



# Holiday activity guide



# Health and Wellness Workshops for Girls in School Years 4-6



NUTRITION



OTHER HEALTH FACTORS



EXERCISE



GOAL SETTING

**INTRO OFFER!  
BRING A FRIEND  
AND SAVE \$25 EACH!  
USE CODE 'SUMMER22'**

**CHECK  
[WWW.GIRLTHRIVE.COM.AU](http://WWW.GIRLTHRIVE.COM.AU)  
FOR DATES AND  
TO BOOK IN!**

**SUMMER  
WORKSHOPS  
IN PYMBLE!**

**LIMITED PLACES!**

**MONDAY 9TH JANUARY  
SUNDAY 12TH FEBRUARY**

**9AM - 4PM  
\$97**

**SET YOUR  
DAUGHTER UP  
FOR SUCCESS!**

**GIVE HER THE TOOLS  
SHE NEEDS TO KEEP  
HER GROWING BODY  
THRIVING!**



## BENEFITS FOR KIDS

- Improve children's social skills
- Enhance self-confidence
- Better understanding of goal-setting and working towards them
- Increase focus, energy and concentration
- Enjoy significant gains in overall fitness level
- Learn self-defence

APPROVED PROVIDER

**ACTIVE KIDS**

CLAIM YOUR \$500 VOUCHER TODAY!  
END BY 30/06/2024. SEE ACTIVEKIDS



## KIDS CLASSES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY
4.00-4.45pm	KIDS 4-9yrs	KIDS 4-9yrs	KIDS 4-9yrs
4.45-5.30pm	KIDS 10-15yrs	KIDS 10-15yrs	KIDS 10-15yrs

  

	FRIDAY	SATURDAY
4.00-4.45pm	KIDS 4-9yrs	9.15-10.00am
4.45-5.30pm	KIDS 10-15yrs	all KIDS

**SIGN UP NOW  
AND GET A FREE  
GI\* (UNIFORM)** **\$140 VALUE**

\*Name and availability subject to change



# BRAZILIAN JIU JITSU FOR KIDS

[www.legacybjj.com.au/willoughby](http://www.legacybjj.com.au/willoughby)

**BOOK A FREE TRIAL NOW**

**0413 392 465**

**SHOP 6-7/283 PENSHURST ST - WILLOUGHBY**

@LegacyBJJWilloughby  
 @legacybjj\_willoughby



# GIANT BOOK FAIR



**80,000**  
books at  
great prices

Huge scope  
of fiction &  
non-fiction

CDs, DVDs  
& video  
games

Easy-access  
categories  
to explore

**SAT 10 to MON 12 DECEMBER**  
8am–5pm

Rosewood Centre, Unwin Road  
**Barker College, Hornsby**

WITH THANKS TO



**Barker**  
College

**LIMITED  
SPACES!**



# SMALL GROUP TRAINING

Join one of our catchment areas:  
Ryde **OR** Willoughby

Multiple days & times available  
for morning training!

Scan the QR code to book a  
**FREE TRIAL!**

1300 448 402

[www.vibefootball.com.au](http://www.vibefootball.com.au)



VIBEF  
FOOTBALL





# Holiday Camps on sale now!

Featuring Jurassic World



**YouTube Creators • Coding • Drones  
Roblox • Animation • DJ**

Book now at  
**[codecamp.com.au/flyer](https://codecamp.com.au/flyer)**



**CLAIM YOUR  
\$100 REBATE**



# INTERNATIONAL SPORTS CAMPS

[ISCAMPS.COM.AU](http://ISCAMPS.COM.AU)

## GREAT SCHOOL HOLIDAY SPORTS COACHING CAMPS

**JUNIOR STARS 5-11**  
**SENIOR CHAMPIONS 12-15**

Experienced coaching panels and guest  
star coaches attend each camp program

Program Open to boys and girls of all  
standards!



