

JUNE/JULY HOLIDAY PROGRAM**PJ PARTY DAY****Wednesday 29th June Ages: 5-10 years 10.00am-3.30pm Cost: \$65.00**Register 9.50 WEAR YOUR PYJAMAS ALL DAY TO LFK BYO morning tea and lunch (**no nuts**)

PYJAMA PARTY ALL DAY. Glow sticks, sleeping bag races, pass the pillow games, pink donuts on a string game, charades, celebrity heads, Chinese whispers, twister, gummy bear treasure hunts and parachute games. Make paper fortune tellers, fruit loop necklaces, Decorate a bottle with sequins and fill with bubble bath and make chocolate freckles in a spoon. Make 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. Dance at the Disco with gymnastics all day in PJ's at LFK

LIVE REPTILE SHOW AT LFK**Thursday 30th June Ages: 5-10 years 10.00am-3.30pm Cost: \$65.00**Register 9,50am Please BYO snack-lunch and drink bottle (**no nuts**) wear animal theme clothes!!

1 HOUR LIVE REPTILE SHOW AT LFK. Learn new facts about reptiles, touch them and have your photo taken holding your favourite reptile. Make a frog in pond, chocolate spiders, green swamp slime & go on a lolly snake & sour gecko treasure hunt in the gym. Animal face paint, make Gator-ade and animal finger puppets. Play games like snakes and ladders, hungry hippos, crocodile cross my river, the fishing game and lizards and frogs. Play on the gymnastics equipment and receive a sticky gecko to take home as well as colouring sheets and reptile mazes to colour in. Inspiration, Education & Conservation- Reptile Encounter Show Don't miss out on a snake buster of a day !!!

BOOKINGS ARE ESSENTIAL AND PLACES ARE LIMITED

Full payment is required on booking or payment is required before the day. Payments can be made by cash, credit card or direct deposit.

Please call 9397 77 66 or email lifestyleforkids193@icloud.com to register and book in.

Full payment is required at the time of booking.

CANCELLATION If you cancel within 24hours of the program date, you will only receive at 50% refund.

JUNE/JULY HOLIDAY PROGRAM

JUNIOR MASTERCHEF DAY

Tuesday 5th July Ages: 5-11 years 10.00am-3.30pm Cost: \$65.00

Register 9.50am- BYO APRON, morning tea, lunch and a drink bottle (**No nuts**)

Pressure Tests---Mystery Boxes---Invention Tests and lots of creative cooking on our LFK MasterChef day. Make Alice in Wonderland tea cup biscuits, chocolate freckles, teddy bear racing cars and vegetable animals. Decorate your own wooden spoon like a mini chef and make a chef's hat to use when you are cooking at home. Go to our amazing candy bar station and design your lolly creation. Test your tastebuds in a taste test with a blindfold on and make a penne pasta necklace Guess the correct amount of marshmallows in the jar and win a prize, then go to a napkin folding workshop and surprise your family at dinner time. Play games like the chopstick relays, chocolate dress up game, the penne pasta pickup game, popcorn relays, fruit salad and of course gymnastics lessons in the gym.....And time starts NOW !!!

ACRO CHEER TRAMPOLING GYMNASTICS

~~THURSDAY 7th JULY~~ SOLD OUT!

Day #2 - FRIDAY 8th JULY Ages: 5-11 years 10.00am-3.30pm Cost: \$65.00

Register - 9.50am --Please BYO morning tea and lunch and wear comfortable clothes.



CIRCUS Try your skills on the aerial hoop, red silks, trapeze, juggling and handstand blocks.

ACROBATICS Practice Dive rolls, Group pyramids, Partner balances, Partner Aerial cartwheels, walkovers, tik toks, handsprings & lots of drills, skills and lifts to help you fly.

CHEERLEADING Use our professional Pom Poms and learn a routine with lifts and cool formations. Learn a group cheerleading routine to 'Head and Heart' by Joel Corry.

TRAMPOLING Use our tumble track, mini tramps, air mats and spring boards. Learn Swivels, seat drops and lots of new aerial tricks and tumbles..

GYMNASTICS Enjoy a Gymnastics lesson on the Bars --Beam -Rings --Vault, Trapeze and learn the Level 2-floor routine. Showing our best handstand, cartwheel or special trick for an award plus Hula-hoop comps and relays. Play Obstacle races, Limbo, Juggling, Trapeze skills and Parachute games. Come and have an awesome active day at LFK !!!

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