

Mon 12 Dec	9am to 11am	Water mad - run, crawl and slide your way through a series of wet 'n' wacky games using buckets, spades, sponges, beach balls, tunnels and teamwork. A fun and cool activity that will have you laughing in no time	Bundall Evandale Parklands Ouyan Street	Free	No bookings required
Tues 13 Dec	9am to 10am	Parent boxing and kids fitness fun - family fitness session to keep the whole family moving. \$8 parents, \$2 child and \$5 for child without participating parent	Palm Beach Mallawa Drive Sporting Complex Mallawa Drive (meet near touch football club house)	From \$5	Bookings required Fe Taylor fetaylor@childrensfittnesscentre.com.au
Wed 14 Dec	9am to 11am	UNDER 8's Morning Art, yoga and Parachute games!	Pratten Park and Justins Park	\$5 Per child	Bookings required Fe Taylor fetaylor@childrensfittnesscentre.com.au
Thurs 15 Dec	8.30 am to 9.30 am	Parents & Teens! VIBE YOUTH Boxing & circuit fitness class. All levels catered for. Mums & dads, bring your teens down for some FREE exercise and some fun family competition!	Palm Beach Sporting Complex, meet near touch football club house	\$8 adults - teens FREE	Bookings required Fe Taylor fetaylor@childrensfittnesscentre.com.au
Tues 20 Dec	9am to 10am	Parent boxing and kids fitness fun - family fitness session to keep the whole family moving. \$8 parents, \$2 child and \$5 for child without participating parent	Palm Beach Mallawa Drive Sporting Complex Mallawa Drive (meet near touch football club house)	From \$5	Bookings required Fe Taylor fetaylor@childrensfittnesscentre.com.au
Thurs 22 Dec	8.30 am to 9.30 am	Parents & Teens! VIBE YOUTH Boxing & circuit fitness class. All levels catered for. Mums & dads, bring your teens down for some FREE exercise and some fun family competition!	Palm Beach Sporting Complex, meet near touch football club house	\$8 adults - teens FREE	Bookings required Fe Taylor fetaylor@childrensfittnesscentre.com.au
Thurs 26 Dec	8.30 am to 9.30 am	Free family fun - kids got too much energy? Come dressed as a pirate and	Southport Broadwater Parklands Marine Parade	Free	No bookings required

Mon 2 Jan	9am to 11am	Water mad - run, crawl and slide your way through a series of wet 'n' wacky games using buckets, spades, sponges, beach balls, tunnels and teamwork. A fun and cool activity that will have you laughing in no time	Reedy Creek The Observatory Southern Skies Park Southern Skies Ave	Free	No bookings required
Tues 3 Jan	9am to 10am	Parent boxing and kids fitness fun - family fitness session to keep the whole family moving. \$8 parents, \$2 child and \$5 for child without participating parent	Palm Beach Mallowa Drive Sporting Complex Mallowa Drive (meet near touch football club house)	From \$5	Bookings required Fe Taylor fetaylor@childrensfitnesscentre.com.au
Tues 3 Jan	9am to 11am	Water mad - run, crawl and slide your way through a series of wet 'n' wacky games using buckets, spades, sponges, beach balls, tunnels and teamwork. A fun and cool activity that will have you laughing in no time	Maudsland Parkland Park Greenway Blvd	Free	No bookings required
Thurs 5 Jan	8.30 am to 9.30 am	Parents & Teens! VIBE YOUTH Boxing & circuit fitness class. All levels catered for. Mums & dads, bring your teens down for some FREE exercise and some family fun competition!	Palm Beach Sporting Complex , meet near touch football clubhouse	\$8 Adults – teens FREE	Bookings required Fe Taylor fetaylor@childrensfitnesscentre.com.au
Fri 6 Jan	9am to 11am	Water mad - run, crawl and slide your way through a series of wet 'n' wacky games using buckets, spades, sponges, beach balls, tunnels and teamwork. A fun and cool activity that will have you laughing in no time	Benowa Gold Coast Regional Botanic Gardens 232 Ashmore Road	Free	No bookings required
Fri 6 Jan	9am to 11am	Extreme H2O - get wet on the waterslide and navigate through the wet obstacle course and games. Wear your rashie and swimmers and prepare to	Paradise Point Paradise Point Parklands The Esplanade	\$15 per person	Bookings required Fe Taylor fetaylor@childrensfitnesscentre.com.au

Sun 8 Jan	10am to 12 noon	Water mad - (8 week program) - run, crawl and slide your way through a series of wet 'n' wacky games using buckets, spades, sponges, beach balls, tunnels and teamwork. A fun and cool activity that will have you laughing in no time. This first session will be followed by a barbeque	Maudsland Riverstone Crossing Sports Park Cnr Riverstone Crossing & Rivermill Terrace	Free	No bookings required
Sun 8 Jan	10am to 2pm	Free family fun - kids got too much energy? Come dressed as a pirate and get involved in a variety of activities for all ages -get crafty, get wild, get wet or get into it	Nerang Bischof Pioneer Park 48 Nerang Street	Free	No bookings required
Tues 10 Jan	9am to 10am	Parent boxing and kids fitness fun - family fitness session to keep the whole family moving. \$8 parents, \$2 child & \$5 for child without participating parent	Palm Beach Mallawa Drive Sporting Complex Mallawa Drive (near touch club house)	From \$5	Bookings required Fe Taylor fetaylor@childrensfitnesscentre.com.au
Thurs 12 Jan	9am to 11am	Water mad - run, crawl and slide your way through a series of wet 'n' wacky games using buckets, spades, sponges, beach balls, tunnels and teamwork. A fun and cool activity that will have you laughing in no time	Ashmore Apex Park 145 Cotlew Street (park opp Ashmore Plaza)	Free	No bookings required
Thurs 12 Jan	9am to 11am	Extreme H2O - get wet on the waterslide and navigate through the wet obstacle course and games. Wear your rashie and swimmers and prepare to get soaked. Two hours of activity for children aged	Elanora Bill Thompson Park Murtha Drive	\$15 per person	Bookings required Fe Taylor fetaylor@childrensfitnesscentre.com.au
Thurs 12 Jan	8.30 am to 9.30 am	Parents & Teens! VIBE YOUTH Boxing & circuit fitness class. All levels catered for. Mums & Dads, bring your teens down for some Free exercise and some fun family competition!	Palm Beach Sporting Complex , meet near touch football clubhouse	\$8 adults - teens FREE	Bookings required Fe Taylor fetaylor@childrensfitnesscentre.com.au

