

HORIZONS SCHOOL HOLIDAY ACTIVITIES

Horizons holiday activities operate within CGS Care as an optional extra giving opportunities in a range of learning areas, which enhances Children's cultural, creative, physical or technological intelligence. Through their participation, children discover hidden talents and build skills for life.

Children arriving before the start time of the activity need to be dropped off (7:30am – 9:00am) at the International Centre, and will then be accompanied by CGS Care educators to the area where the programme will run. At the completion of each programme the children will be accompanied by CGS Care educators to either Southside (Kindergarten – Year 1) or back to the International Centre (Year 2 – Year 6). Children can be collected from these areas after 3:00pm.

To make an enrolment visit the My Family Lounge on the CGS website: CGS.ACT.EDU.AU/PRIMARY-SCHOOL/CGS-CARE

Childcare subsidy is claimable for all bookings of primary children. For further information, please contact CGS Care on +61 (2) 6260 9656 or cgscore@cgs.act.edu.au

Chess and Sport with Mr David Messina

15 to 18 April | Kindergarten – Year 6

Professional Chess Lessons and Sport Lessons suitable for all chess and sporting abilities. Your child will participate in chess demonstration lessons and then use their knowledge in a variety of chess competitions and activities, all while interacting with other children. Children will also participate in a range of sporting activities including dodge ball, soccer, basketball, netball and handball. All lessons are presented by Mr David Messina and Canberra ChessMates, and are designed to give all children further chess strategies to use in friendly and competitive games. The sporting breaks in-between lessons and competitions help to rejuvenate children. A pizza lunch is provided each day! This programme prides itself on exercising both the mind and body!

The sessions will run from 9:00am to 3:00pm. Cost: \$135 per day.

Dance

15 to 17 April | Kindergarten – Year 6

Kulture Break is a charity organisation committed to the wellbeing and social inclusion of young people. Through a platform of creative arts they offer a positive message of wellbeing, empowerment and transformation for youth. Join us for dance these school holidays at the Holiday Horizons Programme!

Dance provides a fantastic creative outlet for everyone, none more so than children. In a dance class your child will learn some core techniques and understanding of body awareness, musicality and memory, but most importantly FUN! There's more to a dance class than jumping up and down to a beat. Dancers all around the world enjoy dance for the actual real life benefits received out of the dance studio. Dance helps build confidence, rhythm and coordination, all to a fun song. Very similar to martial arts and other sports, dance helps nourish the ideas of team work, cooperation and perverseness when things can get a little stressful. Take a break this holiday, prepare for your own dance concert in the lounge and welcome home your new dance superstar!

The sessions will run 9:00am to 3:00pm. Cost: \$135 per day.

Code Cadets*

15 to 17 April | Year 2 – Year 6

Code Cadets is an opportunity for children to learn real programming in a fun, creative environment. The Children will learn the basic rules of computer code, how to think creatively about designing a programme and get the chance to plan and create their own personal game or website. Children can put their projects online, and keep working on them at home.

The sessions will run from 9:00am to 3:00pm. Cost: \$405 for three days.

***Please note: Code Cadets is a three day course.**

Tennis

15 to 16 April | Kindergarten – Year 6

Tennis coaching, improve your skills, have fun, meet new friends and learn a game you will keep for life. Delivered by fully qualified Tennis Canberra instructors and aimed at developing and improving fundamental tennis skills to take your game to the next level. Specialist coaching over two days with a variety of options, that accommodate age and skill level.

The sessions will run 9:00am to 3:00pm. Cost: \$135 per day.

