

## Family Cap @ West Beach The Retreat 11th-13th October 2024

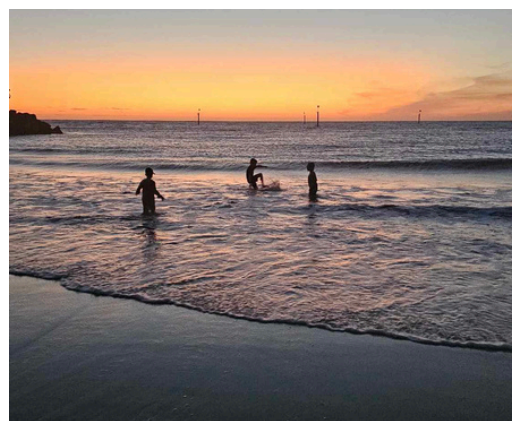
On the 11th of October, we had 13 Defence families attend The YMCA Family Camp at The Retreat @ West Beach. Families checked in from 2:00 pm and had the opportunity to check out the awesome facilities. The Retreat had a jumping pillow, heated pool, water slides, games room, gym, tennis courts, nature playground, go-karts & more.



Once families had a chance to settle in, we met in The Pool Room for some Icebreaker games to get to know one another. We planned to play Roll the Dice however our dice magically grew legs only a few minutes before we were due to play. Not to fear the game turned into pick a number. Once they chose a number, families had to answer the question that related to the number. We learned some interesting fun facts like families' favorite foods, what they like to do in their spare time, their favorite holiday destination & more.



It was then time for dinner which was Pizzas! Families enjoyed getting to know one another and connecting with old friends over pizzas. After dinner families had the opportunity to play some card games, paint some beach-themed magnets, make friendship bracelets, jump on the pillow, play in the pool, or watch a movie in the outdoor cinema. We had many parents very excited that it was the original Never-Ending Story that was being played. The Turners, Halls & Jones headed down to the beach to catch the sunset. The Sunset did not disappoint with the boys even jumping in the water! Before we knew it was time to head back to the cabin to get some rest ready for tomorrow's activities.



# YOUTH EMPOWERMENT



The morning started with families making pancakes in their cabins or on their mini-BBQ Webber on their deck. There was also cereal available for those who wanted a bit more of a relaxed morning. The kids seized the day with many going for an early morning bike ride or a jump on the jumping pillow.

After families were fueled up and ready for the day it was time to head to YMCA - Marion Fitness & Lesure Centre for some stadium games. After a warmup game, Coach Kylie led the game, Ghost Busters. Families had to try and sneak up and tap the tagger however if the tagger yelled out Ghost Dinner they had to quickly turn back to avoid being tagged. We then jumped into a classic game of Rob The Nest. Families got very competitive and there was some questionable defense of their nests. The Mayne family dominated this game. Others were starting to look a little tired, so we had a quick break before doing some low-key team-building games.

Everyone had to first line up in height order and then by birth month. The catch was that they were not allowed to talk. Everyone did very well with only 1 out of order. It was finally time for the much-anticipated dodgeball game. Some decided table activities were more up there early and did some coloring, Lego & grabbed a coffee from the cafe.

Many parents got very into the match with some having sore arms from trying to hit the backboard to get their team back in. After a couple of rounds, we introduced the flaming dodgeball which had the ability to get the whole team back in if it hit its target. The star of the show was little Ezra who had no fear of chasing after his dodgeball. For the final game, we played Strategicki. This game had quite a bit of thinking and strategy as they had to decide if they would leave their safe zone to get points or stay and guard their point zone. We then finished off with an Ice Block before families headed out for lunch or to explore the local area.



# YOUTH EMPOWERMENT



The beach was just steps away from the caravan park. The Rendell boys enjoyed climbing all the way to the top of the sandcastle while others took on the waves. The Minnies & Turners tried their hand in some beach cricket with the Murrays getting into a very competitive game of beach volleyball making sure the court was perfectly marked.

After beach sports, we then headed back to the pool room for burgers that Kylie & Ella had prepared. It was family board game night. The Pattersons loved a good old game of Snakes & Ladders & Skipbo. The kids enjoyed decorating some beach-themed cookies with some parents even giving it a go. The Mckenzie girls were very eager to give these ago. The Beesons enjoyed the creative elements of the cookie decorating. Many of the children were then back on the waterslides to finish up the day.



# YOUTH EMPOWERMENT



Just like that it was Sunday morning the final day of the camp. We had a few sore adults from the stadium games. Breakfast was ham & cheese croissants & cereal. Families then checked out of their cabin and headed up to Glenelg for our final activity, a photo scavenger hunt.

To start the activity each family had to take a photo at the Marina before they were given their list. They had 1 hour to take photos at as many of the places on the list. These included The Heart, Ice Cream, Antique Shop, on the tram, the nonexistent Ferris wheel, and many others. After the hour the families met back for their prize which was some chocolate and a photo frame with their family's starting photo. Once all the families received their prize it was then time for goodbyes.

We want to wish all the families who have a new posting all the best on their next adventure.

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](mailto:youth@ymcasa.org.au)



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