

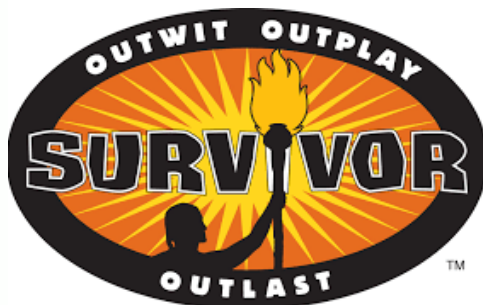
## LFK Holiday Program September 2016



### PAJAMA PARTY DAY

**Tuesday 20<sup>th</sup> September**    **Ages: 5 -12 years**    **10.00am – 3.30pm**    **Cost: \$55.00**  
**Register 9.50 WEAR YOUR PAJAMAS ALL DAY TO LFK -Please BYO morning tea and lunch.**

**PAJAMA PARTY ALL DAY.** Glow sticks, sleeping bag races, pass the pillow games, donut on a string game, charades, celebrity heads, Chinese whispers, gummy bear treasure hunts and parachute games. Make paper fortune tellers, fruit loop necklaces, shadow puppets, an amazing massive cubby house in the gym and a door hanger with your name on it. Have strawberry milk with a strawberry straw for morning tea as well as fairy bread pinwheels and fresh butter popcorn. Enjoy a manicure, pedicure and enjoy a fresh cucumber eye mask. Decorate a bottle with sequins and fill with bubble bath and make chocolate freckles in a spoon to take home. Get ready for the LFK TALENT SHOW and all done in your PAJAMAS AT LFK !!!!!



### SURVIVOR DAY

**Wednesday 21<sup>st</sup> September**    **Ages: 5 -12**    **10.00am-3.30pm**    **Cost: \$55.00**  
**OUTWIT OUTPLAY OUTLAST**

**Register 9.50am BYO snack lunch drink bottle.**

**Come ready for a day of action, adventure and tribal council.**

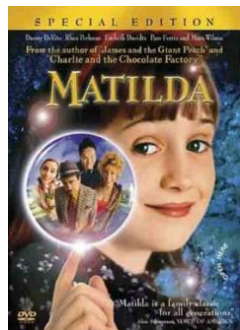
**Be divided into teams, decide on your team name, be allocated your team bandanas and start a day filled with challenge's, rewards, games and tribal council. Go on scavenger hunts, obstacle races, congo relays, de-code puzzles, balancing activities and score points for your team for participating in activities. Make a tribal council torch, an immunity necklace, a tribal banner and flags to help cheer on your team. Shaving cream painting, popsicle stick puzzles to solve, jumping sack races, coconut relays, skittle sorting, balloon games and gross food challenges. Make fruit pizzas, receive a chocolate bar medal and outwit ---outplay-----outlast ---@LFK**

**BOOKINGS ARE ESSENTIAL AND PLACES ARE LIMITED \$25 DEPOSIT REQUIRED.**

**Payments can be made by cash, credit card, cheque or Direct Deposit.**

**Lunch orders are available everyday and can be ordered on the day.**

**Call 9397 77 66 or Email [lifestyleforkids193@icloud.com](mailto:lifestyleforkids193@icloud.com) to register and book in ...limited spaces**



# Lifestyle for Kids

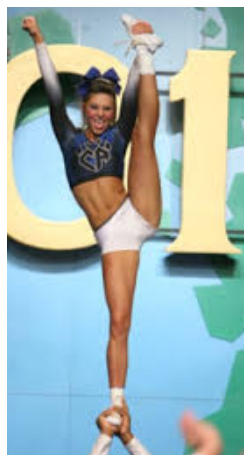


**MATILDA MATILDA MATILDA**

**MATILDA MUSICAL THEATRE DAY**

**Thursday 29<sup>th</sup> September Ages: 5 -12 10.00am-3.30pm Cost: \$55.00**

Register 9.50am BYO snack lunch drink bottle. Wear old school clothes for the **MATILDA** show! **SING DANCE ACT ALL DAY !!** Sing and learn the words and actions the song "When I grow up" and make a swing. Learn a dance routine to "Naughty". Be given scripts and audition for a part in the musical **MATILDA**. Drama games like space jump, Zip Zap Zop, tongue twisters, Dude, Knots and paint a picture. Make a red sequined school tie; a **MATILDA** show bag; **MATILDA** necklace and **MATILDA** drink bottle to take home. Cover the upstairs mirrors in letters like the set for the show and a special **MATILDA** covered book. Lots of action packed games, book relay races, Obstacle courses, Dance games, Gymnastics and an Acro lesson to tire you out! **GROUP PERFORMANCE** at the end of the day please be back by **3.20pm** to watch us perform @ **MATILDA LFK....see you there!!!!**



**CHEERLEADING**

**ACRO**

**GYMNASTICS**

**Friday 30<sup>th</sup> September Ages: 5 -12years 10.00am – 3.30pm Cost:\$55.00**

Register - 9.50am- BYO Morning tea,lunch and a drink bottle.Wear your cheer gear+ Pom Poms **Circus-Watch** a display and try your new skills on the red aerial silk.

**Acro Practice** Dive rolls, Front saults, Group pyramids, Partner balances, Partner Aerial cartwheels, handsprings & lots of drills, skills and lifts to help you fly through the sky + Gym Teachers displays

**Cheerleading-** Melbourne Storm Cheerleaders in to teach you a cheer routine with lifts and tricks .Use our professional Pom Poms and learn a routine with lifts, cool formations and chants. Learn a group strength routine to Uptown Funk

**Trampolining-**Use our Mini tramps and 6 metre tumbling track Tramp. Learn Swivels, seat drops and lots of new aerial tricks.

**Gymnastics-**Have a Gymnastics lesson on the Bars --Beam --Rings --Vault--Floor--P Bars-- Trapeze and learn the Level 2/3-floor routine+ an award. Best handstand, cartwheel or special trick and hula-hoop comps,obstacle races, limbo, juggling, yoga skills and parachute games  
3.25 3.30-Parents come and watch our amazing Cheerleading routine

**BOOKINGS ARE ESSENTIAL AND PLACES ARE LIMITED \$25 DEPOSIT ESSENTIAL.**

Payments can be made by cash, credit card, cheque or direct deposit.

Lunch orders are available everyday and can be ordered on the day.

Please call **9397 77 66** or email [lifestyleforkids193@icloud.com](mailto:lifestyleforkids193@icloud.com) to register and book in limited spaces