

FITKIDS FITNESS CHALLENGES

Holiday Programs

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IMPORTANT NOTE –

AVAILABILITY DEPENDS ON STATE, LOCATION AND DATE

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NEWEST RELEASE

This program will change your kid's life! 😊

Based on the famous TV show Australian Survivors this program includes team challenges, obstacles, Idols, being voted out, puzzles and difficult courses, everything seen on the TV show has been included in this innovative fast paced fitness program for all kids.

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HUNGER GAMES

Hunger Games has finally arrived. This is the program everyone has been waiting for and kids will be speaking about for years to come.

The first of its kind with 2 hours of hunger game battles like never before, kids will be engaged in archery training, sword fighting, boxing, hiding, catching, finding, searching and so much more.

Hunger Games will have the kids thinking, get the hearts pumping and make the body work harder than ever before in order to survive a game that will never be forgotten.

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Kids Boot Camp is a fun and original Boot Camp style fitness program (without the angry instructor) that has been designed specifically for kids.

The program runs for a duration of 2 hours and involves boxing games, a massive tug of war challenge, strength training and an abs challenge and let's not forget the main event the ULTIMATE BOXING CHALLENGE where we discover the person who is the strongest fittest and fastest the person who when you push and push them, they never ever give up.

It all sounds a little rough and tough, but these are the coolest games and challenge in Australia, and we guarantee your kids will be absolutely exhausted by the end of the program but begging for more.

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Be like the Gladiators on TV and Battle against your classmates. Perfect for all ages and genders.

Gladiators has many addictive and extremely fun battles as teams and as individuals.

This is the best **Battle Games** program in Australia and has all kids completely addicted to these games, after a 2-hour fun packed program kids never want us to leave.

The program is set up just like real **Gladiators** where we run kids through some fun training games followed by battle games.

We start with some simple battle games, however these become more and more challenging towards the end.

The entire program sets the kids up for the last battle, which in summary there will be 2 teams and, on each team, there will be sword fighters, boxers and pad holders. These 2 teams meet in the battle zone and try to eliminate the other team. The games are designed to be nonviolent but extremely safe and fun.

Some of the games are like the **Gladiator** program. that used to be on TV.

Kids will love being like **Gladiators** as this program. always get kids active and loving sport.

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MARTIAL ARTS m a s t e r s

MARTIAL ART MASTERS is a fun based martial arts program for all kids.

Learn the basics of martial arts - kicks, blocks, jumps twists and turns while playing self-defensive martial art games.

Our Martial Art Trainers are some of the best in the industry with over 20 years' experience.

Learn from some of the best Black Belt Masters in the industry and the beauty behind martial arts... every kid needs to become a Martial Arts Master!

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**Launching our newest program to all schools.
NSW Only** other states subject to request.

Our Laser Tag incursion is a fun activity for kids of all ages, developing the child's fitness, gross coordination, and agility in a range of situations. Older kids enjoy the strategy and teamwork which are a key part of winning at objective-oriented games such as **Capture the Flag, King of the Hill** or our **Fortnite style** Battle Royale!

It's also a sure-fire vacation care incursion idea for your OOSH to get early commitments to your vacation program and boost attendance, because kids just love playing laser tag!

Our highly trained and professional staff are all WWCC certified and experienced in working with younger children.

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So, your Vacation Care staff can take a bit of a break (or join in the play!) whilst the vacation care incursion is under way.

Catering for up to 40 participants during a 2-hour program our vacation care packages are affordable and easy to arrange. Our laser tag equipment is lightweight and importantly, suitable, for kids as young as 5 years old to join in.

Our staff will keep the kids engaged and having fun – your staff can join in with the fun too! Our vacation care activity is so popular with the kids and staff that many OOSH centers book us every holiday!

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Fun **safe** innovative games ready to entertain your kids while keeping kids fit and happy.

This program is designed for fun; it involves many battle games in partners and teams for all aged primary school kids.

Kids will run, laugh, roll, and bounce all while being in a bubble it's the ultimate fun.

Let's face it, which kid doesn't want to be in a bubble!!

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ARCHERY KIDS

ARCHERY KIDS won't let anyone down.

Kids will be engaged in learning the basics of archery target shooting, competitions several fun challenges and let's not forget the best part of archery its just plain fun.

Over 2-hour duration kids will develop confidence and archery skills to last a lifetime.

The program is guaranteed to have all kids start as beginners and end as champions.

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AMAZING SUPER RACE

In teams of either 5 or more participants will be competing in an Amazing Super Race for all kids. This program will have kids racing through a large variety of different activities and challenges to see which team can get to the end first. “What excellent team building experience for all kids.”