Vertikal*

17 to 18 April | Kindergarten – Year 6

Intensive Snow Sports Camp Vertikal caters to all levels of skiers and boarders, providing technical training on a non-stop ski slope that changes speed and angulation. All sessions are led by highly trained ski and snowboard instructors and focus on skill development through analysing and improving: technique, efficiency and control, carving and angulation, stability and biomechanics and confidence. Each child will be individually assessed and provided with specific feedback and instruction to improve performance. Mirrors at the base of the mats enable children to see themselves in action and make adjustments on the spot. Racer? Slalom, alpine, or skier cross: Vertikal creates the right conditions to challenge and improve skills. New to the sport? Their controlled environment is the perfect way to learn the basics of the sport maximise the on-snow experience. Repetition = effective training: nothing improves performance than regular practice. Please note Vertikal Horizon sessions are held off site and children will be transported by Busme to the Vertikal site in Fyshwick.

The bus will leave Canberra Grammar School at 9:00am sharp and return at 3:00pm (bus will leave Vertikal in Fyshwick at 2:30pm). Cost: \$310 for two days.

***Please note: Vertikal is a two day commitment and has a limited number of 12 enrolments so get in fast for two fun filled days.**

Soccer Camp

23 April | Kindergarten – Year 6

Driven by their mission 'encouraging ACTIVE bodies, while nurturing ACTIVE minds' Active Attitudes Sports programmes will introduce the children to more traditional sports with a focus on building skills, refining techniques and developing confidence all in a fun environment.

The children will have the chance to participate in activities that will teach them the foundations of Soccer and work up to more advanced skills. They will be taken through their paces; the art of dribbling, passing, ball control, receiving, to mention a few all weaved into fun interactive drills and activities. Not only will our coaches focus on skill development they will involve the children in team building activities and then wrap it all in to modified games encouraging everyone to have a go and put to play what they have learnt. Each child receives a free Soccer ball to take home at the end of the day.

The sessions will run 9:00am to 3:00pm. Cost: \$135 per day.

Science and Engineering with Ms Heather Bull

23 to 24 April | Kindergarten – Year 6

Renewable Energy – With global warming becoming a major issue of our time new options of energy production must be discussed. Children will learn about renewable energy such as solar, water, and wind. They will then be tasked with designing their own miniature wind turbine. Come along for two fun filled days with Ms Heather Bull exploring the science behind renewable energy.

The sessions will run 9:00am to 3:00pm. Cost: \$135 per day.

Lego Robotics

23 to 24 April | Year 2 – Year 6

Robotics is a hands on lesson in design and programming. In robotics, children can design and build mechanical arms, cars, and other designs using Lego electric motors designed for this age group. Children can follow set instructions, or design their own devices. Instructors will help the children learn the basics of design and mechanics, and this is a great preparation for programming and robotics in future years.

The sessions will run 9:00am to 3:00pm. Cost: \$135 per day.

Vertikal*

23 to 24 April | Kindergarten - Year 6

Intensive Snow Sports Camp Vertikal caters to all levels of skiers and boarders, providing technical training on a non-stop ski slope that changes speed and angulation. All sessions are led by highly trained ski and snowboard instructors and focus on skill development through analysing and improving: technique, efficiency and control, carving and angulation, stability and biomechanics and confidence. Each child will be individually assessed and provided with specific feedback and instruction to improve performance. Mirrors at the base of the mats enable children to see themselves in action and make adjustments on the spot. Racer? Slalom, alpine, or skier cross: Vertikal creates the right conditions to challenge and improve skills. New to the sport? Their controlled environment is the perfect way to learn the basics of the sport maximise the on-snow experience. Repetition = effective training: nothing improves performance than regular practice. Please note Vertikal Horizon sessions are held off site and children will be transported by Busme to the Vertikal site in Fyshwick.

The bus will leave Canberra Grammar School at 9:00am sharp and return at 3:00pm (bus will leave Vertikal in Fyshwick at 2:30pm). Cost: \$310 for two days.

