





MONDAY				
3.30-4.30	GAMES IN THE PARK	MURRAY ST PARK	MURRAY ST	MANOORA
3.45-4.45	STREET SOCCER	HARALD FALGE PARK	LENNON ST	MANUNDA
4.00-5.00	YOUTH GYM (12YRS+)	MANUNDA HAWKS CLUB HOUSE	TILLS ST	MANUNDA
TUESDAY				
2.30-4.00	STREET SOCCER	CAIRNS WEST SCHOOL	MAYERS ST	MANUNDA
3.30-4.30	HIP HOP AFRO DANCE	COMINOS PLACE PARK	COMINOS PLACE	MANUNDA
5.00-6.00	EDOR	SHANG PARK	LONG ST	MOOROOBOO
WEDNESD	AY			
2.45-3.45	KARATE KIDS (8YRS+)	CAIRNS WEST SCHOOL	MAYERS ST	MANUNDA
3.30-4.30	MULTI SPORTS	118 MURRAY ST	MURRAY ST	MANOORA
4.00-5.00	DEADLY NINJAS	HARALD FALGE PARK	LENNON ST	MANUNDA
5.00-6.00	SKATEBOARDING	SHANG PARK	LONG ST	MOOROOBOO
THURSDAY	•			
2.30-4.00	BASKETBALL	CAIRNS WEST SCHOOL	MAYERS ST	MANUNDA
2.45-3.45	HOCKEY FUN ZONE	BALACLAVA SCHOOL	MULGRAVE RD	MOOROOBOO
4.00-5.00	STRONG FAMILIES	MOOROOBOOL HUB	LONG ST	MOOROOBOO
7.00-8.00	YOUTH YARNS (12YRS+)	MOOROOBOOL HUB	LONG ST	MOOROOBOO
FRIDAY				
3.00-4.00	TENNIS HOT SHOTS	SHANG PARK	LONG ST	MOOROOBOO
4.00-5.00	RUNNING + WALKING	MURRAY ST PARK	MURRAY ST	MANOORA
5.00-6.00	TOUCH FOOTBALL	SHANG PARK	LONG ST	MOOROOBOO
SATURDAY	— NO ACTIVITIES SCHEDULED			
SUNDAY				
5.00-6.00	TAGGIN IN THE PARK	SHANG PARK	LONG ST	MOOROOBOO

In the event of unforeseen circumstances, program days/times/venues are subject to change or may result in cancellation

FREE & FUN ACTIVITIES!!

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BASKETBALL	Give participants a deeper understanding of the sport and engage young people in a positive way and with positive peer role models	CAIRNS WEST SCHOOL
DEADLY NINJAS	Take on the challenge of an obstacle course which will see you jumping, climbing, crawling, dodging, lifting, pulling, and pushing you to your limits.	HARALD FALGE PARK
EDOR	Traditional Indigenous Game of Edor is a chasing-tagging team game which originates in the Aurukun	SHANG PARK
Play some fun and active games in the park includir games, hula hoops and a crowd favourite 'bull rush		MURRAY ST PARK
HIP HOP AFRO DANCE	Learn some new dance moves and choreography in an energetic and fun environment	COMINOS PLACE PARK
HOCKEY FUN ZONE	An introduction to hockey, this program is modified for younger children and is designed to teach new skills and increase self -esteem.	BALACLAVA SCHOOL
KARATE KIDS (8YRS+)	Encompassing domains of health and wellbeing such as connection to land/country, culture, spirituality, ancestry, family, and community, through karate.	CAIRNS WEST SCHOOL
MULTI SPORTS	Giving participants exposure to a range of different sports including Basketball, Edor, OzTag, Noodle Hockey and Soccel	
RUNNING + WALKING	Provides motivation and support to help the Cairns West community reach their running, walking, and fitness goals in a fun, safe, social, and encouraging environment	MURRAY ST PARK
SKATEBOARDING	Participants can express themselves whilst learning the fundamental skateboarding skills under the coaching and guidance of an Australian Accredited Skateboarding Coach	SHANG PARK
STREET SOCCER	Engaging participants in basic soccer skills, promoting motivation, team bonding, physical education, fitness, coordination, and motor skill activities	HARALD FALGE PARK CAIRNS WEST SCHOOL
STRONG FAMILIES	Introduction to health and nutrition, strength and conditioning, fitness workouts and smoothies	MOOROOBOOL HUB
TAGGIN IN THE PARK	Enjoy a relaxed family day in the park with a fun game of Tag	SHANG PARK
TENNIS HOT SHOTS	NIS HOT SHOTS Learn tennis skills, personal and social capability, and intercultural understanding	
TOUCH FOOTBALL	Participants learn skills and strategies of touch football	SHANG PARK
YOUTH GYM (12YRS+)	TH GYM (12YRS+) Learn techniques of safe handling of gym equipment, strength, conditioning, and cross-training session	
YOUTH YARNS (12YRS+)	Bringing young people together to enjoy each other's company in a safe and comfortable environment.	MOOROOBOOL HUB

*In the event of wet weather this activity will be moved to Manoora Community Centre/Mooroobool Hub

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