

WHISKHA

Teen and Young Adults

SUMMER HOLIDAY ACTIVITIES

NEW
LOCATION

A fun, supportive and safe holiday program that helps develop friendships and explore new interests and activities.

MONDAY 6TH TO FRIDAY 24TH JANUARY 2025

Enjoy and experience the excitement of planned activities, develop skills, interact socially, achieve goals and meet personal challenges in a safe and stimulating environment.



Incursion



Excursion

WEEK 1: MONDAY 6TH TO FRIDAY 10TH JANUARY 2025

MON 6 JAN



Swimming

Swimming at Leisure Centre and Summertime.

Arts & Crafts

Make a summer paperbag journal to keep your holiday program memories.

TUE 6 JAN



Edendale Farm

Community Environment farm, enjoy the natural environment, meet the farm animals and feed the chooks.

WED 6 JAN



Workshop Wednesday

Bunnings DIY workshop - learn how to make a DIY project with the Epping Bunnings Team.

THUR 9 JAN



Altona Beach Rockpools

Explore the rockpools, go for a swim, build sandcastles and enjoy a beachside lunch at the playground.

FRI 10 JAN



Fun Friday - Dance Party

Get your dancing shoes on and pick out your favourite song to dance and shake off the week! If you're not into dancing make a pet rock to take home and look after.

A program schedule of activities has been provided as a guide, but will remain flexible according to the needs, abilities and interest of the children attending on the day.

For more information email: holidayprogram@yinclusion.org.au

Scan to book



THE Y INCLUSION SERVICES

Plenty Valley Westfield, 415 McDonalds Road, Mill Park 3082
p: 1300 69 9622 e: holidayprogram@yinclusion.org.au
w: www.inclusion.ymca.org.au
f: fb.me/TheYInclusionServices



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WHISKHA Teen and Young Adults

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Incursion



Excursion

WEEK 2 & 3: MONDAY 13TH TO FRIDAY 24TH JANUARY 2025

MON 13 JAN



Swimming

Swimming at Leisure city swimming pool. Create your own memory chest to decorate and store your special treasures.

TUE 14 JAN



Werribee Zoo

Come face to face with a majestic pride of lions, explore one of the world's largest gorilla exhibits, observe playful monkeys, and encounter a family of hippos in their wetland home.

WED 15 JAN



Wonderous Wednesday - Sensory day

A day filled with sensory activities, engage your imagination and senses, help your friends to create sensory bins and have fun exploring all your senses.

THUR 16 JAN



Gymnastics

Recreational gymnastics class at the Y focussing on balance, coordination, flexibility and strength. Swimming at Leisure city swimming pool.

FRI 17 JAN



Friendship Friday

Friendship building activities, create friendship bracelets, kindness rocks, let's be friends' bookmarks

MON 20 JAN



Musical Monday

Grab an instrument and play along to your favourite songs while you sing and dance with your friends on program.

TUE 21 JAN



Teamwork Tuesday Sports

Enjoy a fun day of Sports activities at Leisure City - Have a go at some fun team activities such as, tennis, basketball, badminton and soccer.

WED 22 JAN



Waterplay Wednesday

Hadfield Park Playground and Splash Park featuring a creek bed seating area with water jets, sensory play locations with sand and water activities and an aqua drop bucket.

THUR 23 JAN



Healesville Sanctuary

See iconic Australian animals including koalas, kangaroos, platypus, dingoes, wombats, emus and more.

FRI 24 JAN



Fitness Friday

End of program Sports day and let's celebrate Australia Day early with a BBQ - don't forget to bring your Australia day flags or hats!

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WHISKHA *Teen and Young Adults*



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Booking Process

Complete an Enrolment Form found on our website by **Monday 16th December 2024** or return to:

Email: holidayprogram@yinclusion.org.au or

Send: The Y Inclusion Services WhiSKHA Program,
PO Box 375, South Morang 3752, VIC.

Program times

Program Opens at 8:30am and closes at 5:00pm.

Daily Fee

\$20.00 per child, per day.

Cost will be invoiced as an out-of-pocket expense and must be paid by 16th December 2024.

NDIS hourly fees apply; refer to Service Agreement for details (minimum 7.5 hrs per day; but onwards for additional hour if required)

Late pick up details

Any person that requires pick up or drop off times outside of scheduled program times can discuss with Program Coordinator to arrange 1:1 support for participant and will have additional NDIS fees applied.

Eligibility

Participants wishing to enrol in the WhiSKHA Teen and young adult program are required to meet the following selection criteria:

- Participant is aged between 13-24 years
- The participant currently holds an NDIS package or funding from other agency
- The participant has additional support needs
- The participant has up to date medical support plans (if applicable)
- The participant has experienced past or present difficulties/eligibility issues in accessing mainstream holiday programs.

Program / Venue

Y Community School, 41 - 45 Miller Street, Epping.

Program entrance next to the front door of Y Leisure City near the rear carpark.



What should my child bring?

Participants are encouraged to wear appropriate footwear and clothing according to the weather and activities planned for the day. Please ensure that there are sufficient changes of clothes to last the day.

The Y supports the 'Sun Smart Policy'. It is a requirement that hats are bought each day of the program. Sunscreen will be provided by staff on the day.

Participants are required to bring their own labeled snacks, lunch and drinks. Please ensure that all food or drink brought into the program do not contain any nut products. The NUT FREE policy will be strictly adhered to.

Please note that although we do our best to ensure all belongings are returned home, any property brought onto the program is at own risk. Please ensure your child's name is on all items. No reimbursement will occur if any property is lost, stolen or damaged.

Please refrain from bringing any electronic devices to the program. The Y is not liable for any devices that are taken on the program is at risk of being broken, stolen or lost.

Please remember to bring along your Companion Card.

Swimming is an adhoc activity for when plans change last minute due to weather or other factors. Please bring swimmers towel and change of clothes each day.

Medical Information

Please ensure any medication that requires administering throughout the day is also given to the staff-no medication should be left in a person bag.

All medication must be supplied in a webster-pak. Please discuss any allergies or reactions to certain foods, along with all medical information (i.e. Asthma, Epilepsy or Anaphylaxis) with the Inclusion Services Team.

Staffing

Experienced and qualified staff supervise and support on a 1:1 ratio or 1:2 ratio.

Additional support staff may be arranged for participants with higher support needs.

Excursions & Incursions

Excursions are subject to change dependant on conditions on the day. Participants are required to arrive no later than 9:00am, for a 9:30am departure. Participants will return back to the program between 3:30pm-4:00pm.

Incursions will begin at various times.