YOUTH EMPOWERMENT

the Y

Explorers @The Parks
19th September 2026

We are so excited to be back running programs for Defence Families & Children!

On September 19th, we had 10 Defence Kids aged between 5 and 12 join us for an action-packed day, starting at Shanx Regency Mini Golf.



The day started with a get to know you game where we learned that the Shangri-La Singapore is a place worth visiting, that most prefer dogs over cats, and that vanilla ice cream is the superior flavour. Our first big activity of the day was Shanx Mini Golf, an 18-hole course with two different skill levels. The kids took on the challenge and persisted through the whole course. After a couple of rounds, it was time for the kids to go head to head against a coach. It was great fun all round, and it was fantastic to see the kids persevere on a challenging course. The kids enjoyed having two different difficulties to choose from and loved making it to the end, as it felt like they had been on a quest and finally succeeded. They didn't like it when the ball ended up in the bush! We lucked out with the weather, with a beautiful sunny day for the start of spring. We then had some time to refuel with a fruit break before walking to our next destination, The Parks YMCA.





We made great time on our walk, so we had some time on the playground when we arrived. The kids loved playing their own game of tag with all the obstacles the playground had to offer. For lunch, the kids got to choose between hot food and sandwiches prepared by The Parks team. Lunch was a time for the kids to recharge and refuel. They got to eat, colour in, listen to music and play some card games.



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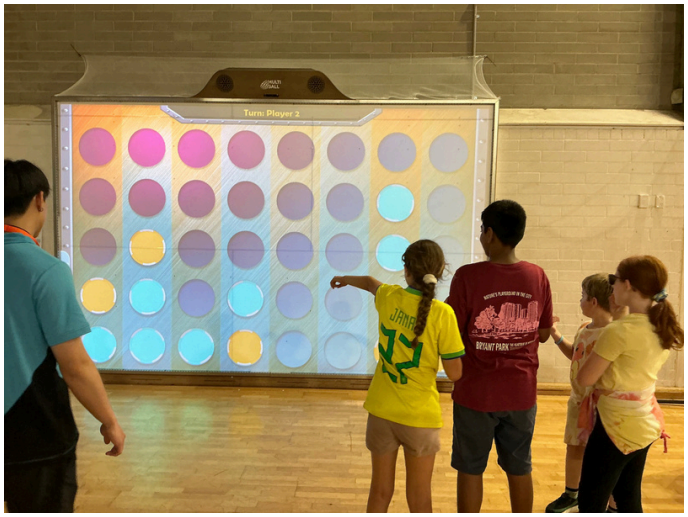
Our afternoon session was in The Parks YMCA Stadium. We played some fun tag games and then got into the most popular activity of the day: scooter boards. The kids got to race each other as well as tow one another with a noodle. The towing was the most fun by far! After this, we got to try out The Parks' new Multiball Screen, an interactive gaming system where physical activity meets technology. There are 45 games to choose from, and we played Monster Match, Space Invaders, Soccer and more. The kids thought the soccer game looked really cool and liked how long the Space Invaders game went with all its different levels.



After some time on the Multiball, and after much request, we had some free time with the scooter boards and the Omnikins. Omnikins are 6-inch lightweight balls that can be used like a soccer ball, basketball, volleyball or even a dodgeball. The kids loved having free play with the scooter boards, even asking for extra time to keep playing. After some free play, we had afternoon snack, where we got to take part in some group feedback. After refuelling, it was time for dodgeball. The kids requested a brand-new game of Flaming Dodgeball, where if you got hit with the special dodgeball, you had to join the other team!



To finish off the day, we played some team-building games on the Multiball, including Connect 4 and Tic Tac Toe. The kids had to work together in their two teams to try and win.
Before we knew it, the Explorers Day had come to an end. Each child met someone they had not met before, and many said they had made at least one new friend on the day. It was great to see the kids making new friends while getting active and taking on different challenges throughout the day.
We cannot wait for our next Explorers Day next year!



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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