FREE and low cost activities

logan.qld.gov.au/krank
REMEMBER TO BRING...

- money (if there is an activity fee)
- snack or lunch
- water bottle
- enclosed shoes
- hat and sunscreen (outdoor activities)
- swimwear and towel (for water-based activities)

Activities are free or low cost!

Bookings are essential

To book, contact the activity provider directly.

Any changes or updates to the program can be found at

LOGAN.QLD.GOV.AU/KRANK
ACTIVITIES BY SUBURB

Beenleigh - pages 8, 13, 14
Berrinba - page 9
Browns Plains - pages 8, 11, 12
Carbrook - pages 8, 14
Crestmead - pages 11, 12, 13
Flagstone - pages 11, 12
Heritage Park - pages 8, 12
Hillcrest - page 10
Kingston - pages 10, 13
Loganholme - pages 11, 12
Loganlea - pages 9, 12
Logan Village - page 12
Marsden - page 12
Meadowbrook - pages 8, 9
Regents Park - page 8
Slacks Creek - page 14
Springwood - page 14
Tanah Merah - pages 9, 11
Waterford - page 10
Wolffdene - page 10
Woodridge - page 9

WE WOULD LOVE YOUR FEEDBACK.

Phone Council on 3412 3412 or email council@logan.qld.gov.au

Interested in free workshops?
Visit Logan City Council Libraries for:
- Robotics
- Teen STEAM
- Tech tasters
- Library after dark
- Indigenous art
- Craft

Visit: loglib.org/whatson or contact your local Logan City Council Library.

Disclaimer
The activities are provided by third parties, not Logan City Council. Logan City Council takes no responsibility or liability for any damage, loss, costs, expenses, liability claim, demands, action, proceeding, injury (including death) or dispute due to or arising out of, directly or indirectly, the actions or omissions (whether wilful, negligent or otherwise) of Council (including any officer or employee) or participant (including yourself) or any third party provider. Participation in any activity is at the sole discretion of the third party provider.

Information contained in this program is correct at the time of printing and is subject to change. All content accurate as of April 2019.
### JULY 2019 - PROGRAM SUMMARY

**BOOKINGS OPEN 9AM**
**MONDAY 3 JUNE 2019**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>SESSION</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon 1 July</strong></td>
<td>10am to 1pm, 1pm to 4pm</td>
<td>Go Karting (p10)</td>
<td>Kingston Park Raceway</td>
</tr>
<tr>
<td><strong>Tue 2 July</strong></td>
<td>10am to 2pm</td>
<td>Street Art Workshop (3-day workshop) (p13)</td>
<td>Crestmead PCYC</td>
</tr>
<tr>
<td><strong>Wed 3 July</strong></td>
<td>9.30am to 2.30pm</td>
<td>Salt Water Fishing (p13)</td>
<td>Meet at 41 Mary Street, Kingston</td>
</tr>
<tr>
<td></td>
<td>10am to 2pm</td>
<td>Street Art Workshop (3-day workshop) (p13)</td>
<td>Crestmead PCYC</td>
</tr>
<tr>
<td></td>
<td>6pm to 8pm</td>
<td>Movie Night for Families (all ages) (p12)</td>
<td>Crestmead PCYC</td>
</tr>
<tr>
<td></td>
<td>10am to noon</td>
<td>Youth First Aid and CPR (p14)</td>
<td>Kingston East Neighbourhood Centre</td>
</tr>
<tr>
<td><strong>Thu 4 July</strong></td>
<td>9am to noon (6 x 30min sessions)</td>
<td>Adapted Aquatics (5 to 17 years) (p8)</td>
<td>Beenleigh Aquatic Centre</td>
</tr>
<tr>
<td></td>
<td>10am to 1.30pm</td>
<td>Encourage Music Program (p9)</td>
<td>Loganlea Community Centre</td>
</tr>
<tr>
<td></td>
<td>7pm to 9pm</td>
<td>Movie Night at the Hyperdome (p12)</td>
<td>Hyperdome Shopping Centre</td>
</tr>
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<td></td>
<td>10am to 2pm</td>
<td>Street Art Workshop (3-day workshop) (p13)</td>
<td>Crestmead PCYC</td>
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<tr>
<td><strong>Fri 5 July</strong></td>
<td>9am to 10am</td>
<td>Girls Self-Defence (p9)</td>
<td>KMA Brisbane, Tanah Merah</td>
</tr>
<tr>
<td></td>
<td>10am to 1pm</td>
<td>Krankin’ Kitchen (p11)</td>
<td>Crestmead PCYC</td>
</tr>
<tr>
<td></td>
<td>5.30pm to 7pm</td>
<td>Inline Speed Skating (5 to 17 years) (p10)</td>
<td>Digi Skate, Hillcrest</td>
</tr>
<tr>
<td><strong>Sat 6 July</strong></td>
<td>2.30pm to 4.30pm</td>
<td>Kayaking (p10)</td>
<td>Larry Storey Park, Waterford</td>
</tr>
<tr>
<td></td>
<td>4pm to 5pm</td>
<td>Nerf Wars (p12)</td>
<td>JJ Smith Memorial Park, Marsden</td>
</tr>
<tr>
<td><strong>Sun 7 July</strong></td>
<td>3pm to 4pm, 4.30pm to 5.30pm</td>
<td>Bubble Soccer (p8)</td>
<td>Forestglen Park, Browns Plains</td>
</tr>
</tbody>
</table>
### JULY 2019 – PROGRAM SUMMARY

