

Term 2 2024 Timetable



Scan me to join the fun today.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday AM	Saturday PM
Junior Yoga* 3.30 – 4.15pm Ages 5 – 12 \$589.23 Weeks 1 – 3 & 5 – 10	Hip Hop* 3.30 – 4.15pm Ages 8+ \$654.70 Weeks 1 – 10	Creative Play 9.15 – 10am Ages 2 – 6 \$654.70 Weeks 1 – 10	Cook, Eat, Chat** 12 – 12.45pm Ages 18+ \$1060 Weeks 1 & 3 – 10	Junior Basketball 3.30 – 4.15pm Ages 5 – 10 \$654.70 Weeks 1 – 10	Junior Ballet* 8.00 – 8.45am Ages 5 – 10 \$921.20 Weeks 1 – 10	TheraDance* 12.00 – 12.45pm Ages 8+ \$996.90 Weeks 1 – 10
TheraYoga* 4.30 – 5.15pm Ages 5+ \$637.65 Weeks 1 – 3 & 5 – 10	Lyrical* 4.30 – 5.15pm Ages 8+ \$654.70 Weeks 1 – 10	Drama Club* 3.30 – 4.15pm Ages 8+ \$654.70 Weeks 1 – 10	School Leavers Yoga* 1 – 1.45pm Ages 18+ \$589.23 Weeks 1 & 3 – 10	Junior Tennis 3.30 – 4.15pm Ages 5 – 12 \$654.70 Weeks 1 – 10	Cheer Club* 8.00 – 8.45am Ages 5+ \$921.20 Weeks 1 – 10	TheraNinja 12.00 – 12.45pm Ages 5+ \$921.20 Weeks 2 & 4 – 10
Senior Yoga* 5.30 – 6.15pm Ages 13+ \$589.23 Weeks 1 – 3 & 5 – 10	Dance Troupe* 5.30 – 6.15pm Ages 8+ \$654.70 Weeks 1 – 10	Musical Theatre* 4.30 – 5.15pm Ages 8+ \$654.70 Weeks 1 – 10	Creative Dance* 3.30 – 4.15pm Ages 5 – 10 \$589.23 Weeks 1 & 3 – 10	Senior Basketball 4.30 – 5.15pm Ages 10+ \$654.70 Weeks 1 – 10	Junior Jazz* 9.00 – 9.45am Ages 5 – 10 \$921.20 Weeks 1 – 10	Senior Ballet* 1.00 – 1.45pm Ages 10+ \$921.20 Weeks 1 – 10
		Senior Foodies** 4.30 – 5.15pm Ages 8+ \$1060 Weeks 1 – 10	Dance Duos & Trios* 4.30 – 5.15pm Ages 8+ \$589.23 Weeks 1 & 3 – 10	Senior Tennis 4.30 – 5.15pm Ages 13+ \$654.70 Weeks 1 – 10	Cheer Troupe* 9.00 – 9.45am Ages 8+ \$921.20 Weeks 1 – 10	Junior Ninja Warrior 1.00 – 1.45pm Ages 5 – 10 \$921.20 Weeks 2 & 4 – 10
			Junior Dojo* 3.30 – 4.15pm Ages 5 – 10 \$589.23 Weeks 1 & 3 – 10	Fit & Fun 3.30 – 4.15pm All ages \$654.70 Weeks 1 – 10	Junior Tap* 10.00 – 10.45am Ages 5 – 10 \$921.20 Weeks 1 – 10	Senior Jazz* 2.00 – 2.45pm Ages 10+ \$921.20 Weeks 2, 4 – 10
			Senior Dojo* 4.30 – 5.15pm Ages 10+ \$589.23 Weeks 1 & 3 – 10	Acro* 4.30 – 5.15pm Ages 8+ \$654.70 Weeks 1 – 10	TheraCheer* 10.00 – 10.45am Ages 8+ \$947.10 Weeks 1 – 10	Senior Ninja Warrior 2.00 – 2.45pm Ages 10+ \$921.20 Weeks 2 & 4 – 10
				Dance Party 5.30pm – 6.30pm All ages \$65.47 Weeks 3 & 8	TheraDance* 11.00 – 11.45am Ages 8+ \$996.90 Weeks 1 – 10	Senior Tap* 3.00 – 3.45pm Ages 10+ \$921.20 Weeks 1 – 10
						Gymnastics 3.00 – 3.45pm Ages 10+ \$921.20 Weeks 2 & 4 – 10

It's Mid-Year Showcase Time!

All Performing Arts & Dojo programs will participate in a mid-year showcase during Week 10 of Term 2. A great way to perform alongside friends & cheer on your Active Eight peers! Some time changes may occur.

Please note that the age ranges are there to guide enrolment applications with the goal to ensure all Active Eight group programs support each child. Input from our therapy team may see your child offered a different program or time slot for the term.

Additionally, all group programs located at the Active Eight Hub (67 High Street, Toowong) will incur an additional centre capital cost of \$2.44.

* Members participating in the mid-year showcase will be required to wear their Active Eight t-shirts. T-shirts can be purchased via our website or at the Active Eight reception for \$30 (non-NDIS expense).

** Each session incurs a fee of \$20 for food costs. This invoice will be issued after each session and cannot be claimed through NDIS.



Term 2 2024 Program Descriptions

Basketball

In Basketball, members will work together to develop their ball control, passing, shooting, and dribbling skills in order to better understand how to play a game of basketball. Members will be supported to work in a team and build confidence in peer play scenarios. Additionally, members will continue to work towards their fine and gross motor skills, coordination, object manipulation skills, and endurance.

