

SCHOOL HOLIDAY PROGRAM

JUNE/JULY 2026

Healthways Recreation Centre - We have a large range of facilities and activities that are all **ON-SITE** at Healthways and Mont Albert Reserve, and all **INCLUDED** in the price, including: Tenpin Bowling, Art & Craft, Swimming, Building Cubby-houses, Outdoor Activities & Games, Ball Games, Racquet Games, Cooking, Science Experiments, Board Games, Structured Play, Special Workshops, Special Incursions, Dress ups, Writing and Performing plays, Educational Themes, And lots more!!

Program Dates:

- Mon 29/06/26 – Fri 10/07/26

Program Time:

- Structured program 9.00am-4.30pm
- 3 activity sessions in the morning
- 3 activity sessions in the afternoon
- (Social grouping 7.45-9.00am & 4.30-6.00pm)

The aim of the program:

Healthways School Holiday Program aims to provide children with activities during the school holidays that are:

- Physically active and engaging;
- Creative;
- Stimulate lateral thought and problem solving skills;
- Make educational concepts fun! eg. STEAM activities;
- Encouraging of social interaction between the children, to develop a sense of community and skills in team-work;
- And that throughout the day, and throughout the holidays that the activities are varied to cater for different children's interests and capabilities.

Theme Days: Each day has a theme attached to it, where the activities on the day relate to a particular concept. Across the program, we try to provide a range of pursuits to encourage the next generation of modern renaissance boys and girls. "The term Renaissance person is used for a very clever person who is good at many different things." We hope you and the children enjoy the range of activities we organise! We have so much fun putting the ideas together and welcome your feedback and input. If you have any suggestions for themes please email us at healthways@healthways.com.au.

ENROLMENTS OPEN NOW. Enrol online at:

<https://www.healthways.com.au/boxhill/other-programs/school-holiday-program/>

Mon 29/06/26

Mission Inside: Top Secret

You have been selected for a top secret mission! The secret password will need to stay safe. All our young secret agents will be receiving their very own lock and key secret diary today to design, decorate and take home. We'll be crafting special covers for them that you can use to disguise the secret messages they carry. We've also got special colour sensitive kits that magically reveal hidden patterns as you work. Budding codebreakers can put their skills to the test with cipher and code-breaking sheets, and the mission continues all day with an afternoon scavenger hunt and detective games. In our afternoon sports session, blindfold games will remove our senses so you have to rely on trust, listening, and teamwork. "Agents, report for top-secret fun! This message will self-destruct in 10... 9... 8... 7... 6... 5... 4... 3... 2... 1!" 😊



Full program with 6 activity sessions, incl: Bowling, Art, Craft, Physical Education/Games, Outdoor play @ Mont Albert Reserve, Swimming AND MORE!!!!



Healthways Recreation Centre
◆Gym ◆Tenpin ◆Swim ◆Recreation

1-11 Arcade Rd, Mont Albert North 3129, Ph. 9895 2300

www.healthways.com.au

Tues 30/06/26

The Greatest Toy Time Machine

Did you know that children born in 2026 are part of the newest generation — Gen Beta! We're celebrating with a throwback through time to some of the greatest toys and trends that have shaped Gen X to Gen Alpha! Including absolute classic favourites like: Slap bands — we've got ones for each of the kids to decorate and take home. Transformers — classic characters that are robots in disguise. Hacky sacks — keep the ball off the floor. Yo-yo's — try out the endless tricks. Rubiks cubes — solve the sides with twists and turns. And classic scratch art kits that bring the good vibes. In the afternoon, we've got a kitchen session making an all-time classic party favourite, fairy bread!



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Wed 01/07/26

Paws, Claws & Roars Day

Today we're celebrating the animal kingdom — from the pets we love at home to the incredible animals that roam the wild! We'll be learning about Australia's unique lyre bird, which mimics other animal calls with incredible accuracy. In the afternoon we'll try our hand at imitating other animal calls. What animal can you sound like? In art, we have animal kingdom plaster kits for the children to paint and take home, and we'll be getting out the animal colour quests. Outside, we're going to see what animals we can see with our binoculars and magnifying glasses. And in the afternoon we'll be learning about the largest animal ever known to live on Earth — even bigger than the largest dinosaurs. The blue whale! Animals enrich our lives and bring love into our hearts — what pets do you have at home?



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Thurs 02/07/26

The Invisible Box. A Drama Day!