****Please note: Vertikal is a two day commitment and has a limited number of 12 enrolments so get in fast for two fun filled days.***

Basketball Camp

24 April | Kindergarten – Year 6

Driven by their mission 'encouraging ACTIVE bodies, while nurturing ACTIVE minds' Active Attitudes Sports programmes will introduce the children to more traditional sports with a focus on building skills, refining techniques and developing confidence all in a fun environment. The children will have the chance to participate in activities that will teach them the foundations of basketball and work up to more advanced skills. They will be taken through their paces; the art of dribbling, passing, shooting, rebounding and defence all weaved into fun interactive drills and activities. Not only will our coaches focus on skill development they will involve the children in team building activities and then wrap it all in to modified games encouraging everyone to have a go and put to play what they have learnt. Each child receives a free Basketball to take home at the end of the day.

The sessions will run 9:00am to 3:00pm. Cost: \$135 per day.

Lego Robotics

26 April | Kindergarten – Year 1

Robotics is a hands on lesson in design and programming. In robotics, children can design and build mechanical arms, cars, and other designs using Lego electric motors designed for this age group. Children can follow set instructions, or design their own devices. Instructors will help the children learn the basics of design and mechanics, and this is a great preparation for programming and robotics in future years.

The sessions will run 9:00am to 3:00pm. Cost: \$135 per day.

Jewellery Making

26 April | Kindergarten – Year 6

Jewellery making has been around since the dawn of man and remains a popular form of creative expression. In this programme, children will be encouraged to get creative by producing their own wearable works of art! While also learning a little bit about other cultures and history. Come along for a fun filled day with Ms Heather Bull exploring the history and creativity around jewellery.

The session will run 9:00am to 3:00pm. Cost: \$135 per day.

Gymnastics

26 April | Kindergarten – Year 6

Woden Valley Gymnastics Club (WVGC) is running a fun-filled and action-packed programme at Canberra Grammar School during the upcoming School Holidays! At WVGC they cater for many Gymsports including TeamGym, Performance Team, Artistic Gymnastics, Trampoline, Acrobatics, Free G and Tumbling! We focus on the 'Four Fs' while delivering any programme – these are: Fun, Fitness, Fundamentals, Friendship and Safety. Over the day the kids will learn about all of the above different types of gymnastics, including strength and shaping to execute the skills successfully.

The sessions will run from 9:00am to 3:00pm. Cost: \$135 per day.