Dojo

Focused on physical and mental development with play-based activities, this martial arts program will assist in stimulating motor-planning, improving mobility, and learning strengths-based skills. Members will develop their martial arts skills, self-confidence, build physical capacity, and learn respect for others and their environment.

Fit & Fun

Fit & Fun incorporates fun games and activities to get the body moving in our highly engaging Dojo space. Members will work on their physical skills such as coordination, balance, and endurance whilst working in teams to build their social and communication skills.

Gymnastics

This inclusive gymnastics program supports members who would like to learn new gymnastics skills and routines. Members will work individually and as part of a team to practice and perform routines inspired by the Special Olympics that work to enhance their strength, fitness, balance, and coordination. Skills include forward & backward rolls, handstands, cartwheels, and basic jumps & turns. During Term 2, members will also have the opportunity to participate in Albany Creek Gymnastics Club's Rec Carnival Competition!

Ninja Warrior

This inclusive ninja warrior-style program provides members the opportunity to develop their problem-solving skills, strength, fitness, sensory, and balance systems. Members will progress from completing obstacle courses individually to navigating courses as a team to improve individual communication, teamwork, and friendship-building skills.

Tennis

Tennis works towards developing and achieving a wide range of physical, play, and tennis skills (including hand-eye coordination, motor planning, balance, and core stability). Members will work on their forehand, backhand, and serve technique. Members will also be supported to rally with their peers!

Yoga

Yoga is designed to stimulate members mentally, physically, and socially in a fun and supportive environment! Members will learn yoga poses and stretches that focus on mobility, strength, relaxation, breathing, and returning to a calm state when overwhelmed.

Creative Play

Creative Play is the perfect introductory group program for members under 6 years old. Members will be encouraged to develop their communication and gross-motor skills whilst participating in individual and group activities. Members will also be provided the opportunity to foster their social skills and make friends along the way!

Creative Dance

Creative Dance is the next step up from our Creative Play program. Members will not only participate in some of our favourite play activities such as action songs & obstacle courses, but will also be introduced to the world of Ballet, Jazz, and Tap! Members will continue to develop their communication, gross-motor, and social skills in a fun and supportive environment.

Dance Party (Monthly)

It's time to party! Held on the first Friday of every month, Dance Party is a fun disco for Active Eight members and their friends! Members will be supported to participate in fun party games such as musical statues, limbo, and follow the leader. Members will also be encouraged to work as part of a team and build upon their confidence, creativity, coordination, and friendship-building skills in super fun and safe disco environment! Family and friends are welcome to join in the Dance Party fun too!

Cook, Eat, Chat

Calling all School Leavers... this is the perfect program for you! Our new life-skills program 'Cook, Eat, Chat' will focus on meal planning, preparation & consumption, nutrition education, and facilitated socialising. Led by Adam (Dietitian) and Shannon (Occupational Therapist), sessions will focus on building independence in the kitchen and relationship with peers. After 'Cook, Eat, Chat', members are encouraged to stay for our School Leavers Yoga session taught by Yoga Therapist Shell.

Senior Foodies

This food-based program combines play and education to help members increase their nutritional awareness, improve their fine-motor and communication skills, and explore different food groups and textures. Led by Adam (Dietitian), sessions will focus on the exploration of food types to broaden dietary diversity. Members will also be encouraged to develop skills in meal preparation and consumption to support their relationship with food.

Acro

Active Eight's Acro class incorporates elements of gymnastics, jazz technique, balancing, and coordination. Members will work towards learning a range of different acrobatic tricks (including handstands, cartwheels & partner stunts) with apparatus techniques (including hoop, ball & ribbon). Members will also gain a better understanding of how their body works as they develop their strength, flexibility, and fitness.

Cheer Club

Blending gymnastics, dance, and high energy fitness, Cheer Club enables members to immerse themselves in an inclusive cheerleading program. Skills include cheer routines, conditioning steps, cheer jumps, travelling exercises, and stunts.

Dance (Ballet, Jazz, Lyrical, Tap & Hip Hop)

Active Eight offers a range of dance classes in Ballet, Jazz, Lyrical, Tap, and Hip Hop. All our dance styles encourage motor-active skills, stamina, concentration, musical awareness, flexibility, expression, coordination, & creativity. Members will learn a range of different dance exercises and choreography with their peers!

Drama & Theatre Club

Drama Club & Theatre Club offer a space for members to explore their theatrical ability, build their self-confidence, and develop their communication & social skills. Drama Club is suitable for members just getting started on their acting journey with fun drama games & team activities. Theatre Club is the next step up for members who would like to rehearse scripted scenes & develop their stage and ensemble skills.

Musical Theatre

Focusing on developing self-confidence, communication, and creativity, Musical Theatre is all about having fun and encouraging a love of acting, singing, and dancing. Members will participate in group games, explore different characters, and choreograph routines based on some of our favourite musicals.

TheraDance & TheraCheer

Our Thera-programs are perfect for members who require extra support to participate in a dance or cheer class. Members will receive 1-on-1 support and will work to develop a range of social & play skills including following instructions & turn taking. Members will also be provided opportunities to socialise and communicate with their peers whilst engaging in activities that are meaningful and motivating!

Dance Troupe, Cheer Troupe, Dance Duos & Trios

Active Eight's Performance Duos, Trios, and Troupes provide an exciting opportunity for our members to perform and compete at local inclusive dance competitions. Members will work alongside Miss Emma and their peers to choreograph and perform dance & cheer routines.