In today's special drama day, children will explore the art of storytelling without using words. In our morning drama workshop we'll be learning how Mimes express emotions, characters, and entire adventures through movement, gesture, and facial expression. Mimes can be especially skilled in physical comedy! They create worlds that you can't see, but you still imagine and believe. Perfect for energetic performers and curious beginners alike, the children will have the opportunity to build confidence, creativity, and teamwork as they take part in fun drama games, improvisation activities, and mime challenges... such as the invisible box! The day also includes fun with puppets in our afternoon art session, and musical games in our afternoon sport session. "All the world's a stage!"



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Fri 03/07/26

Science: Clamp & Release

Today will see the children build and construct their own wooden STEM kits to take home. These kits are so good, and the kids love them! Today's STEM kit is inspired by engineering, and builds a fun mechanical clamp that you can move. Clamps are fundamental to any piece of robotics or machinery. They hold moving materials together when required, and release when required, so that complex processes can happen. They're the engineering equivalent of our opposable thumbs! We'll also be having fun with other catch and release activities in our sport sessions, including velcro mitts and balls, and racquet and ball skills. This day delivers science with construction, engagement & curiosity!



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Mon 06/07/26

Under the Sea

About 71% of the Earth's surface is covered by water. Today we'll be learning about how that water sustains life on Earth. Including, did you know that the oceans generate half of the oxygen we breathe? In the morning we'll set up a science experiment that we can watch over the course of the day, creating oxygen before our eyes via underwater photosynthesis. The sea is also part of our food-chain – We'll be making a magnetic fishing game. Travel by sea is a huge part of global supply chains – We'll be trying our hands at making boats that can float and carry freight. How much weight will your boat hold before it sinks? In art, we'll be using water colours to create some stunning ocean animal pictures. In the pool session we'll be bringing out some of our novelty inflatable pool loungers and toys!



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Tues 07/07/26

Junior MasterChef

The hit reality TV show, MasterChef, had a Junior season with some remarkable kids dreaming of owning restaurant businesses one day. Today, we'll be stepping into the shoes of aspiring restaurant owners, chefs & food critics. If you owned a restaurant and could put anything on the menu, what would it be? We'll create restaurant names, build imaginative menus, and pitch our ideas. In art we'll be making miniature food items from modelling clay for the menu – your imagination is the limit. We'll also be getting into the real kitchen for some kitchen science, making sherbert (inspired by celebrity chef Heston Blumenthal). And in the afternoon we'll be bringing out the cubbies and dress-ups for some super fun creative play. The perfect recipe for a fun day!



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Wed 08/07/26

Drone Light Show

Drone light shows are choreographed aerial displays that use swarms of hundreds or thousands of illuminated, computer-programmed quadcopters to create moving 3D shapes in the night sky. They're awesome to watch! Today we're going to have fun with drones, lights, and flying! Firstly, yes, we've got our collection of sensor drones ready for take off and playing with at the park. These are an absolute kid favourite! We've also got the stomp rockets ready to go. In sport we'll be playing with parachute games, and in art we'll be decorating tea lights and playing with shadow puppets. In the afternoon we'll be throwing in a crash-landing parachute science challenge. Can your toy survive the drop without crashing out?



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Thurs 09/07/26

The Commonwealth Games

Bring out the green and gold, Australia is off to the Commonwealth Games in Glasgow starting soon on 23rd July. Today we'll be using our country's uniform colours in our art session – creating pieces inspired by the green and gold wattle tree. We'll also be using the games theme to hold some minute-to-win-it style games. How many times can you complete a challenge before the clock runs down? In afternoon sport, we'll bring out the indoor hockey set for some team challenges. And in morning sport, we'll have fun with individual throwing challenges to see what personal best you can achieve. Scotland's famous for it's traditional oat porridge breakfast – we'll be making some delicious porridge in the kitchen today too. "Aussie, Aussie, Aussie, Oi, Oi, Oi!"



Full program with 6 activity sessions, incl: Bowling, Art, Craft, Physical Education/Games, Outdoor play @ Mont Albert Reserve, Swimming AND MORE!!!!

Fri 10/07/26

Science: Heat Energy

Today we'll be learning about how heat energy is created. We've got some exciting activities and science experiments planned, including: how microwaves heat food (watch soap explode into fluffy magic!); how chemical reactions create the heat in hand warming packs (feel heat made by science—right in your pocket!); and how heat is created from a fire (in our art session we'll be decorating an incense holder and sticks for the children to take home). In the afternoon, we'll be getting in the kitchen to use our learning to make some heat activated edible slime to take home! Yes, I said edible slime! Wow! And as it's the last day of the holidays we'll of course have our traditional end-of-holidays glow-in-the-dark bowling party too! Happy holidays everyone!



