



School Holiday Programme – July 2019

TO BOOK: visit www.trybooking.com.au and search for *Launceston PCYC Holidays*.
or visit email info@pcyclaunceston.org.au for a booking form.

Sports:

KinderGym - Monday 8 & 15 July - 9:30 – 10:15 – Under 5 years - \$10

KinderGym provides a fantastic opportunity for children and parents to play and learn together; developing gross and fine motor skills, building confidence, and learning through play. Offering free play and structure learning, your child will be sure to enjoy this fun-loving programme.

Tumbling - Monday 8 & 15 July – 10:30 – 11:30 - 5 – 12 years - \$10

Tumbling is a fast-paced acrobatic sport that combines gymnastics and trampolining skills down a 25-meter air floor. This introductory class develops strength, agility, coordination, flexibility and motor skills and most of all, it's fun! You will extend the skill you currently have with handsprings, tucks and handstands.

Trampolining - Monday 8 & 15 July – 1:30 – 2:30 - 5 – 9 years & 2:30 – 3:30 - 10+ years - \$10

Trampolining is a great way to develop strength, agility, coordination, flexibility and motor skills and our programme can accommodate a broad range of participants. This is a great opportunity to try out Trampoline as a sport on our super bouncy professional trampolines.

Gymnastics - Tuesday 9 & 16 & Thursday 11 & 28 July – 9:30 - 10:30 - 5 – 12 years - \$10

Whether this is your first time or you're a seasoned gymnast, every student will have the opportunity to learn new skills or hone existing ones including handstands, cartwheels, balance, jumps and rolls. Classes include twisting, balancing, rolling and swinging in a safe environment.

Archery at Paringa Trevallyn – Thursday 11 July – 11:00am-12:30pm – 8+ years - \$15

Master the art of Archery in the stunning Trevallyn Reserve, Paringa Archery Range. All archers start at 10m targets and are taught skills in aiming, shooting techniques, feet position and range rules. This is a great opportunity to try out archery as a sport.

Indoor Rock Climbing – Tuesday 9 & 16 & Thursday 11 & 28 July – 2:00 - 4:00 – all ages - \$10

Come and challenge yourself on our indoor, 8m high climbing wall. Choose from seven climbs, from introductory to hard grading even including over hangs. Are you able to conquer each one? Whether a seasoned climber, or first timer, our instructors will guide you to get the most out of your skill.

Art:

Bamboo & Paper Lanterns – Tuesday 9 July – 11:00 – 12:00 5-9 years & 12:30 – 1:30 10+ years - \$10

Discover the amazing world of Japanese style bamboo and tissue paper lanterns. Learn how to create a bamboo frame of a creature or shape using everyday items you could find around your own home. Using just bamboo, tissue paper and glue, you will create a masterpiece to be proudly displayed in your home.

Drawing Anime – Friday 12 July - 11:00 – 12:00 5-9 years & 12:30 – 1:30pm 10+ - \$10

Anime is the Japanese term for animation and is a fascinating artform embracing vibrant colours and characters. Anime is a flexible animation style that lends itself easily to camera angles and panning. Join artist Mimi on a discovery journey into this wonderful world and start creating your very own Anime storyboard.

Drawing People – Tuesday 16 July - 11:00 – 12:00 5-9 years & 12:30 – 1:30pm 10+ - \$10

In this workshop, Mimi will teach you how to break down a face into shapes and sections before learning about shading, shape and texture. This is a traditional drawing class, learning to draw from life from your first rough outline to a finished portrait.

Sculpting Sea Creatures – Thursday 18 July - 11:00 – 12:00 5-9 years & 12:30 – 1:30pm 10+ - \$10

Using polymer clay, you will learn the wonderful art of sculpture, taking inspiration from the magical world of the deep sea. Perhaps a Puffer Fish, Vampire Squid, Frilled Shark or Seahorse capture your heart. We'll learn how to make your own clay and keep creating well beyond the end of this workshop.



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Theatre & Music:

Scriptwriting – Friday 19 July – 10.00-1.00 – 10+ years \$15

This workshop combines story analysis and practical exercises to help you turn your ideas into vivid and compelling stories. Cover key aspects of scriptwriting for theatre, you'll learn how to craft great dialogue, explore the structures of classic stories, and get started on your own masterpiece.

Improvisation – Friday 19 July – 2:00pm – 5:00pm – 10+ years - \$15

Improvisation workshop teaches an understanding of the essential principles and techniques of theatre-based improvisation. Explore spontaneity, narrative, character, and scene work by taking part in a variety of fun theatre-based games!

Taiko Drumming – Thursday 17 July – 8+ years – 11.30 – 1.00 - \$10

Taiko Drumming is a centuries old practice used in Japanese festivals and pageants. This form of percussion involves power and grace and is incredibly dynamic to watch and listen to. Join PCYC Taiko drumming workshop for a taste of the most powerful percussion performance experience.

Something Different:

Cyberbullying and Social Media – Friday 12 July – 2:00-3:00 - FREE

If you're experiencing cyberbullying, you're not alone. It can be upsetting and difficult to escape. Find out what cyberbullying is, how to navigate social media and what you can do to protect yourself. This free interactive seminar is presented by Kids Help Line.

Indoor Archery Tag – Wednesday 10 & 17 July @ 9.30, 11:00 & 12:30 (8+ years) - \$10

What happens when you combine Archery and Dodgeball? You get Archery Tag! With just a foam-tipped arrow and one of our bows and mask, you can immerse yourself in an epic battle, two teams - six a side. Bring your friends and see if you have what it takes to be the Green Arrow.

Indoor Bubble Soccer – Friday 12 July – 10:30 & 12:00 - \$10

Fancy playing a game of indoor soccer dressed in an inflatable bubble ball? Come and see how well go playing soccer without seeing your own feet. With up to five a side, on a full indoor basketball court, this will be an activity to keep you laughing these holidays.

Sumo Wrestling - Friday 19 July – 10:30 & 12:00 - \$10

Have you seen these at festivals and events? Fancy yourself as a Sumo Champion? Well bring your friends and challenge them to an epic Sumo Wrestling Challenge. Two people will go head to head to win each round. Matches will use round-robin tournament structure until the ultimate champion is crowned.

Scratch Coding – Wednesday 10 July – 10+ years – 1:00-2:00 - \$10

Do you love exploring coding but want to take your skills to the next level? Join this interactive class and start creating your own games by unlocking the secrets to computer programming. University trained programmer, Earl Bland will lead you on a journey of discovery and growth in the fascinating discipline. BYO device, internet provided.

Dungeons and Dragons – Wednesday 17 July – 10+ years 1:00-4:00 - \$10

Come and join the vivid world of heroic fantasy and the epic exploits of heroes, led by Dungeon Master, Earl Bland. In this fantasy table-top role-playing game, the Dudgeon Master will serve as author, director and referee, creating a fantasy world with you as the lead actors.

Cupcake Decorating – Wednesday 10 July – 10+ years – 2:00-3:00 - \$10

In this inspiring workshop, you will learn to create 2-dimensional and 3-dimensional cupcake toppers for any occasion. Whether you want to learn how to make a baby elephant, graduation mortarboard or a bunch of flowers, you will learn how to use the tools to get the effect you desire.