**BOOKINGS OPEN 9AM MONDAY 3 JUNE 2019**

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Mon 8 July</td>
<td>9am to 10am</td>
<td>Martial Arts (p11)</td>
<td>KMA Brisbane, Tanah Merah</td>
</tr>
<tr>
<td></td>
<td>6pm to late</td>
<td>Movie Night at Event Cinemas (p11)</td>
<td>Event Cinemas Loganholme</td>
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<tr>
<td></td>
<td>11am to 1pm</td>
<td>Henna Stories (p11)</td>
<td>Logan West Community Centre</td>
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<tr>
<td></td>
<td>2.30pm to 3.30pm</td>
<td>Tennis (p14)</td>
<td>Smart Tennis Academy Centre</td>
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<tr>
<td>Tue 9 July</td>
<td>10am to 1pm</td>
<td>Girls Soccer (p9)</td>
<td>Oates Park, Woodridge</td>
</tr>
<tr>
<td></td>
<td>9.30am to 12.30pm</td>
<td>Unlimited Animations (3-day workshop) (p14)</td>
<td>Kingston East Neighbourhood Centre</td>
</tr>
<tr>
<td>Wed 10 July</td>
<td>10am to 1pm,</td>
<td>Go Karting (p10)</td>
<td>Kingston Park Raceway</td>
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<tr>
<td></td>
<td>1pm to 4pm</td>
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<tr>
<td></td>
<td>9.30am to 12.30pm</td>
<td>Unlimited Animations (3-day workshop) (p14)</td>
<td>Kingston East Neighbourhood Group Centre</td>
</tr>
<tr>
<td></td>
<td>10.30am to 11.30am</td>
<td>Possibility Program (5 to 17 years) (p13)</td>
<td>Beenleigh PCYC</td>
</tr>
<tr>
<td></td>
<td>11.30am to 12.30pm</td>
<td>Bush Tucker Workshop (p8)</td>
<td>Yugambeh Museum, Beenleigh</td>
</tr>
<tr>
<td></td>
<td>6pm to 10pm</td>
<td>Movie Double Header (p11)</td>
<td>Crestmead PCYC</td>
</tr>
<tr>
<td>Thu 11 July</td>
<td>10.30am to noon</td>
<td>Outdoor Rock Climbing Wall (p12)</td>
<td>Flagstone Adventure Playground</td>
</tr>
<tr>
<td></td>
<td>10am to 1pm,</td>
<td>Go Karting (p10)</td>
<td>Kingston Park Raceway</td>
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<tr>
<td></td>
<td>1pm to 4pm</td>
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<td></td>
<td>10am to 1.30pm</td>
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<td>Unlimited Animations (3-day workshop) (p14)</td>
<td>Kingston East Neighbourhood Centre</td>
</tr>
<tr>
<td>Fri 12 July</td>
<td>10am to 11am</td>
<td>Flower Crown Making (p9)</td>
<td>Berrinba Wetlands</td>
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<tr>
<td></td>
<td>11am to 12.30pm</td>
<td>Outdoor Rock Climbing Wall (p12)</td>
<td>Logan Village Green, Logan Village</td>
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<tr>
<td></td>
<td>5.30pm to 7pm</td>
<td>Inline Speed Skating (5 to 17 years) (p10)</td>
<td>Digi Skate, Hillcrest</td>
</tr>
<tr>
<td>Sat 13 July</td>
<td>3pm to 4pm,</td>
<td>Bubble Soccer (p8)</td>
<td>Isle of Ely Park, Heritage Park</td>
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<td></td>
<td>4.30pm to 5.30pm</td>
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</tr>
<tr>
<td>Sun 14 July</td>
<td>8am to 9.30am</td>
<td>Longboarding - Pump Track Edition (p11)</td>
<td>Waller Park Pump Track, Browns Plains</td>
</tr>
<tr>
<td></td>
<td>4pm to 5pm</td>
<td>Nerf Wars (p12)</td>
<td>Sturdee Park, Loganlea</td>
</tr>
</tbody>
</table>
# SEPTEMBER/OCTOBER 2019 - PROGRAM SUMMARY