Full program with 6 activity sessions, incl: Bowling, Art, Craft, Physical Education/Games, Outdoor play @ Mont Albert Reserve, Swimming AND MORE!!!!

Program Information

Eligibility to attend:

As per the national regulations, children can attend vacation care as of 1st January in the calendar year that they are attending primary school OR once they have turned 6 years old. So if your children are going to primary school in 2026, they can attend as of 1st January 2026.

Daily Routine:

7.45am-9.00am: Social grouping & free-play.

9.00am-9.30am: Daily Welcome and Ice-breaker games.

9.30am-4.30pm: Structured Program – your children will be active and engaged all day. We have 3 activity sessions before lunch and 3 activity sessions after lunch. The activities in each session change depending on the day's themes, but usually the morning includes Tenpin Bowling, Art & Craft, and Physical Education; and the afternoon includes Investigation and Discovery, Creativity and Problem Solving, and Physical Education.

4.30pm-6.00pm: Social grouping & free-play.

Daily Fees:

- Base Fee \$73.00 + Experience Fee \$31.00
- Total Fee = \$104.00
- (With Maximum CCS = \$10.40 out of pocket)

There are NO EXTRA CHARGES. Included in the above prices are ALL ACTIVITY COSTS, ALL SPECIAL EVENTS/ THEMES/ INCURSIONS and ALL MATERIALS for the daily Art and Craft, Science and/or Cooking sessions.

Children's Groupings:

The children are organised into groups of 15-20ish for their activities and then all groups come together at meal times – just like school. There are 6 activity sessions every day - 3 activities in the morning and 3 activities in the afternoon, so we have a maximum of 3 groups of children at any time. The groups rotate through the day's activities, so children participate in all 6 activity sessions over the course of the day.

Groups are organised on the day. We're able to group friends or family members together as needed. In the morning the children can let us know themselves that they want to be together, or parents can let us know at drop off on the day too.

Leaders:

We have an industry-leading staff ratio of 1:10. All leaders are experienced in working with children and have all their required qualifications. Most leaders work during the term as school teachers (eg. early education, primary, secondary) and/or arts teachers (eg. painting, drama, music, etc) and/or sports teachers (eg. swimming, cricket, football, basketball, dance, etc) and then work with us in the holidays.

Claiming the 'Child Care Subsidy' (CCS):

When you book a day at the holiday program you'll pay a deposit of up to \$30/day. (Where Centrelink estimates that your out-of-pocket fee is going to be less than \$30/day, you'll only pay the estimated amount at the time of booking.) Over the course of the holidays we submit your attendances to Centrelink. Centrelink calculates your applicable CCS and applies it to your holiday program account. On your enrolment form there is a place for you to fill in your CRN details to claim CCS. At the end of the holidays, if your CCS doesn't cover the balance of the day's fee, the remainder will be charged to the payment method on file. Payments are processed on the second Thursday after the end of the holidays. If your CCS covers more than the balance of the day's fee, the surplus will remain as credit on your account and can be used towards any future bookings. You will be emailed invoices detailing any CCS payments that Centrelink has made for your children. For more information from Centrelink about CCS, go to <https://www.servicesaustralia.gov.au/child-care-subsidy>.

A note about CCS and Absences on the first or last day of your enrolment:

Please note that as part of the new CCS rules, starting in Jan 2026, Centrelink will cover more CCS for more people. This is very welcome for working parents!

However, please note that as part of the new rules, if you are absent on the first or last day of your enrolment, Centrelink will not pay any CCS for that day. This is a rule that the industry has lobbied to change, but it is currently the legislation. If you are going to be absent on the first or last day of your enrolment and you want to claim CCS, you do need to come in to the centre and sign-in and sign-out such that you then either then don't have an absence or that your absence is not on the first or last day of your enrolment. If this applies to you, please contact us and we'll do our best to help you navigate this rule. For more information from Centrelink about the rules around absences, go to: <https://www.servicesaustralia.gov.au/child-care-subsidy-if-your-child-absent-from-child-care?context=41186>.

