

## HOW TO REGISTER FOR THE PROGRAM AND BOOK YOUR SESSIONS:

- Register each participating child in the program at <https://cityofpalmerston.checkfront.com/reserve/>
- Take note their registration number (*The 10 digit and letter ID*) on receipt of your confirmation email.
- Check the booking requirements for the sessions you wish to attend and contact the provider of the class via the process listed in the provider details section. Please provide the child's name and the class date they wish to attend.
- Sign your child in and provide their registration number on the sign-in form when attending the class.
- Please be considerate of other participants and cancel a minimum of 24 hours prior if you are unable to attend.

### ELIGIBILITY:

- Open to Palmerston and rural residents
- Open to children aged 0-15 years
- Check the age suitability before booking your child into a class

### WHAT TO TAKE TO YOUR ACTIVATE KIDS SESSIONS:

- Your Activate Kids Registration Number
- Suitable footwear and fitness attire
- Appropriate medications (E.g. *Asthma Inhaler*)
- A water bottle and towel

### IF YOUR SESSIONS ARE OUTDOORS:

- A hat
- Sunscreen
- Plenty of water

For more information visit [www.palmerston.nt.gov.au](http://www.palmerston.nt.gov.au)

CITY OF PALMERSTON

# activate



## SCHOOL HOLIDAY Program

1 JULY - 19 JULY 2019



Activate Kids is a free program for children aged 0-15 years of age to promote healthy habits and the opportunity to try new and exciting activities during the school holiday period.



city of  
**PALMERSTON**  
*'A Place for People'*

# JULY TIMETABLE

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY    |
|---|--|---|--|--|-----------|-----------|
| <b>1</b>  | <b>2</b>   | <b>3</b>  | <b>4</b>   | <b>5</b>   | <b>6</b>  | <b>7</b>  |
| Ed Gym<br>(10 months - 5 years)<br>YMCA, 10am - 10.45am       | Adventure in the Garden<br>(all ages) Harvest Corner<br>9-10am | Mixed Martial Arts (5-8 years) The Lifestyle Studio<br>3:45-4:30pm  | CrossFit Kids (4 - 7 years)<br>CrossFit Territory, 3:45-4:15pm       | Mixed Martial Arts (9-13 years)<br>The Lifestyle Studio<br>4:30-5:30pm |           |           |
| Meditation (10-12 years)<br>Holistic Health NT<br>2:30-3:15pm | CrossFit (10-14 years)<br>CrossFit Palmerston<br>10:15-11:00am | Free access to pool for children* and youth aged (0 - 15 years)<br>Palmerston Swimming & Fitness Centre (YMCA), 8am - 4pm |  |  |           |           |
| <b>8</b>  | <b>9</b>   | <b>10</b>   | <b>11</b>  | <b>12</b>  | <b>13</b> | <b>14</b> |
| Meditation (10-12 years)<br>Holistic Health NT<br>2:30-3:15pm | CrossFit (10-14 years)<br>CrossFit Palmerston<br>10:15-11:00am | Mixed Martial Arts (5-8 years) The Lifestyle Studio<br>3:45-4:30pm  | CrossFit Kids (4 - 7 years)<br>CrossFit Territory,<br>3:45pm -4:15pm | Mixed Martial Arts (9-13 years)<br>The Lifestyle Studio<br>4:30-5:30pm |           |           |
|   |  | Free access to pool for children* and youth aged (0 - 15 years)<br>Palmerston Swimming & Fitness Centre (YMCA), 8am - 4pm |  |  |           |           |
| <b>15</b>   | <b>16</b>  | <b>17</b>   | <b>18</b>  | <b>19</b>  | <b>20</b> | <b>21</b> |
| Ed Gym<br>(10 months - 5 years)<br>YMCA, 10am - 10.45am       | CrossFit (10-14 years)<br>CrossFit Palmerston<br>10:15-11:00am | Mixed Martial Arts (5-8 years) The Lifestyle Studio<br>3:45-4:30pm  | CrossFit Kids (4 - 7 years)<br>CrossFit Territory,<br>3:45pm-4:15pm  | Make a Wicking Bed (6-12 years)<br>Harvest Corner<br>9-10am            |           |           |
| Meditation (10-12 years)<br>Holistic Health NT<br>2:30-3:15pm |  | Free access to pool for children* and youth aged (0 - 15 years) Palmerston<br>Swimming & Fitness Centre (YMCA), 8am - 4pm |  | Mixed Martial Arts (9-13 years)<br>The Lifestyle Studio<br>4:30-5:30pm |           |           |



## CLASS AND PROVIDER DETAILS

| Provider                                    | Class   | Activity Description  | Age                       | Location   | Bookings             | Contact  |
|---|---|---|---------------------------|--|----------------------|--|
| Crossfit Territory                          | CrossFit Kids   | The foundation movements of fitness are taught while making it fun.   | 4 - 7 Years               | 6/56 Georgina Crescent, Yarrowonga   | Bookings Essential   | Email: admin@crossfit-territory.com  |
| CrossFit Palmerston                         | CrossFit  | Varied functional movements completed at high intensity. Movements and weights scaled to suit age & fitness levels. | 10 - 14 years             | 37 Georgina Cres, Yarrowonga   | Bookings Essential   | Email: crossfit.palmerston@gmail.com<br>A participation waiver must be completed by parent or guardian prior to the first class. |
| The Lifestyle Studio                        | Mixed Martial Arts  | Junior Warriors & Warriors  | 5 -8 years & 9 - 13 years | 32 Georgina Cres, Yarrowonga   | Bookings Essential   | Email: admin@thelifestylestudiont.com.au   |
| Holistic Health NT                          | Meditation  | Deep relaxation for older children  | 10-12 years               | Palmerston Recreation Centre, 11 The Boulevard                               | No bookings required | Email: admin@holistichealthservicesnt.com  |
| Naomi Lacey                                 | Making a Wicking Bed  | Make a wicking bed from recycled materials  | 6-12 years                | Harvest Corner Community Garden, cnr Essington Avenue & Victoria Drive, Gray | Bookings Essential   | Email: naomilacey1@gmail.com<br>or call 0439 809 038   |
| Naomi Lacey                                 | Adventures in the Garden  | Taste and explore treasure hunt   | All ages                  | Harvest Corner Community Garden, cnr Essington Avenue & Victoria Drive, Gray | Bookings Essential   | Email: naomilacey1@gmail.com<br>or call 0439 809 038   |
| YMCA (Palmerston Swimming & Fitness Centre) | Free pool access on Wednesday 3rd, 10th and 17th July 2019, between 8am to 4pm. | Free admission into the pool for children (0-15 years) of age. *Children under 10 MUST be accompanied by an adult.  | 0 - 15 years              | Palmerston Swimming & Fitness Centre, 31 Bonson Terrace, Moulden             | No Bookings Required | Call 8932 3474   |
| YMCA  | Ed Gym  | Ed gym is designed to develop your child's cognitive and motor skills with a gymnastics twist!                      | 10 months to 5 years      | Palmerston Recreation Centre, 11 The Boulevard                               | No Bookings Required | Call 8932 3474   |