

Explorers - City Adventure

15th June 2024

On the 15th of June, we had 33 children from Defence families aged between 7 and 12 join us for a city adventure. We had 5 coaches Angela, Shayla, Ella, Kylie & Tyler.

The day started at Mindshift Escape Rooms. We had 5 different groups. We broke into our groups and got to know each other. 4 groups were taking on the Bermuda Escape. There were many puzzles to solve and clues to find. The Bermuda Escape had 2 different rooms they had to try and escape from. There was the Jungle Room and the Desert Room. Each group had to work together using their unique skills to find clues, solve riddles and more. These clues were quite tricky, but the kids did an awesome job working in their teams to solve the various puzzles. Kylie's group even managed to escape from both rooms with time to spare! The 5th group took on the challenge of the Huntin Bigfoot room. They were so close to escaping only a few clues out. I won't give too much away in terms of clues they had to solve but the kids did so well putting their minds and teamwork to the test.

Once we finished up at Mindshift it was time to walk to our lunch destination... The Pancake Kitchen! The kids enjoyed 3 pancakes and a juice box. The best part was they could pick their own toppings. They had the choice of M&Ms, Sprinkles, Chocolate Sauce, Caramel Sauce and of course the classic Maple Syrup. As you can imagine this was quite a sugar rush! But hey it was a special kind of day, and we were heading to Hijinx Hotel which they needed lots of energy for.

We then headed through Rundle Mall to get to Hijinx. But no trip to Rundle Mall is complete without a photo in front of the Pigeon.



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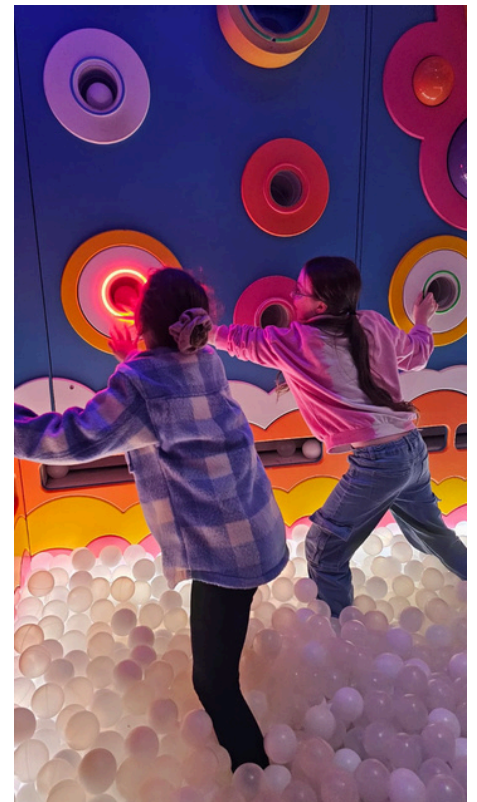
Hijinx Hotel is a series of challenge rooms. This was quite different from the morning challenges where the Escape room was all mind based. Hijinx incorporates quite a lot of physical challenges but also requires some mind power. Hijinx has a big emphasis on teamwork with many of the challenges unable to be completed without working with one another. We had 3 groups head into the first set of challenge rooms whilst the other 3 groups then played some card games. There were activities from animal targets to a ball pit to word scrambles. Once they had finished the first 4 rooms it was time for the remaining groups to give them a go. Each room gave them a certain score. They aimed to try and beat the highest score of the day. We were lucky enough to then get to take on the other 4 challenge rooms. These rooms had throwing games, and another ball pit but this time with a slide and a light-up lights type challenge.

After completing the challenge rooms the kids were well and truly exhausted. The favourite activity of the day was the challenge rooms with the ball pits. There were a few who loved the mind-challenge element of the escape room. Others thought Pancakes for lunch was the best part.

To find out what The Y is running next for Defence Families head to our website: [Defence Communities | YMCA SA](#) or email: youth@ymcasa.org.au



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