**BOOKINGS OPEN**

9AM MONDAY

26 AUGUST 2019

All sessions for ages 12 to 17 years unless otherwise noted.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>SESSION</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td><strong>Sat 21 Sep</strong></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>11am to 1pm</td>
<td>Colour Blast Fun Run (p9)</td>
<td>Griffith University, Logan Campus, Meadowbrook</td>
</tr>
<tr>
<td></td>
<td>3pm to 4pm, 4.30pm to 5.30pm</td>
<td>Bubble Soccer (p8)</td>
<td>Riverdale Park, Meadowbrook</td>
</tr>
<tr>
<td><strong>Mon 23 Sep</strong></td>
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<tr>
<td></td>
<td>6pm to late</td>
<td>Movie Night at Event Cinemas (p11)</td>
<td>Event Cinemas Loganholme</td>
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<tr>
<td><strong>Tue 24 Sep</strong></td>
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<tr>
<td></td>
<td>10am to 11am</td>
<td>Wakeboarding (p14)</td>
<td>Cable Ski Logan, Carbrook</td>
</tr>
<tr>
<td></td>
<td>11am to noon</td>
<td>Aqua Park (p8)</td>
<td>Bayside Wake Park, Carbrook</td>
</tr>
<tr>
<td></td>
<td>10am to 2pm</td>
<td>Street Art Workshop</td>
<td>Crestmead PCYC</td>
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<tr>
<td><strong>Wed 25 Sep</strong></td>
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<tr>
<td></td>
<td>10am to 2pm</td>
<td>Street Art Workshop</td>
<td>Crestmead PCYC</td>
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<tr>
<td></td>
<td>10.30am to 11.30am</td>
<td>Possibility Program (5 to 17 years) (p13)</td>
<td>Beenleigh PCYC</td>
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<tr>
<td></td>
<td>6pm to 8pm</td>
<td>Movie Night for Families (all ages)</td>
<td>Crestmead PCYC</td>
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<tr>
<td></td>
<td>9.30am to 2.30pm</td>
<td>Salt Water Fishing (p13)</td>
<td>Meet at 41 Mary Street, Kingston</td>
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<tr>
<td><strong>Thu 26 Sep</strong></td>
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<td></td>
<td>10am to 2pm</td>
<td>Street Art Workshop</td>
<td>Crestmead PCYC</td>
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<tr>
<td></td>
<td>11am to noon</td>
<td>Aqua Park (p8)</td>
<td>Bayside Wake Park, Carbrook</td>
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<tr>
<td></td>
<td>7am to 1pm</td>
<td>Surf Life Saving (p13)</td>
<td>Meet at Gould Adams Park, Kingston</td>
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<td></td>
<td>10am to 1.30pm</td>
<td>Encourage Music Program (p9)</td>
<td>Loganlea Community Centre</td>
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<tr>
<td></td>
<td>10am to 11am</td>
<td>Wakeboarding (p14)</td>
<td>Cable Ski Logan, Carbrook</td>
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<tr>
<td></td>
<td>5.30pm to 7.30pm</td>
<td>Mission: Black Ops (5 to 17 years) (p11)</td>
<td>Flagstone Football Oval</td>
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<tr>
<td><strong>Fri 27 Sep</strong></td>
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<tr>
<td></td>
<td>9am to 10am</td>
<td>Girls Self-Defence (p9)</td>
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<td>10am to 1pm, 1pm to 4pm</td>
<td>Go Karting (p10)</td>
<td>Kingston Park Raceway</td>
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<td>5.30pm to 7pm</td>
<td>Inline Speed Skating (5 to 17 years) (p10)</td>
<td>Digi Skate, Hillcrest</td>
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<tr>
<td><strong>Sat 28 Sep</strong></td>
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<tr>
<td></td>
<td>11am to 1pm</td>
<td>Kayaking (p10)</td>
<td>Alberta Park, Wolffdene</td>
</tr>
<tr>
<td></td>
<td>4pm to 5pm</td>
<td>Nerf Wars (p12)</td>
<td>Isle of Ely Park, Heritage Park</td>
</tr>
</tbody>
</table>
## SEPTEMBER/OCTOBER 2019 – PROGRAM SUMMARY

