



OSHC Group Information Booklet



OHSC Bookings

FUN FIVE!

We currently offer 5 fun filled sessions for our OHSC bookings:

- **Basketball Mashup**

Build basketball skills with fun and interactive games. Participants will learn the fundamental skills of basketball which are then transferred into fun games and activities, this allows participants to practice the skills they just learnt.

Skill focus includes ball- handling, dribbling, passing, correct foot work, shooting and teamwork.

- **Mixed Up Sports**

Make full usage of our multi-sport court! Your coaches will run a variety of sports, some familiar and some completely mixed up! Sessions are run with a mix of individual and pair activities as well as team games.

Options include but are not limited to:

Giant Soccer, Badminton, Balloon Volleyball, Ultimate Frisbee, Roly Poly Sack races, 3 Ball Soccer and more!

- **Gymnastics**

3 hours of the Hills Gymnastics Academy Hall to yourself! Participants will have the opportunity to learn basic gymnastics shapes and utilise our Acromat equipment. The Gymnastics SA accredited coaches will run games, circuits and challenges for the children to work through. The session holds fun for all, from hanging on the monkey bars, jumping on the trampolines or balancing on the beams everyone can have a go!

- **Badminton/Racquet ball**

We host 4 badminton courts and 2 Squash courts.

Your session will begin with a range of badminton mini games designed to build the confidence of new players. Participants will work as individually, in pairs and groups through challenges focused on badminton foundations and improving skills. Short rounds of badminton games then begin, giving participants the opportunity to pit their skills to work. During this time up to 6 participants at a time will have the chance to try racquetball in our squash courts.

- **Multi-Sport Sessions**

Choose 2 of the above session types to get the most usage out of the facility.

Example: Gymnastics and Badminton. The session would run an hour and a half of Gymnastics followed by an hour and a half of Badminton/Racquet ball. The food break in the middle of the session allows our team to re-set equipment for the second half.



OHSC Bookings

SESSION TIMES

Offers are only available in SA School Holiday dates.

Our sessions are 3 hours in length. At the half way point the children will have a food break. If you choose a Multi-sport session they will move to their second sport after the break.

We have flexible starting times ranging from 9.30am - 12.30pm. Please note that dates and starting time availability and is dependent on facility bookings, we are happy to check dates for you upon request.

BOOKING REQUIREMENTS

Sessions have a minimum booking of 10 children and a maximum of 40 children.

For the safety of participants and spaces any bookings of 30+ must be a multi-sport session (your choice of sport types e.g. Gymnastics and Badminton). The group will be split into two halves groups will swap sports at the snack break.

OHSC careers and teaching staff must remain on site while the booking is underway.

Booking numbers must be confirmed 7 days prior to the booking date.

PRICES

\$24 per child covers an action packed 3-hour session. All equipment used in the session are provided.

WHAT TO WEAR

Children are encouraged to wear clothes they are able to move easily in. Examples: sport shorts or leggings.

Basketball Mashup, Mixed Up Sports and Badminton/Racquetball: participants must be wearing closed toe shoes (what they would wear for Sport at school).

Gymnastics: once in the gymnastics hall shoes will be removed while participating.

We ask all clothes and belongings are labelled.



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LUNCH DEALS

Our Kiosk will be available during each session if children would like to buy themselves a treat during the snack break. You can choose whether the kids bring their own food/lunch (depending on booking times) or choose from one of the following lunch deals.

The following lunch deals will be organised with finalised orders a minimum of 3 days prior to your booking.

Deal #1

Pie, Pasty or Sausage Roll with popcorn and choice of a drink

\$8.50 per person

(Drinks available: 375ml Can Soft Drink OR 600ml Water OR Pop Top)

Deal #2

Hot dog, with popcorn and choice of a drink

\$8.50 per person

(Drinks available: 375ml Can Soft Drink OR 600ml Water OR Pop Top)

Deal #3

Wrap with popcorn and choice of a drink

\$8.50 per person

(Drinks available: 375ml Can Soft Drink OR 600ml Water OR Pop Top)

HOW TO BOOK

1. Contact us via phone or email to enquire about available dates and collect a Booking Form.
2. Fill out Booking Form/Lunch Deal Form and return.
3. 7 Days out from your booking date - Confirm attendance numbers.
4. 3 Days out from booking – Confirm Lunch Deal orders.

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