

Explorers - Tree Climb Salisbury

29th March 2025

On the 29th of March, we were thrilled to welcome 48 children from Defence families, aged between 5 and 12 for a day adventure in Salisbury. The children were joined by 6 coaches Angela, Shayla, Ankit, Elyssa, Kylie & Mitchell.

The day kicked off with the children separating into their 5 groups. This gave everyone the chance to get to know one another and their coach. It was fantastic to see the children stepping outside their comfort zone and making new friendships.

After settling in, the kids got their energy moving with some grass games including Everyone's It, Red Rover & Egg & Spoon Relays. It was an action-packed start to the day, and after all the running around, everyone was ready for a fruit break to recharge.

Next up, the kids rotated through more grass games: Ghost Busters, Pirates Gold, Stuck in The Mud & Heads Down, Thumbs Up. These activities kept everyone engaged and active, and soon it was time for a much-needed Picnic Lunch, supplied by Tree Climb. The kids were very patient as Tree Climb prepared their Lunch.

The picnic lunch was a hit, packed with an assortment of goodies: jelly, a juice box, fruit & veggie sticks, popcorn, yoghurt, half ham & cheese sandwich or a mini sausage roll & of course some lollies for dessert. The juice box was definitely the favorite.

After lunch, the children had some free time to explore the playground at Harry Bowey Reserve. The playground had all kinds of fun features, including rope climbs and a double flying fox that the kids loved.



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Finally, the moment the children had been waiting for arrived: the brand-new Tree Climb in Salisbury! Everyone was excited to take on the challenge, and the Tree Climb provided the perfect way to end an action-packed day.

The Tree Climb offered two courses: the Grand Course with 62 obstacles and the Kids Course with 16 obstacles, including an impressive dual zip line. Both courses were high in the treetops, challenging the children to be brave, resilient, and strong as they navigated the obstacles. The kids showed incredible teamwork, tackling the challenges head-on and having a blast along the way.

After completing the Tree Climb, they refueled with a Hot Cross Bun and gathered for some fun feedback games with their coaches. The Tree Climb was by far the favorite activity for most. The ziplines on the courses were mutually the best part of the climb.

As the day came to a close, it was time to say goodbye to new friends and coaches.

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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