**BOOKINGS OPEN 9AM MONDAY 26 AUGUST 2019**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>SESSION</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Sun 29 Sep</td>
<td>3pm to 4pm, 4.30pm to 5.30pm</td>
<td>Bubble Soccer (p8)</td>
<td>Regents Park</td>
</tr>
<tr>
<td>Mon 30 Sep</td>
<td>9am – 10am</td>
<td>Martial Arts (p11)</td>
<td>KMA Brisbane, Tanah Merah</td>
</tr>
<tr>
<td></td>
<td>10am to 1pm, 1pm to 4pm</td>
<td>Go Karting (p10)</td>
<td>Kingston Park Raceway</td>
</tr>
<tr>
<td>Tue 1 Oct</td>
<td>10am to 11am</td>
<td>Wakeboarding (p14)</td>
<td>Cable Ski Logan, Carbrook</td>
</tr>
<tr>
<td></td>
<td>11am to noon</td>
<td>Aqua Park (p8)</td>
<td>Bayside Wake Park, Carbrook</td>
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<tr>
<td></td>
<td>10am to 1pm</td>
<td>Girls Soccer (p9)</td>
<td>Oates Park, Woodridge</td>
</tr>
<tr>
<td>Wed 2 Oct</td>
<td>10am to noon</td>
<td>Hebel Carving (p10)</td>
<td>Logan Art and Pottery Studios, Hillcrest</td>
</tr>
<tr>
<td></td>
<td>6pm to 10pm</td>
<td>Movie Double Header (p11)</td>
<td>Crestmead PCYC</td>
</tr>
<tr>
<td></td>
<td>1pm to 5pm</td>
<td>Comic Workshop (p9)</td>
<td>Loganlea Community Centre</td>
</tr>
<tr>
<td>Thu 3 Oct</td>
<td>10am to 1pm, 1pm to 4pm</td>
<td>Go Karting (p10)</td>
<td>Kingston Park Raceway</td>
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<td>Encourage Music Program (p9)</td>
<td>Loganlea Community Centre</td>
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<tr>
<td></td>
<td>7pm to 9pm</td>
<td>Movie Night at the Hyperdome (p12)</td>
<td>Hyperdome Shopping Centre</td>
</tr>
<tr>
<td></td>
<td>1pm to 1.45pm</td>
<td>Yugambeh Bummaleir - Screen Printing (p14)</td>
<td>Yugambeh Museum, Beenleigh</td>
</tr>
<tr>
<td>Fri 4 Oct</td>
<td>10am to 1pm, 1pm to 4pm</td>
<td>Go Karting (p10)</td>
<td>Kingston Park Raceway</td>
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<td>10am to 1pm</td>
<td>Krankin’ Kitchen (p11)</td>
<td>Crestmead PCYC</td>
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<td>5.30pm to 7pm</td>
<td>Inline Speed Skating (5 to 17 years) (p10)</td>
<td>Digi Skate, Hillcrest</td>
</tr>
<tr>
<td>Sat 5 Oct</td>
<td>11am to 12.30pm</td>
<td>Outdoor Rock Climbing Wall (p12)</td>
<td>Logan Village Green, Logan Village</td>
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<td>3.30pm to 5.30pm</td>
<td>Kayaking (p10)</td>
<td>Larry Storey Park, Waterford</td>
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<td>4pm to 5pm</td>
<td>Nerf Wars (p12)</td>
<td>Waller Park, Browns Plains</td>
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</tbody>
</table>
Adapted Aquatics

