

## Bookings

Bookings open at 10:30am on Wednesday 16 September 2020.

Enrolment form to be completed online.

Please make your bookings at:

[melton.vic.gov.au/FSHA](https://melton.vic.gov.au/FSHA)

## Cancellations

Activities may be altered or cancelled at late notice due to external factors, in this case families will be notified at the earliest possible time. If you are no longer able to attend an activity, please contact us.

## Activity Delivery

All activities will be delivered via Zoom.

Activity link will be sent via registered email address, at least one day prior to the activity delivery day.

*Please join on time for maximum fun!*

## Competitions

Our Backyard Photo Comp 2.0 and Ride at Home are both Instagram based competitions. You must register your Instagram handle upon enrolment to have an eligible entry.

## Questions?

Contact Young Communities on 9747 5373 or email [youngcommunities@melton.vic.gov.au](mailto:youngcommunities@melton.vic.gov.au).

Stay up to date and follow us on Facebook and Instagram

@CityOfMeltonYoungCommunities



Young  
Communities

# Spring Holiday Activities

A range of free, fun, arts, craft, recreation and conversation activities for young people aged 12 to 25.

21 September - 2 October 2020



**21 Sept  
to 2 Oct**



## Backyard Photo Comp 2.0

**12 to 25 years**

'Beauty is in the eye of the beholder'. Calling all Instagrammers! We want to see your beautiful snaps – but we have a theme!  
For entry details, terms and conditions, visit: [melton.vic.gov.au/FSHA](http://melton.vic.gov.au/FSHA)  
*Prizes up for grabs.*

**21 Sept  
to 2 Oct**



## Ride at Home

**12 to 25 years**

Calling all riders! It's your time to shine. Tag us on Instagram with your video completing the challenges for your chance to win some awesome prizes!  
For challenge details, terms and conditions, visit: [melton.vic.gov.au/FSHA](http://melton.vic.gov.au/FSHA)  
*Prizes up for grabs.*

**Tuesday  
22 Sept**

## Paint & Chat

**12 to 17 years: 1pm - 2.30pm  
18 to 25 years: 3pm - 4.30pm**

A fun and creative way to create a masterpiece from the comfort of your own space.  
*Art materials supplied.*

**Tuesday  
29 Sept**

## Roll It. Bake It. Thread It.

**12 to 17 years: 1pm - 2.30pm  
18 to 25 years: 3pm - 4.30pm**

Get your craft on with an interactive polymer clay session. You'll get to roll, bake and thread your own creations at home!  
*Craft materials supplied.*

**Wednesday  
23 Sept**

## Cook It. Eat It!

**12 to 17 years: 1pm - 2.30pm  
18 to 25 years: 3pm - 4.30pm**

The ingredients are on us but you will get the chance to cook along with your peers in your very own kitchen at home.  
*Groceries supplied.*

**Wednesday  
30 Sept**

## Mandala Workshop

**12 to 17 years: 1pm - 2pm  
18 to 25 years: 3pm - 4pm**

Have you always wondered how to master the art of the mandala? Let local artist Bryce Holywell teach you how to draw your own complex abstract design.  
*Art materials supplied.*

**Thursday  
24 Sept**

## Funlympics

**12 to 17 years: 1pm - 2.30pm**

We hope you're ready to rumble because the Funlympics is a little friendly iso competition filled with virtual games and challenges.  
*Prizes up for grabs.*

**Thursday  
1 Oct**

## Young Communities Great Race

**18 to 25 years: 3pm - 4.30pm**

Test your knowledge and skills with our Young Communities Great Race. It's each young person for their own. Have you got what it takes?  
*Prizes up for grabs.*

**Friday  
25 Sept**

## Fitness Friday - HIIT

**12 to 17 years: 1pm - 2pm  
18 to 25 years: 3pm - 4pm**

Get a workout in before the weekend! A qualified fitness instructor from Jetts Caroline Springs will take you through your paces with High Intensity Interval Training (HIIT).  
*Participants must disclose any injuries prior to the day.*

**Friday  
2 Oct**

## Fitness Friday - Pilates

**12 to 17 years: 1pm - 2pm  
18 to 25 years: 3pm - 4pm**

Mind. Body. Soul. Treat yourself with a feel good Fri-yay workout. Melton Yoga will guide you through a basic Pilates session for all fitness levels.  
*Participants must disclose any injuries prior to the day.*

*All activities will be delivered online via Zoom. No account needed. Zoom link will be sent via email at least one day prior to the activity day.*