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, stilts 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
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

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 Dening 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

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