Adapted Aquatics is a swim program designed for children and teens living with disability. Everyone is welcome to attend and it provides a safe, engaging, inclusive and happy environment for all abilities. Bring swimwear and a towel. Parents/carers required to stay for the duration of the activity.

Thu 4 Jul – 9am to noon (sessions every half hour)
Beenleigh Aquatic Centre, City Rd, Beenleigh

Bookings: Aqualogan
Phone: 3412 5650
Email: aqualogan@logan.qld.gov.au

Aqua Park

Race your mates or splash around and have fun on stand-up paddle boards, canoes, kayaks and pedal boats. Life vests provided. Bring swimwear and a towel. Parents/carers required to stay for the duration of the activity.

Tue 24 Sep, Thu 26 Sep, Tue 1 Oct, Thu 3 Oct – 11am to noon
Bayside Wake Park, 80 Ferry Rd, Carbrook

Bookings: Bayside Wake Park
Phone: 3287 7777
Email: cableski@bigpond.com

Bush Tucker Workshop

Learn to identify local bush food species and incorporate bush food flavours in everyday cooking. Parents/carers required to stay for the duration of the activity.

Wed 10 Jul – 11.30am to 12.30pm
Yugambeh Museum, 2 Plantation Rd, Beenleigh

Bookings: Yugambeh Museum
Phone: 3807 6155
Email: admin@yugambeh.com

All sessions for ages 12 to 17 years unless otherwise noted.
Colour Blast Fun Run

Walk, skip, dance or run your way through a blast of colour in our Colour Blast Fun Run. Wear a white t-shirt to show off the colour and bring your sunglasses. The coloured powder is a mixture of corn flour and food colouring. It will wash out but we recommend wearing clothes that you don’t mind getting stained.

Sat 21 Sep – 11am to 1pm
Griffith University, Logan Campus, 68 University Dr, Meadowbrook

Bookings: MSK Events
Email: events@mskevents.com.au to receive a booking link

Comic Workshop

Learn how to make your very own comic. Workshop presented by Cameron Davis, comic writer/illustrator.

Wed 2 Oct – 1pm to 5pm
Loganlea Community Centre, 28-32 Timms St, Loganlea

Bookings:
Loganlea Community Centre
Phone: 3805 8260
Email: admin@loganleacommunity.org.au

Encourage Music Program

Ignite your passion for music and performing. Aim to record your own thoughts and beliefs into songs to share.

Thu 4 Jul, Thu 11 Jul, Thu 26 Sep, Thu 3 Oct – 10am to 1.30pm
Loganlea Community Centre, 28-32 Timms St, Loganlea

Bookings: Crestmead PCYC
Phone: 3805 4100
Email: crestmead@pcyc.org.au

Flower Crown Making

Come and learn how to make your own flower crown using fresh flowers and foliage.