### 35% OFFER

BOOK NOW TO LOCK IN THIS  
DISCOUNT

**3 DAY CAMP FROM**  
**\$191.75**

**USE CODE: ISCSUM35**  
**AT CHECKOUT**

CALL US NOW ON  
1300 418 204 FOR DETAILS



## SYDNEY 3 DAY CAMPS

### SPORTS

**BASKETBALL, CRICKET,  
NETBALL, HOCKEY & SOCCER**

### LOCATIONS

**NORTH RYDE, MOORE PARK,  
DACEYVILLE, HUNTERS HILL, RYDE,  
ALEXANDRIA, WAVERLEY**

Past guest coaches have included Doug Walters,  
Paige Hadley, Sophie Craig, Julian Khazzouh,  
Daniel Georgievski and many others.

# Book Now

Be your best

[ISCAMPS.COM.AU](http://ISCAMPS.COM.AU)



Call 1300 418 204 or visit [iscamps.com.au](http://iscamps.com.au) for details





# Let's Go4Fun!

- Go4Fun is a FREE 10-week program to support your family to make healthy lifestyle changes.
- Term 1 2023 programs coming to **Ryde** and **Chatswood**

To register visit: [www.go4fun.com.au/register](http://www.go4fun.com.au/register)



## ***Looking for a fun and inclusive team sport this summer?***

Come and play **TEEBALL** at MWSA!

We have teams currently looking for additional players – girls and boys.

All games played Saturdays @ 8.30am at one location ... North Curl Curl.

No experience necessary – just bring a smile and desire to have fun playing a team sport ☺

Enquiries: [mwsa@mwsa.com.au](mailto:mwsa@mwsa.com.au) or Janine Rolfe on 0410 601 077





BOOK  
NOW

# SPLASH CITY

## SUMMER CAMP JANUARY 2023

EXPERIENCE THE COOLEST CAMP ON THE PLANET  
KINDY - YEAR 6 8:30AM - 3:30 PM DAILY

GET MOTIVATED DURING THE JANUARY 2023  
SCHOOL HOLIDAYS AT OUR 2 DAY SUMMER CAMP

LET US BRING THE BEACH TO YOU WITH  
OUR WILD WATER SPORTS PLUS OUR  
USUAL SERIES OF TRADEMARK SPORTS

NORTH SYDNEY - 16th & 17th JAN  
SHORE School

LANE COVE NORTH - 19th & 20th JAN  
Mowbray Public School

NORTHBRIDGE - 23rd & 24th JAN  
War Memorial Playing Fields

EARLY BIRD OFFER

**20% OFF**  
FIRST 100 TICKETS  
ONLY



motiv8sports

MOTIV8SPORTS.COM.AU  
willoughbynorthsydney@motiv8sports.com.au  
0450 646 878

CREATIVE  
KIDS

REGISTERED PROVIDER  
Claim your \$100 voucher here





# SCHOOL HOLIDAY WORKSHOPS!



An **EXTRAORDINARY** experience for kids!

- \* Galaxy Far Away (inspired by Star Wars™!)
- \* Superheroes & Ninjas
- \* Learn to Code with LEGO® Robotics



**BOOK NOW!**

**0426 264 688**

**Northern-Sydney@Bricks4Kidz.com**

**Hornsby | Pymble | Epping | Carlingford**

- \* Mining & Crafting (inspired by Minecraft™!)
- \* Remote Control Mania
- \* Pocket Brick Monsters (inspired by Pokémon™!)
- \* And MORE!



LEGO® is a registered trademark of the LEGO® Group of companies which does not sponsor, authorise or endorse these programs.



4 - 14 YR OLDS



# SCHOOL HOLIDAY TENNIS CAMP

*MAKE THESE HOLIDAYS A HIT!*

12 - 16 DECEMBER  
19 - 23 DECEMBER  
2 - 6 JANUARY  
9 - 13 JANUARY  
16 - 20 JANUARY  
23 - 25 JANUARY

**HALF DAY \$50**  
**FULL DAY \$70**

HALF DAY 9AM - 12:30PM  
FULL DAY 9AM - 3PM  
ASK ABOUT OUR BUS SERVICE!

**BOOK NOW**



[CHATSWOODTENNIS.COM.AU/HOLIDAY-CAMPS](https://CHATSWOODTENNIS.COM.AU/HOLIDAY-CAMPS)