Mindfulness, Meditation and Journaling and much, much more

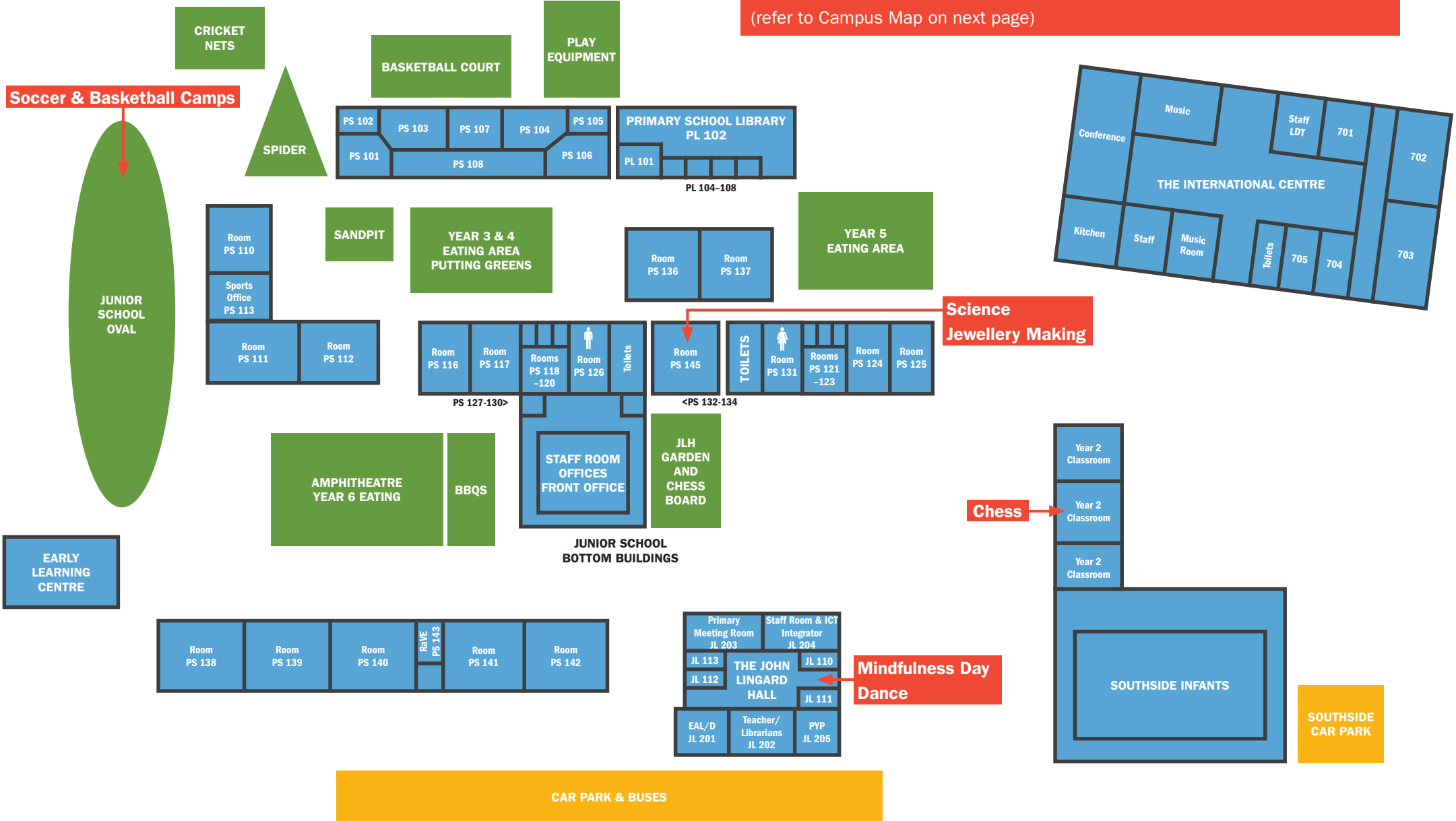
26 April | Year 2 – Year 6

Driven by their mission 'encouraging ACTIVE bodies, while nurturing ACTIVE minds' Active Attitudes Wellness programmes will introduce children to various wellness & mindfulness techniques whilst keeping them active and engaged the whole day. The children will have the chance to participate in a Mini Boot Camp & Dance; encouraging physical movement & team building skills. Mindfulness & Meditation Foundations; a crystal workshop, craft and creativity along with guided relaxation, the children will create their own vision boards, build a worry jar and learn some basic techniques around the art of meditation and emotional regulation. The children all receive their own Mindful Journal which serves as a work book for the day and a delightful take home to continue practicing all they have learnt.

