

Explorers Staycation - AFL Max

11th-12th July 2024

On the 11th of July, we had 28 children head to AFL Max for a staycation. Kylie, Ella & Angela were the YMCA Coaches for this event. The afternoon started with some fun icebreaker games to get to know one another. Once we learned the important question of who was Team Port or Crows is, it was time for a venue tour. After the venue tour, the kids were very excited to explore all that AFL Max had to offer so it was time to set off on some free time.



There were so many different activities to choose from. Many had a go challenging their fear of heights on the rock-climbing walls. Others were busy playing on the spectacular trampoline park and the airbag jump! The kids enjoyed being creative making up their games. After all, chasey is much more fun in a trampoline park! We had a couple of keen athletes testing out their AFL Skills on the lawn trying to get points on the target games. Some even took on the sprint test seeing how fast they could run. There were some very impressive times. Whilst I didn't dare challenge their speediness, I did take on Elise on the inflatable obstacle course. However, as expected she left me for dust. AFL Max then held an open dance competition where you could show your best moves. Our very own William took out a prize for his spectacular moves winning a free slushy!



After a big afternoon exploring and trying their hand in many of the AFL Max activities, it was time to refuel with a fruit break.



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After the fruit break, it was time for us to have AFL Max all to ourselves! We had two AFL Max staff take us through some team-building activities. But first, we started with the Cone Game which tests your reaction speed. After a few practice rounds, we began an elimination round. Coach Angela made it to the final 3 but I had to accept defeat to Philip who took out the game. After this, it was time to test their teamwork skills. The coach had set up a puzzle using different sports equipment down the other end of the turf. The teams then had to recreate this down the opposite end. But there was a catch... only 1 person from each team could see the puzzle and that person could not touch the re-created puzzle. The teams did very well with some teams finding it easier than others. After a few rounds, it was time to head upstairs for dinner.



For dinner, it was lasagna, salad and bread rolls. After dinner, it was time to get into our PJs and set up our beds for the night. The kids then had some time to have one last run around with the footies.



It was then time to grab some popcorn, hop into our beds, and watch Toy Story 2.

Just like that morning was here. The kids packed away their beds, got ready for the day and headed upstairs for breakfast. Breakfast was cereal, toast, yoghurt & juice. Coco Pops was by far the most popular breakfast cereal.



After breakfast, AFL Max took us through some more team games and activities. These games tested their teamwork, problem-solving & physical abilities. They even played a game called Chuck the Chicken. Then it was time to take on the inflatable obstacle course with a few different challenges to try. We then ended the morning session with a game of dodgeball on the bouncy mat.



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We then had a bit of time for one last free play! After this it was time to head back into the room for some fruit, yoghurt and a chocolate doughnut. We had some time to reflect on the Staycation and find out what everyone's favourite activities were. Many enjoyed playing on the different facilities that were available with the trampolines and the rock-climbing wall being the most popular. Others enjoyed being able to stay over at AFL Max and have it all to themselves. It was then time to say our goodbyes, until next time.



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