Fri 12 Jul – 10am to 11am
Berrinba Wetlands, Wayne Goss Dr, Berrinba

Bookings: Heilani Productions
Phone: 0414 768 593
Email: info@heilani.com

Girls Self-Defence

Learn valuable life skills including break and escape techniques and self-defence moves. Wear comfortable, loose clothes suitable for kicking.

Fri 5 Jul, Fri 27 Sep – 9am to 10am
KMA Brisbane
2/19 Pintu Dr, Tanah Merah

Bookings: KMA Brisbane
Phone: 0410 645 552
Email: davidkingtkd@gmail.com

Girls Soccer

Come to our all girls soccer workshop. Learn soccer and teamwork skills, have fun, make friends and get fit.

Tue 9 Jul, Tue 1 Oct – 10am to 1pm
Oates Park, 8-28 Oates Ave, Woodridge

Bookings:
Logan Roos Football Club
Email: contact@loganroosfootballclub.org
Go Karting

Each driver will receive three go-kart races plus three hours of mini golf and giant super slide. Drivers must wear enclosed shoes and have long hair tied back. Depending on length of hair, a hoodie may be required.

Mon 1 Jul, Wed 10 Jul, Thu 11 Jul, Fri 27 Sep, Mon 30 Sep, Thu 3 Oct, Fri 4 Oct – 10am to 1pm & 1pm to 4pm

Kingston Park Raceway, 20 Mudgee St, Kingston

Bookings: Kingston Park Raceway
Phone: 3826 2255
Email: sales@kingstonpark.com.au

Inline Speed Skating

This skills and drills training is suitable for all levels and ages of speed skaters. Bring your helmet and skates.

Fri 5 Jul, Fri 12 Jul, Fri 27 Sep, Fri 4 Oct – 5.30pm to 7pm

Digi Skate, 40-44 Johnson Rd, Hillcrest

Bookings: Logan City Speed Skating Club
Phone: 0450 072 447
Email: president@logancityspeed.com

Hedge Carving

Use regular garden tools to carve aerated concrete into garden statues. Wear enclosed shoes.

Wed 2 Oct – 10am to noon

Logan Art and Pottery Studios, Orr Crt, Hillcrest

Bookings: Logan West Community Artshare Alliance
Email: artshare@optusnet.com.au

Henna Stories

Learn about the stories and cultures of young women from around the world. Hear about their journeys to Australia and create your own story through the art of henna.

Mon 8 Jul – 11am to 1pm

Logan West Community Centre, 2 Wineglass Dr, Hillcrest

Bookings: Ethni
Phone: 0450 706 050
Email: hello@ethni.com.au

Kayaking

Learn to kayak and explore the waterways of Logan. All teens must be accompanied by an adult. Wear enclosed shoes that can get wet and bring a towel.

Sat 6 Jul – 2.30pm to 4.30pm

Larry Storey Park, 74 Albert St, Waterford

Sat 28 Sep – 11am to 1pm

Alberta Park, Stanmore Rd, Wolffdene

Sat 5 Oct – 3.30pm to 5.30pm

Larry Storey Park, 74 Albert St, Waterford

Bookings: Vertec Adventure
Phone: 0403 293 533
Email: bookings@vertecadventure.com.au

All sessions for ages 12 to 17 years unless otherwise noted.
Krankin’ Kitchen

You’ll learn the basics of putting together quick and easy meals to help your budget and improve your health. Wear enclosed shoes.

Fri 5 Jul, Fri 4 Oct – 10am to 1pm
Crestmead PCYC, Gimlet St, Crestmead

Bookings: Crestmead PCYC
Phone: 3805 4100
Email: crestmead@pcyc.org.au

Longboarding – Pump Track Edition

Are you keen to improve your longboarding skills? This session will help take your longboarding to the next level. Wear enclosed shoes and bring your longboard, helmet and slide gloves.

Sun 14 Jul – 8am to 9.30am
Waller Park Pump Track, Waller Rd, Browns Plains

Bookings: The Brisbane Longboard Family
Phone: 0434 882 982
Email: info@brisbanelongboardfamily.com

Mission: Black Ops

Under the cover of darkness, build and launch rockets and watch them glow as they fly up to 60 meters into the night sky. BYO empty 1.25L drink bottle straight from the recycling bin. Parents/carers required to stay for the duration of the activity.

