



# UP!Club Camp 2023

## PROGRAM

**Friday 30th June – Sunday 2nd July 2023**

The Collaroy Centre, 22 Homestead Avenue, Collaroy, NSW 2097

Start: Central Station 3pm / Collaroy Centre 4pm

Finish: Collaroy Centre 1:00pm / Central 2pm

### FRIDAY 30th JUNE

3:00pm

4:00pm

4:15pm - 5:00 pm

5:00pm - 5:30 pm

5:30pm-6:30pm

6:30pm - 7:30 pm

7:30pm - 9:30pm

10:00pm

Main meet up at Central

Arrive at Collaroy Centre

Beach Walk and Collaroy Hotel Getting To Know You

Check In, Briefing, Introductions, Program, Room

Settle Into Rooms, Set Up, Free Time

**DINNER**

Movie Night Pyjama Party with Hot Chocolate

Sleep / Relax

### SATURDAY 1ST JULY

7:30am – 8:00am

8:00am – 9:00am

9:00am – 10:00am

10:00am – 10:30am

10:30am – 12:00pm

12:00pm – 12:45pm

12:45pm – 2:15pm

2:30pm – 3:00pm

3:00pm – 3:45pm

3.45pm - 5:00pm

5:00pm – 6:00pm

6:00pm - 7:00pm

7:00pm – 9:00pm

9:30pm

Morning Walking Group (optional)

**BREAKFAST**

Workshop: Circles of Support

**MORNING TEA**

Initiative Course for 35yrs +, Arts and Crafts for 25-34 year olds

Leadership Workshop for 16-24 year olds

**LUNCH**

Leadership Workshop for 35yrs +, Initiative Course for 25-34 year olds

Arts and Crafts for 16-24 year olds

**AFTERNOON TEA**

Arts and Crafts for 35yrs +, Leadership Workshop for 25-34 year olds

Initiative Course for 16-24 year olds

Mindfulness, Healthy Living, Healthy Mind, Stretching, Yoga, Meditation

Free Time, Get Ready, Get Dressed UP!

**DINNER**

Talent Quest and Christmas In July Disco Fever

Relax/Sleep

### SUNDAY 2ND JULY

7:30am – 8:00am

8:00am - 8:30 am

8:30am - 9:00am

9:00am – 10:30am

10:30am - 11:00am

11:00am - 12:00pm

12:00pm - 1:00 pm

1:00pm

1:00pm

2:00pm

Yoga Group (optional)

**BREAKFAST**

Clean Room, Pack, Check Out, Bags Ready

Health and Fitness: Oval Games For All Abilities

**MORNING TEA**

Music Session, Workshop: Friendship Connections

**LUNCH**

Pick Ups from Venue

Coach Departs

Arrive Central

