys and girls and will include skill development, fun activities and modified games of AFL.

Cost: \$40

Time: 10am-2pm

Venue: Taplin Park, Bayswater Street, Drummoyne

What to bring: Water, hat, sunscreen, snacks and lunch

Wet weather: An SMS will be sent notifying indoor venue change

*wet weather back up plans
are in place. Activities will go ahead,
rain, hail or shine.*

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Wednesday, 9 July

Kids Rock Climbing and Awesome Sports

Climb your way to the top of the giant wall that is equipped with easier and more challenging routes. Kids as young as five years old can enjoy rock climbing in a safe and fun environment.

Then play sports games all afternoon, an adrenaline filled day for children of all abilities.

Cost: \$50

Time: 9am-3pm

Venue: Concord Community Centre, 1a Gipps Street, Concord

What to bring: Water, snacks, lunch, hat, and sunscreen.

Wednesday, 9 July

Netball clinic

Coaches from Netball NSW will provide a clinic for kids with modified games and fun activities that will aid in skill development and introduce kids to match type situations.

Cost: \$30

Time: 10am-12pm

Venue: Five Dock Leisure Centre, Queens Road, Five Dock

What to bring: Water and snacks

Thursday, 10 July

All Sports Day

The day will include a sports obstacle course and a great range of fun and physical sports games for children of all abilities

Grab a group of friends and come along. You're guaranteed to learn some new skills!

Cost: \$50

Time: 9am-3pm

Venue: Queen Elizabeth Park, Crane Street, Concord

What to bring: Water, hat, sunscreen, lunch and snacks

Wet weather: An SMS will be sent notifying indoor venue change

Thursday, 10 July

Drummoyne Scouts

Drummoyne Scouts are inviting boys and girls aged **6-8 years** to try out Joey Scouts. You will learn how to make your own damper, toast marshmallows and find hidden treasure using early navigation and codes. Make some cool craft, play lots of games and make new friends.

Cost: \$20

Time: 10am-12pm

Venue: Drummoyne Scout Hall, 11 Denning Street, Drummoyne

What to bring: Water and snacks

Saturday, 12 July

Skateboard Clinic

Test your skills and learn new ones with a two hour interactive session that will be led by coaches from Skateboard Australia.

Cost: Free

Time: 10am-12pm

Venue: Five Dock Skate Park, Corner of First Avenue and Ingham Road, Five Dock

What to bring: Water, snacks, hat and sunscreen.

*Bookings and payments will
not be accepted at the Venue.
Bookings close 24 hours
before each activity.*

*For more information and
to book online, Visit:
www.canadabay.nsw.gov.au
or call us on 9911 6555*

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