Thu 26 Sep – 5.30pm to 7.30pm
Flagstone Football Oval, Flagstonian Dr, Flagstone

Bookings: It’s Rocket Science Adventures
Phone: 0401 217 052
Email: itsrocketscience.com.au/whatson

Movie Double Header

A double header of movies for teens only. Proof of ID required.

Wed 10 Jul, Wed 2 Oct – 6pm to 10pm
Crestmead PCYC, Gimlet St, Crestmead

Bookings: Crestmead PCYC
Phone: 3805 4100
Email: crestmead@pcyc.org.au

Movie Night at Event Cinemas

See one of the latest movies for only $5. Bring your student ID and Cinebuzz card.

Mon 8 Jul, Mon 23 Sep – 6pm to late
Event Cinemas Loganholme, Hyperdome Piazza, Cnr Pacific Highway and Bryants Rd, Loganholme

Bookings: Event Cinemas Loganholme
Phone: 3440 9300
Email: loganholme_events@evt.com
Movie Night at the Hyperdome

Come along and enjoy a free movie in the Piazza. Bring your friends and something to sit on.

Thu 4 Jul, Thu 3 Oct – 7pm to 9pm
The Piazza, Hyperdome Shopping Centre, Loganholme

Bookings:
Hyperdome Shopping Centre
Phone: 3801 9188
Email: marketing@hyperdomeshopping.com.au

Movie Night for Families

Bring your family and friends and join in our community movie night. Bring your own beanbag, chair or blanket.

Wed 3 Jul, Wed 25 Sep – 6pm to 8pm
Crestmead PCYC, Gimlet St, Crestmead

Bookings: Crestmead PCYC
Phone: 3805 4100
Email: crestmead@pcyc.org.au

Nerf Wars

Playing in teams armed with Nerf blasters, you’ll battle your way around the field playing fun games. Wear sports gear and enclosed shoes. Parents/carers required to stay for the duration of the activity.

Sat 6 Jul – 4pm to 5pm
JJ Smith Memorial Park, 42a Princess St, Marsden

Sun 14 Jul – 4pm to 5pm
Sturdee Park, Sturdee St, Loganlea

Sat 28 Sep – 4pm to 5pm
Isle of Ely Park, Isle of Ely Dr, Heritage Park

Sun 6 Oct – 4pm to 5pm
Waller Park, Waller Rd, Browns Plains

Bookings: Zoccer Sport
Email: info@zoccersports.com.au

Outdoor Rock Climbing Wall

Try out the 11m portable rock wall and learn how to belay and climb in a safe environment. Wear enclosed shoes and exercise clothes. Parents/carers required to stay for the duration of the activity.

Thu 11 Jul – 10.30am to noon
Flagstone Adventure Playground, Flagstonian Dr, Flagstone

Fri 12 Jul, Sat 5 Oct – 11am to 12.30pm
Logan Village Green, Wharf St, Logan Village

Bookings: Vertec Adventure
Phone: 0403 293 533
Email: bookings@vertecadventure.com.au
Possibility Program

A specialised program for kids and teens with disability. The program offers activities to improve self-esteem, confidence, social skills and muscle development. Join others in this supportive environment where everyone will feel valued and accepted. Parents/carers required to stay for the duration of the activity.

Wed 10 Jul, Wed 25 Sep – 10.30am to 11.30am
Beenleigh PCYC, 20-38 Alamein St, Beenleigh

Bookings: Beenleigh PCYC
Phone: 3380 1777
Email: beenleigh@pcyc.org.au

Street Art Workshop

Over three days learn the history of street art and develop your skills. Wear comfortable clothing that can get paint on it.