Fri 13 Jan	9am to 11am	EXTREME H2O - get wet on the waterslide and navigate through the wet obstacle course and games. Wear your rashie and swimmers and prepare to get soaked. 2 hours of activity for young people aged 12 to 16 years	Benowa Gold Coast Gardens 232 Ashmore Road	\$15 per person	Bookings required fetaylor@childrensfittnesscentre.com.au
Fri 13 Jan	1 pm	Body Image Workshop - with the pressures of our teens growing by the day – a team of experts in their fields of fitness, health and fashion will deliver a 90 minute workshop to assist in building confidence and self esteem.	Southport Southport Library Cnr Garden and Lawson Streets	Free	Bookings Required Fe Taylor fetaylor@childrensfittnesscentre.com.au
Sat 14 Jan	9am – 12 noon	Coast Kids 1st Birthday Party	Broadwater Parklands	Free	No Bookings Required
Sun 15 Jan	10am to 12 noon	Water mad (8 week program) - run, crawl and slide your way through a series of wet 'n' wacky games using buckets, spades, sponges, beach balls, tunnels and teamwork. A fun and cool activity that will have you laughing in no time	Maudsland Riverstone Crossing Sports Park Cnr Riverstone Crossing & Rivermill Terrace	Free	No bookings required
Sun 15 Jan	10am to 2pm	Free family fun -	Paradise Point Paradise Point Parklands The Esplanade	Free	No bookings required
MON 16 th To FRI 20th	10am – 3pm	TECH GC SCIENCE	VARIOUS	\$10 per child	BOOKINGS REQUIRED Ph. 55 34 40 30 for more information

Mon 16 Jan	9am to 12 noon	BODY IMAGE PLUS BODY SHOP SKIN & MAKEUP WORKSHOP - experts in the field of fitness, health and beauty will share tips and hints to assist teens in building confidence and self esteem. Learn how to look after your skin and tips on how to apply make up	Robina Robina Library Robina Town Centre Drive	Free	Bookings required Fe Taylor 5534 4030
Tues 17 Jan	9 am to 10 am	Parent Boxing and kids fitness fun - family fitness session to keep the whole family moving. \$8 parents, \$2 child and \$5 child without participating parent	Palm Beach Mallawa Drive Sporting Complex (meet near touch football clubhouse)	\$8 Adults, \$2 Child, \$5 child without participati ng parent	Bookings required Fe Taylor fetaylor@childrensfitnesscentre.com.au
Tues 17 Jan	9am to 12 noon	BODY IMAGE PLUS BODY SHOP SKIN & MAKEUP WORKSHOP - experts in the field of fitness, health and beauty will share tips and hints to assist teens in building confidence and self esteem. Learn how to look after your skin and tips on how to apply make up	Elanora Elanora Library The Pines Shopping Centre Guineas Creek Road	Free	Bookings required Fe Taylor 5534 4030
Thurs 19 Jan	9am to 11am	Water mad - run, crawl and slide your way through a series of wet 'n' wacky games using buckets, spades, sponges, beach balls, tunnels and teamwork. A fun and cool activity that will have you laughing in no time	Jacobs Ridge Pincally Crescent Park Pincally Crescent (Map 305 R7)	Free	No bookings required
Thurs 19 Jan	8.30 am to 9.30 am	Parents & Teens! VIBE YOUTH Boxing & circuit fitness class. All levels catered for. Mums & Dads, bring your teens down for some FREE exercise and some fun family competition!	Palm Beach Sporting Complex , meet near touch football clubhouse	\$8 adults - teens FREE	Bookings required Fe Taylor fetaylor@childrensfitnesscentre.com.au

Thurs 19 Jan	9am to 11am	Inflatable Obstacle Course and Touch Footy- come and race your mate through the inflatable obstacle course and join in the touch footy challenge	Palm Beach Mallawa Drive Sporting Complex Mallawa Drive (meet near touch football club house)	\$15 per person	Bookings required Fe Taylor fetaylor@childrensfitnesscentre.com.au
Fri 20 Jan	9am to 12 noon	BODY IMAGE PLUS BODY SHOP SKIN & MAKEUP WORKSHOP - experts in the field of fitness, health and beauty will share tips and hints to assist teens in building confidence and self esteem. Learn how to look after your skin and tips on how to apply make up	Nerang Nerang Library Cnr Price and White Street	Free	Bookings required Fe Taylor 5534 4030
Sun 22 Jan	10am to 12 noon	Water mad (8 week program) - run, crawl and slide your way through a series of wet 'n' wacky games using buckets, spades, sponges, beach balls, tunnels and teamwork. A fun and cool activity that will have you laughing in no time	Maudsland Riverstone Crossing Sports Park Cnr Riverstone Crossing & Rivermill Terrace	Free	No bookings required