Over a 2-hour duration the kids will race as a team through a Mini Marathon, Hoop Shooting, Blind Fold Challenge, Water bucket race, Soccer Striker Goal shooting, Riddles, Balloon Blowing, Hula Hooping, Basketball, Running Races and much much more...

The Amazing Super Race will get everyone involved pushing kids beyond their limits; even staff and parents can get involved.

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miniOlympics



Compete against classmates and your own personal bests, with these ultra-cool Mini Olympic Challenges.

Based around some of the skills and talents that make the Olympics so amazing (but with activities that are way more fun for **KIDS**),

MINI OLYMPICS allows kids to try their skill, fitness, or luck in a variety of ultra cool races and activities.

Developing skills in a variety of areas all within a 2-hour duration with activities such as **RACES IN YEARS - HURDLE RACES**
MINI JAVELIN - SOCCER STRIKER CHALLENGE,
SACK RACES - RELAY BATON RACES, SHOT PUT
AND OBSTACLE CHALLENGE RACES.

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TREASURE QUEST FITNESS

Unlock the Hidden Clues and be the first to find the Treasure while getting FIT and having awesome fun at the same time.

Combine this with some of the most fun and infectious fitness games available and you have a program that is sure to have your kids laughing their way to better health.

The program runs for a duration of 2 hours, and involves a large variety of finding games, solving codes, reading maps and searching for golden tickets all while working as a team to find the golden prize of all the Hidden Treasure.

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COOL DOWN with super fun **Water Games** this summer. It's the perfect program for kids that want to beat the **HEAT**.

A 2-hour program filled with fun fitness games in the form of partner battles, team challenges races and much much more that all involve water. Kids will get absolutely wet from the very first game and completely drenched by the end of the program.

It's the perfect water program to Get FIT Stay COOL and have Splashtastic Fun!

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ULTIMATE FRISBEE



Ever enjoyed playing with a Frisbee? Then this program is for you. We have taken throwing a frisbee to a new level as kids learn the basic skills to the game, they will then participate in a several fun team Frisbee challenge.

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AFL Fever is a 2-hour footy skill-based program designed not only to teach kids the fundamentals of the game but to bring out the joy and competitive spirit through anticipation and participation in the game all while having fun playing cool footy games in a positive environment.

Kids will learn the following –

- Basic rule of the game
- Simple balls skill required to play the game such as passing, kicking bouncing, running scoring goals and working as a team.
- We will set up a small competition where kids will break up into teams and play against each other trying to get to the finals.
- Small finals games will be played at the end of the program where the winning team receives an AFL first place certificate.

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Tennis for kids is everything you would expect!

Learning the basic skills in a fun innovative manner and challenging other team mates to game you never expected to learn so quick.

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Dance MOVES

Dance Moves is a program designed for both girls and boys.

This program has a large mix of dance styles including **YOGA, CHINESE KUNG FU, JAZZ, ABORIGINAL DANCE, FREE DANCING, GROUP DANCE, SOLO**, and our most famous **HIP-HOP** plus much more...

Our Dance teachers are some of the best in the state and are professionals at getting boys and girls active and moving like never before. The program can be run both outdoors and indoors so long as we have access to power. Our teacher brings all the required music sound boxes and the microphone needed to run the program.

With 2 hours in a fun dance moving friendly environment kids will be left shaking their body and moving their hip long after we are gone.

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GYMNASTIC

KIDS

Get ready for some Gymnastic magic for both boys and girls.

Learn the basic skills and participate in circuits, challenges, and fun gymnastic games!

We will provide Matts, Mini Trampoline, Wedges, Boxes, hoops, rope, and enough equipment's to teach kids all the fun about gymnastics.

Kids will also learn how to do handstands, Cartwheels, rolls, jumps, all the different fun gymnastic moves and positions and at the end we place the kids into groups, and they will get to design their own routine.

A must program!

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Skipping CHALLENGES

SKIPPING CHALLENGES - is designed by the masters of kid's fitness games Fitkids Australia.

All participants will be involved in a large variety of skipping games.

There will be many Individuals, Partnered and Group Challenges, large ropes, and smaller ropes, these skipping games will absolutely get kids active, hearts pumping, brains thinking and bodies aching for more.

Skipping Challenges is for all kids ranging from 5 – 12 years old. If you're after a program to keep your kids super active and having fun this, is it.

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YOGA

FOR KIDS

Learn to be aware of your mind and body connection and to pay attention to the world surrounding you. A combination of various poses for younger and older children to master using their focus and concentration.

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