

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 3–16 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 & towel

IF YOUR SESSIONS ARE OUTDOORS:

- A hat
- Sunscreen
- Plenty of water

For more information visit www.palmerston.nt.gov.au

CITY OF PALMERSTON

activate



SCHOOL HOLIDAY Program

17 DECEMBER 2018 – 27 JANUARY 2019

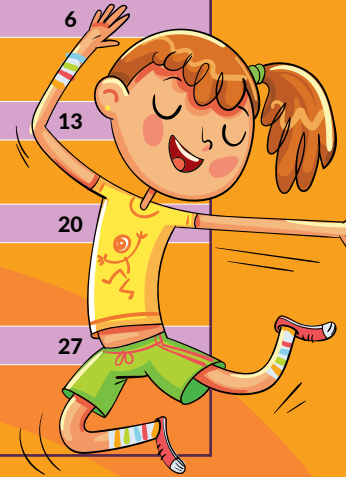


Activate Kids is a **FREE PROGRAM** for children aged 3 – 16 years of age to promote healthy habits and the opportunity to try new and exciting activities during the school holiday period.



TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DECEMBER						
17	18	19	20	21	22	23
Circus Workshop 3 - 4 pm		CrossFit 10.15am to 11am	Palmerston Peewees 10am - 10.45am	Groove Dance Fitness 9am to 10am	Kids Yoga 2.30 - 3.30pm	
24	25	26	27	28	29	30
CHRISTMAS EVE	CHRISTMAS DAY	BOXING DAY		Garden Workshop 9am-10am		
JANUARY						
31	1	2	3	4	5	6
NEW YEAR'S EVE	NEW YEAR'S DAY		Palmerston Peewees 10am - 10.45am	Groove Dance Fitness 9am to 10am		
7	8	9	10	11	12	13
Tennis Skills 4.30pm - 6.00pm	Zumba Kids 10am - 10.45am	Tennis Skills 4.30pm - 6.00pm	Palmerston Peewees 10am - 10.45am	Groove Dance Fitness 9am to 10am	Karate - 9am - 10am (4 - 5 years only)	
14	15	16	17	18	19	20
Tennis Skills 4.30pm - 6.00pm	Zumba Kids 10am - 10.45am	CrossFit 10.15am to 11am	Karate 4:30pm-5.30pm (6 - 10 years only)	Circus Workshop 3.30 - 4.30 pm	Kids Yoga 2.30 - 3.30pm	
21	22	23	24	25	26	27
Circus Workshop 3 - 4 pm	Zumba Kids 10am - 10.45am	CrossFit 10.15am to 11am	Cooking in the Garden 9am-10am	Karate 5.30 - 6.30pm (11 -13 years only)	AUSTRALIA DAY	



CLASS AND PROVIDER DETAILS

Provider	Class	Activity Description	Age	Location	Bookings	Contact Details
The Burning Circus	Circus Workshop	Circus skills and show and performance characters	5 - 14 years	Palmerston Recreation Centre, 11 The Boulevard	Bookings Essential	Please email all session bookings to info@theburningcircus.com.au
Tennis Palmerston	Tennis Program	Tennis based games and ball activities	5 -16 years	Corner of Bonson Terrace & Tilson Ave, Moulden	Bookings Essential	To register contact 08 8932 8911 or email tennis@tennispalmerston.com
Groove Vitality	Groove Dance Fitness	Fun and creative dance fitness class (You can't get it wrong)	5 - 8 years	Palmerston Recreation Centre, 11 The Boulevard	No Bookings Required	info@groovevitality.com.au
To the Beat Dance Fitness	Zumba Kids	A Zumba class for kids... no dance skills required!	4 - 12 years	3/32 Balwin Drive, Woodroffe	No Bookings Required	sarah@tothebeat.com.au
CrossFit Palmerston	CrossFit	Functional Fitness Class	11 - 14 years	37 Georgina Cres, Yarrowonga	Bookings Essential	Please email crossfit.palmerston@gmail.com *A participation waiver must be completed by parent or guardian prior to the first class.
NT Tang Soo Do Karate	Karate	Karate	4 - 5 years & 6 -10 years & 11 - 13 years	32 Georgina Cres, Yarrowonga	Bookings Essential	Phone 8932 1080 or email admin@thelifestylestudio.com.au
Palmerston and Regional Basketball Association	Palmerston PeeWees	Physical Literacy through ball skills with an aim to improve hand eye coordination	3 - 8 years	Palmerston Recreation Centre, 11 The Boulevard	No Bookings Required	parba.nt@outlook.com
The Lifestyle Studio	Kids Yoga	Building strength and flexibility	7 - 10 years	32 Georgina Cres, Yarrowonga	No Bookings Required	admin@thelifestylestudio.com.au
Naomi Lacey	Harvest Corner	Potting seedlings, garden tours and cooking	10-16 years	Cnr Essington Ave and Victoria Drive, Gray	Bookings Essential	Naomilacey1@gmail.com