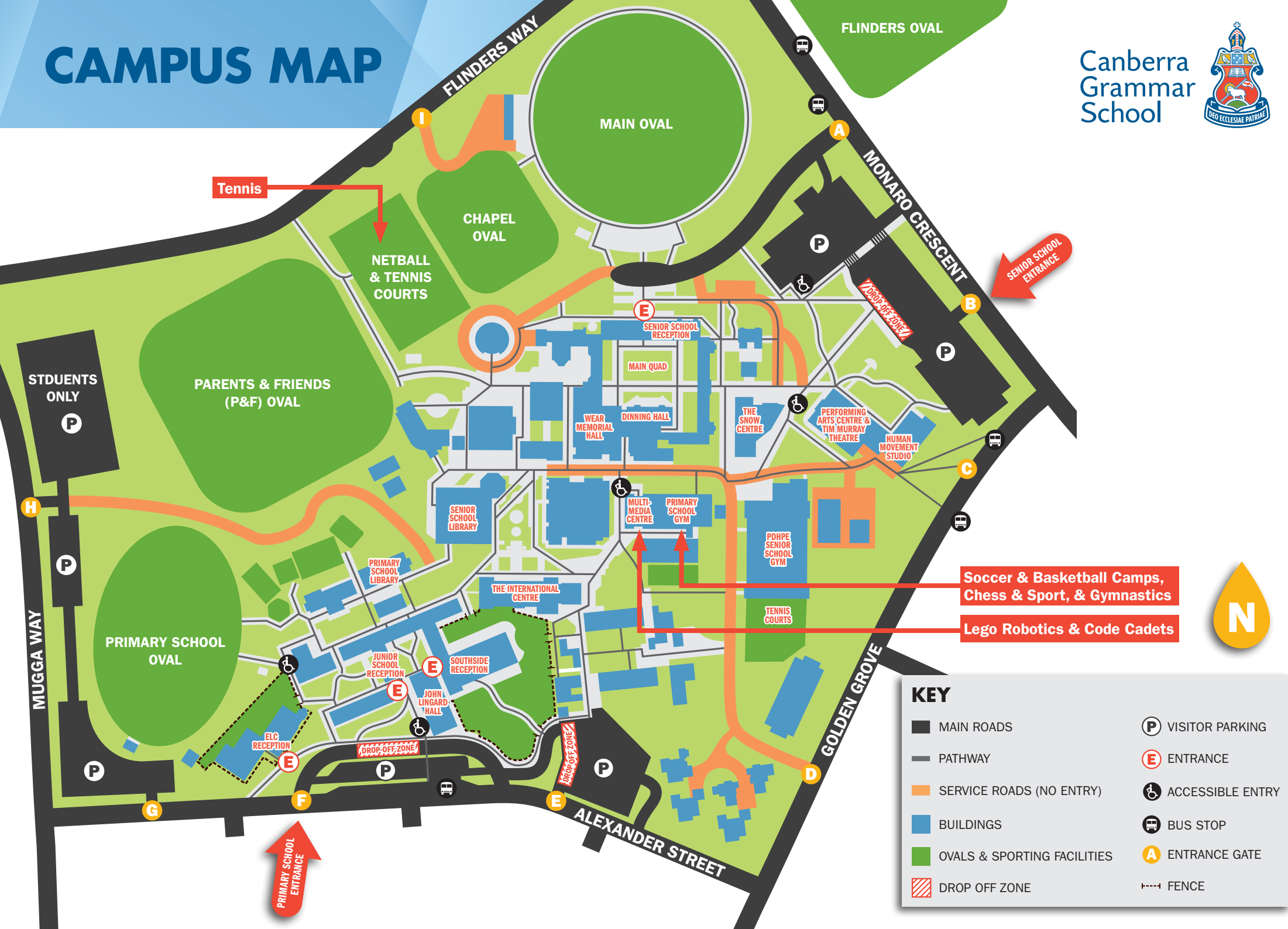
The sessions will run 9:00am to 3:00pm. Cost: \$135 per day.

HORIZONS SCHOOL HOLIDAY ACTIVITIES MAP

Lego Robotics & Code Cadets – Multi Media Centre
Soccer & Basketball Camps, Chess & Sport, & Gymnastics – Junior School Gym
Tennis – Tennis Courts
 (refer to Campus Map on next page)















CAMPUS MAP



Soccer & Basketball Camps, Chess & Sport, & Gymnastics

Lego Robotics & Code Cadets



KEY			
	MAIN ROADS		VISITOR PARKING
	PATHWAY		ENTRANCE
	SERVICE ROADS (NO ENTRY)		ACCESSIBLE ENTRY
	BUILDINGS		BUS STOP
	OVALS & SPORTING FACILITIES		ENTRANCE GATE
	DROP OFF ZONE		FENCE