

# TEEN SCENE

## School Holidays



Our Teen Scene school holiday program is the coolest way for Teens to hang out, be active and inspired these school holidays!

**9:45am - 4:00pm on these dates:**

Mon 16th Dec	Mon 6th Jan	Mon 13th Jan	Tue 21st Jan
Wed 18th Dec	Wed 8th Jan	Wed 15th Jan	Wed 22nd Jan
Fri 20th Dec	Fri 10th Jan	Fri 17th Jan	Thur 23rd Jan

Each day Teens (12+) will take part in a variety of activities with our awesome coaches including:

- functional fitness and sports skills sessions
- games and team challenges
- Teen yoga, mobility & meditation class at Movement Vitality
- discussions and activities about Teen health and wellness (e.g. nutrition, recovery, mental health, managing stress, goal setting, establishing healthy habits)
- watching and listening to interesting, motivating & inspiring stories/documentaries/podcasts & discovering apps that are relevant and useful for teenagers!

**Weekly Block (3 days): \$370**

**Daily Rate: \$155**

(10% discount when booking multiple days or if booking with a friend or sibling on the same day)

**Book at [www.fitterfutures.com.au/programs/school-holidays](http://www.fitterfutures.com.au/programs/school-holidays)**

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