What to bring:

- Clothing:
 - Socks & Closed-in shoes
 - Bathers, towel & goggles (Optional)
 - On sunny days (and all days Sept-April): Sun Hat, Sunscreen & Clothing that covers the shoulders
 - On cold days: Jumper and warm clothes to wear outdoors
- Food:
 - NO NUTS OR NUT PRODUCTS – WE HAVE CHILDREN ATTENDING THE CENTRE THAT ARE AT SEVERE RISK OF ANAPHYLAXIS!
 - Morning play lunch
 - Lunch / Lunch order
 - Afternoon play lunch
 - Water bottle
- Any medication, personal requirements, etc.
- A small toy you might like to play with during social grouping time (ie. 7.45-9.00am & 4.30-6.00pm) while students are being dropped off and picked up. Please don't bring anything precious or valuable. (Optional)
- Maximum \$3.50 to spend at the canteen. (Optional)
- (Please note: Smart watches, mobile phones, electronic devices, etc are not permitted at the program. Please keep these items at home. Alternatively, they can be handed in to reception at the start of the day for safe keeping.)

Forget something?:

We're parents too and we know that life is busy!! So if you've forgotten something we have done our best to organise options to be available on the day for your child. For example:

- Forget your socks? Children need socks so that they can go bowling. We have socks available for purchase from the bowling area for \$4.00.
- Forget your lunch? We have lunch orders available. Order at reception in the morning when you drop-off.
- Forget your towel? We have towels available for purchase from the swim shop for \$10.00.
- Forget your drink bottle? We have drinks available for purchase from the fridge at reception for \$3.20.
- If you've forgotten something else, let us know and we'll try to help!

Any items supplied to your child during the day will simply be added to your family invoice and paid at the end of the holidays. No worries.

Changes to the activities:

We plan all the activities in advance, however, sometimes late or unexpected changes to the program are needed. This can be due to daily weather forecasts, emerging interests, children's individual needs, or other unexpected situations. When unexpected situations happen, please understand that our educators may need to adjust activities or the schedule to ensure all children remain safe, supported, and engaged. This is always our priority.

Children with additional needs:

We support all children including children with additional needs. If you would like to provide additional information about your child and his/her needs or require inclusion support funding, please contact us 6 weeks prior to program commencement on healthways@healthways.com.au for staffing purposes.

(An Optional Extra) Holiday Swim Lessons

Heathways' award winning Swim School also runs swimming lessons during the school holidays. Did you know that if you're attending the Holiday Program at Mont Albert North we can take the children to their intensive swimming lesson each day!

Use your holidays to learn swimming too! Classes run in the mornings. This allows your children to consolidate and build on their swimming skills every day.

- Max. 4 students in group classes!
- 3yrs to School Age levels!
- Private lessons also available!

Enrol at reception by phoning 98952300 or CLICK HERE to log into the swim school client portal and book online:

<https://www.healthways.com.au/boxhill/swimming-pool/swimming-lessons/book-now/>

More information about the swim school can be found here: <https://www.healthways.com.au/boxhill/swimming-pool/swimming-lessons/>

(Note: Swimming lessons and the School Holiday Program are booked via different software solutions. Please book them in separately and on the day just let the holiday program know that you're attending swimming lessons too. Easy!)



Holiday Swimming Intensive Group Classes

Use your holiday to learn.

Max. 4 students per class.

Qualified Teachers.

Enrol via Your Client Portal or See Reception!

Program Available for:
3-5yr old | School Ages | Stroke Correction

Classes run in the mornings for 5 consecutive days. This allows your children to consolidate and build on their skills every day.

Weeks are booked individually.

Mont Albert North:
1-11 Arcade Rd,
ph. 9895 2300

Ringwood:
108-110 New St,
ph. 9879 5777

The poster features a blue background with a yellow wave at the top. It includes a logo of a stylized swimmer. At the bottom, there are three polaroid-style photos: a smiling child with goggles, a group of children in a pool, and a group of children in a pool.



Holiday Swimming Private Lessons

Use your holiday to get PERSONALISED TUITION

Get tuition in 1:1 or 1:2 lessons

Qualified Teachers.

Enrol via Your Client Portal or See Reception!

Program Available for:
3-5yr old | School Ages | Stroke Correction | Squad | Access & Inclusion | Adults

These sessions can be used to focus on specific skills or to accelerate overall skill development.

Lessons are booked individually.

Mont Albert North:
1-11 Arcade Rd,
ph. 9895 2300

Ringwood:
108-110 New St,
ph. 9879 5777

The poster features a yellow background with a blue wave at the top. It includes a logo of a stylized swimmer. At the bottom, there are three polaroid-style photos: a child in a pool, a child in a pool, and a child in a pool.