

SCHOOL HOLIDAY PROGRAM

SEPT/OCT 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 21/09/26 – Fri 02/10/26

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 21/09/26 **Eco Explorers Day**

September 20th is the UN's designated World Cleanup Day – a day to think about our planet and what we can all do to help keep it clean and healthy! Today, we'll be starting with designing and then drawing or painting our own reusable canvas bags to take home in art & craft. We'll also be making a memory game from recycled materials and make a multi-tiered 'My Place Wheel'. In afternoon sport we'll be playing some fun teamwork games – can your team complete the 'great sorting scavenger hunt'? Or attempt the 'supply chain relay' using tongs and chopsticks? It's very funny. The day also includes a science session, where we'll be investigating how we can return chemically treated water to an ecosystem. We'll have some hands-on science experiments to test pool water and show how chlorine can be removed by adding Vitamin C. Wow!



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

Tues 22/09/26

Treasure Island

Ahoy, mateys! Today we're setting sail for Treasure Island and exploring the world of pirates, navigation and adventure. We'll be decorating our very own wooden treasure chests in art and then putting our pirate skills to the test with a treasure hunt – how many gold coins can you find? We'll also be learning how a compass works and making our own compass using a magnet and a paper clip. Did you know that pirates used birds to help them spot land when they were out at sea? We'll be making our own colourful pirate parrots in afternoon craft, and we'll try building cork pirate ships to see if they can sail across the high seas (AKA a tub of water!) Will they hold together or will they sink and become a ship wreck? In afternoon sport we'll be playing balance games, including an island-themed version of Floor Is Lava.



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Wed 23/09/26

Seeds of Innovation

The Royal Melbourne Show is on these holidays! Today we'll be exploring life on the farm with 'The Royal Healthways Show'! We'll start the day by learning about how modern harvesting equipment handles crops carefully – we'll put this idea to the test with our 'Stop the Drop' challenge, where the children can make a serviette parachute for our toy eggs and throw them off the 1st floor balcony. Can you design a parachute that will give your egg a soft landing? Drones are also now used on farms for crop monitoring and crop dusting. We'll be taking our collection of drones to the park to see them in action. In art & craft we'll be making our own windmills and using wool to create fun pom-poms. We'll also have plenty of traditional farm fun with coits, wheelbarrow races and games of scarecrow tiggly. Day also includes fun in the kitchen – we'll be getting creative with cake decorating and making our own edible tractors with gummy bears driving them. So yummy!



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Thurs 24/09/26

Science: Inventors Workshop

Today we'll be stepping into the world of inventors and discovering how ideas can be turned into real inventions! We'll be putting our STEM skills to the test as we build our own wooden vacuum cleaner kits. Across our construction sessions, we'll be assembling the pieces, following the instructions and watching our invention take shape. We'll also be thinking about what makes a good invention – does it solve a problem, make a job easier, or just make life more fun? It's the day before the AFL grand final so we'll be taking our footies to the park for some kick-to-kick. And in the afternoon we'll be getting out the cubby house pieces and the dress-ups to build some spectacular cubbies – A holiday program favourite!



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AFL GRAND FINAL PUBLIC HOLIDAY. No program Friday 25/09/26.



Mon 28/09/26

How to Train Your Dragon

Today we'll be stepping into the world of Vikings and dragon-inspired fun! We'll be decorating our own beautiful dragon kits across two special art & craft sessions. Dragons are famous for flying, so in our oval session we'll be making foam planes and experimenting with how to get them to do stunt flying. We'll also be putting our stealth skills to the test with a Viking game of 'Steal the Dragon Egg' – can you sneak past the guard and steal the precious egg without being caught? Vikings carried shields into battle – we'll be making and decorating our own cardboard shields. In afternoon craft we'll be making our own Toothless and Light Fury bookmarks; and in the kitchen we'll be making Viking-inspired flatbread, with children able to choose their own toppings and spreads.



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Tues 29/09/26

Colours Under the Microscope

Today we'll be exploring the science of colour! In our morning science session, we'll be doing a 'walking water' experiment and making coloured water travel between cups all by itself. We're also going to bring out the microscope and take a closer look at the world around us. In art we'll be learning about how artists use colour, with watercolour pencils and blending techniques to create some multi-coloured artwork. In our sport session, we'll be bringing out the parachute for some colourful parachute games. We'll also be playing coloured bingo, and making our own colour wheels and rainbow hearts using coloured paper. In the afternoon, we'll be doing a super fun milk and food-dye science experiment – add some detergent and you will be amazed to see what happens!



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

Wed 30/09/26

Spectacular Senegal 2026

The Youth Olympics 2026 are being held in October, in Senegal. We're going to learn about Senegal today – the first African country to host an Olympic sports event! Senegal is home to the spectacular Djoudj National Bird Sanctuary. In art we'll be making our own spectacular flamingos and pelicans. Senegal's village of Joal-Fadiouth has a unique island made from centuries of accumulated clam and oyster shells – we'll be doing some seashell art too. We'll also be getting out the footballs for some soccer fun, inspired by Senegal's national team, the 'Teranga Lions', home of many famous international players. And Senegal has a famous lake that turns bright pink because of a special algae and high salt levels. We'll be doing a science experiment with salt water and ice today – what happens when the two come together?



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

Thurs 01/10/26

From Dinosaurs to Humans

Today we'll be exploring the amazing way animals have evolved over time! We'll be making our own woolly prehistoric animals across two art & craft sessions. We'll also make our own evolution-inspired pages using an 'Animalia' style book activity – choose different heads, torsos and legs to create your own unusually evolved creatures. In afternoon sport we'll have a fun version of the classic 'paper, scissors, rock' game where you start as an egg and try to evolve through a chicken, dinosaur and finally a human! In the kitchen, we'll make some yummy popcorn and learning about the amazing varieties of fruit and vegetables that have evolved – did you know corn can grow in colours including red, blue, purple, black and even multicoloured varieties? Wow!



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

Fri 02/10/26

Balloons, balloons, balloons (World Smile Day)

Today is World Smile Day – and something that always makes us smile is... Balloons! Today, we'll be trying our hand at making balloon sculptures, animals, flowers, etc – what can you create? We'll also be making our own 'balloon juggling balls' using rice, and having a go at some juggling techniques. In our sport sessions, we'll be bringing out the balloons for some very funny balloon games, including balloon tennis and balloon relays. We'll also be heading to the oval for some hover games and taking out the stomp rockets. In the afternoon, we'll be putting our engineering skills to the test with a balloon rocket challenge – can you make your balloon race between the trees? 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! Happy holidays everyone!



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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 2027, they can attend as of 1st January 2027.

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 for 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 generally won't pay any CCS for that day unless you have an approved reason for being absent. If you are going to be absent on the first or last day of your enrolment and you want to claim CCS, you need to either come into the centre and sign-in and sign-out such that you then don't have an absence on the first or last day of your enrolment; or you need to supply information of an approved absence, such as a medical certificate or family tragedy. 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



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