

ARE YOU READY FOR A CHALLENGE?



THIS TERM, BE PART OF

# OSHCLUB SURVIVOR

WEEKLY SESSIONS TARGETED AT BUILDING  
SOCIAL SKILLS, RESILIANCE, WELLBEING AND  
PHYSICAL STRENGTH



TO VIEW THE OSHCLUB SURVIVOR VIDEO, REFER TO  
THE LINK SENT VIA EMAIL

# OSHCLUB SURVIVOR 6 WEEK PROGRAM

## SURVIVOR JNR

Starting Tuesday 20th October

4PM - 5PM

Please bring:  
water bottle  
hat  
fastest running shoes

## CHALLENGES

Throwing  
Catching  
Obstacle Courses  
Hand Eye-Coordination  
Balance

## SURVIVOR SNR

Starting Wednesday 21st October

4PM - 5PM

Please bring:  
water bottle  
hat  
positive attitude

## CHALLENGES

Strength  
Endurance  
Obstacle Courses  
Hand Eye-Coordination

## CHILDREN VS PARENT'S

SURVIVOR JNR

**TUESDAY**  
**1ST DECEMBER**  
**4PM**

SURVIVOR SNR

**WEDNESDAY**  
**2ND DECEMBER**  
**4PM**