3-Day Workshop (Tue 2 Jul, Wed 3 Jul, Thu 4 Jul) – 10am to 2pm each day
3-Day Workshop (Tue 24 Sep, Wed 25 Sep, Thu 26 Sep) – 10am to 2pm each day

Crestmead PCYC, Gimlet St, Crestmead

Bookings: Crestmead PCYC
Phone: 3805 4100
Email: crestmead@pcyc.org.au

Salt Water Fishing

Learn some essential fishing skills such as baiting, rigging and cast-netting. The day includes a free sausage sizzle. Wear a sun-shirt.

Wed 3 Jul, Wed 25 Sep – 9.30am to 2.30pm
Meet at 41 Mary St, Kingston to catch a bus to Cabbage Tree Point, Steiglitz

Bookings: YMCA Kingston
Phone: 3440 4300
Email: herbert.diaz@ymcbrisbane.org

Surf Life Saving

Experience an introduction to surf-life saving. This workshop covers board paddling, wading, dolphin diving and flags. You’ll also learn other vital skills such as rescue techniques, patient care and CPR. Bring swimwear, a towel, lunch and a change of clothes.

Thu 26 Sep – 7am to 1pm
Meet at Gould Adams Park, 558 Kingston Rd, Kingston

Bookings: Access Community Services
Phone: 0427 713 658
Email: sport@myq.org.au
Tennis

Come along and learn the basics of playing tennis. Don’t forget your sports shoes!

**Mon 8 Jul** – 2.30pm to 3.30pm

Smart Tennis Academy, Springwood State High School Courts, 202-212 Springwood Rd, Springwood

**Bookings:** Smart Tennis Academy
Phone: 0449 200 635
Email: info@smarttennisacademy.com

Unlimited Animations

Come along to this three day workshop to develop and create an animated movie on the computer. There will be snacks, games and prizes!

**FREE**

3-Day Workshop (**Tue 9 Jul, Wed 10 Jul, Thu 11 Jul**) – 9.30am to 12.30pm each day

Kingston East Neighbourhood Centre, 177 Meakin Rd, Slacks Creek

**Bookings:** Kingston East Neighbourhood Group
Phone: 3808 1684
Email: admin@keng.org.au

Wakeboarding

This learn to wakeboard program caters for every level. With training from qualified coaches, you’ll be on top of a wakeboard hitting the ramps sooner than you think. Bring swimwear and a towel. Parents/carers required to stay for the duration of the activity.

**$10**

**Tue 24 Sep, Thu 26 Sep, Tue 1 Oct, Thu 3 Oct** – 10am to 11am

Cable Ski Logan, 80 Ferry Rd, Carbrook

**Bookings:** Bayside Wake Park
Phone: 3287 7777
Email: cableski@bigpond.com

Youth First Aid and CPR

Facilitated by a trained paramedic you will learn basic first aid for injuries and accidents. Gain confidence to act in the event of an emergency or accident.

**FREE**

**Wed 3 Jul** – 10am to noon

Kingston East Neighbourhood Centre, 177 Meakin Rd, Slacks Creek

**Bookings:** Kingston East Neighbourhood Group
Phone: 3808 1684
Email: admin@keng.org.au

Yugambeh Bummaleir - Screen Printing

Aboriginal art is full of stories, symbols and meaning. Come along on an artistic journey through the art of screen printing. Participants can bring their own item to screen-print or there will be bandanas available for $5 each. Parents/carers required to stay for the duration of the activity.

**$2**

**Thu 3 Oct** – 1pm to 1.45pm

Yugambeh Museum, 2 Plantation Rd, Beenleigh

**Bookings:** Yugambeh Museum
Phone: 3807 6155
Email: admin@yugambeh.com

All sessions for ages 12 to 17 years unless otherwise noted.
Mindfulness activities improve your health and wellbeing. There are lots of things you can do to take some time out and engage in mindfulness.

How do you tune out to tune in?

Try these ideas:
- Play outside
- Sit under a shady tree
- Listen to some music
- Do some deep breathing
- Colour in or do some artwork
- Eat some fruit and drink water
- Imagine your safe place
- Exercise/run/dance/star jumps

For more ways to Tune Out to Tune In, visit: logan.qld.gov.au/youngpeople