



School Year Requirements for Activities

Please contact us on 9982 9800 for further information

ONSITE ACTIVITIES

Abseiling	Yr 3 and up
Archery	Yr 4 and up
Challenge Course	Yr 3 and up
Drop Pole	Yr 7 and up
Duel Flying Fox	Yr 3 and up
Eco Challenge	Yr 7 and up
Fun in the Sun	Yr 3 and up
High Ropes	Yr 7 and up
Initiative Course	Yr 3 and up
Leadership Workshop	Yr 5 and up
Mobile Initiatives	Yr 3 and up
Orienteering	Kindy and up
Oval Games	Kindy and up
Puzzles	Yr 7 and up
Rock Climbing	Yr 3 and up
Social Justice Workshop	Yr 3 and up
Swing By Choice	Yr 3 and up
Team Laser Tag	Yr 2 and up
Vertical Challenge	Yr 7 and up

OFFSITE ACTIVITIES

(Additional charges may apply)

Beach Games/Rock Pool	All ages
Raft Building	Yr 7 and up
Rock Platform Studies	All ages
Kayaking	All ages
Stand Up Paddle Boarding	Yr 7 and up
Learn to Surf	All ages
Sydney Excursion Day	All ages

NIGHT ACTIVITIES

3D Cinema
Night Games
Night Hike
Interactive Trivia
Disco

Activities can be tailored to suit your group's needs.

ABSEILING

Abseiling is about pushing your personal barriers and overcoming challenges. The tower is a four sided artificial structure which allows two descent options; 5 metre, 9 degrees angled introductory abseil and a 10 metre fully clad abseil.

ARCHERY

Go back to medieval times and have a go of the ancient sport of Archery. You will be using a bow and arrow to aim at a target 15 metres away. Try increasing your accuracy and acute skill with this great competitive sport while having fun with your friends to see who can hit the bull's eye.

CHALLENGE COURSE

This is a five part team building activity including challenges such as the TT Log, The Wall, Nitro Crossing, TP Shuffle and the Maze. The objectives of our five part Challenge Course are to build co-operation, teamwork and communication skills.

1. TT Log - The TT Log is similar in design to a see saw, with one end longer than the other. The aim is to balance the group on top of the log for at least 30 seconds. If the log touches the ground at either end, at any time, the timer starts over.

2. The Wall - To get all team members over either a 2.5m wall or a 3m wall, without any initial assistance from the top of the wall and without using any external resources. NOTE: This is a relatively physical activity and involves lifting. Not recommended for anybody with on-going Muscular issues.

3. Nitro Crossing – To get all team members from one side of an “island”, across a “river” and onto a small “raft” on the other side, without spilling a bucket of “drinking water”. If a team member falls in the “river” or spills the “drinking water” then the whole team must start again.

4. TP Shuffle – The whole group starts by standing on a wooden beam, then they will be given a category (e.g. oldest to youngest, tallest to shortest, alphabetical order of middle name, etc.). They must reorganise themselves to meet the category criteria without talking or stepping off the beam. Doing either means the team will have to shuffle and try all over again.

5. The Maze - Split into groups of two or three, one team mate is blindfolded and the others become the leaders. Using their own language to communicate directions, the leader stands on the outside of the maze and directs their team mate through from beginning to end. Once through they rotate so that everyone has a turn at being the leader.

DROP POLE

Step off the Drop Pole into the open air and feel the rush as you descend 13 metres to the ground in under 3 seconds. Drop can be made from any height so those with fears can start low and work their way up.

DUAL FLYING FOX

Race your friends down our 65 metre Flying Fox side by side. Harnessed in and attached to a zip line, push your limits as you launch off the platform and have an exhilarating ride to the end where one of our experienced instructors will help you dis-embark by ladder.

ECO CHALLENGE

This “adventure race” inspired activity is a great way to challenge even the hardest of groups. Incorporating different onsite activities, groups navigate around our property completing several challenging tasks along the way. No one man band allowed here. Each participant must complete at least one task each.

Note: This activity involves several onsite activities that can vary for different groups.

FUN IN THE SUN

As the title suggests this session is all about fun. As a group you will complete a series of team challenges; Slip n’ Slide, Gauntlet, Dodge Sponge, Tube Lock and Sponge Relay. The added bonus is that you will get drenched. This session is wet fun, full of thrills and spills.

Note: Students are required to wear shoes at all times during Fun in the Sun.

HIGH ROPES – Newly Upgraded

12 Section Course - This 2 story course consists of 6 elements on each level and reaches up to 10m off the ground at its highest point. Harnessed and using continuous belay, participants climb a ladder to the top level and climb a log to the first level and use a flying fox to descend each level. Participants are supervised at all times.

INITIATIVE COURSE

This is another five part team building activity including a Spiders Web, Hoop Loop, the Meuse, Trolleys and the Matrix.

1. Spiders Web - To pass each member of the group through a separate web opening, without letting any part of the body touch any part of the web. Once a member uses an opening, that section is closed to further passage.

2. Hoop Loop – The idea of this activity is to rotate the group through three suspended hoops. This must be achieved while the group are holding hands.

3. The Meuse - To cross the “raging crocodile infested swamp” using only 3 planks of wood and one length of rope. The whole group and all equipment must make it without dropping anything or anyone into the ‘crocodile’s territory’.

4. Trolleys - The group must move from one designated point to another, using only the trolleys as a vehicle to get there. The group can choose to either line up on the two planks (one for each foot) and walk in time to the end point or they can choose to caterpillar their way to the end by all standing on one plank and dragging the second through to the front. Then swapping planks and repeating the process.

5. Matrix - The object of this activity is to move the group through the matrix, a horizontal cargo net. The activity can be run simply as stepping a certain pattern, with the whole group following that pattern. Or it can be run more like a horizontal spider’s web, in which the group must traverse the matrix without touching any of the sides of each hole.

LEADERSHIP WORKSHOP

Students learn various leadership techniques and how to apply them to their daily lives through interactive activities and group discussions. They share personal experiences and help each other grow towards becoming positive leaders of their time.

MOBILE INITIATIVES

Mobile Initiatives is a four part course consisting of the Matrix, Stepping Stones, Traffic Jam and Object Retrieval. It encompasses the same objectives as the Challenge and Initiative Courses however these ones are able to be done inside.

- 1. Matrix** - The object of this activity is to move the group through the matrix, a horizontal cargo net. The activity can be run simply as stepping a certain pattern, with the whole group following that pattern. Or it can be run more like a horizontal spider's web, in which the group must traverse the matrix without touching any of the sides of each hole.
- 2. Stepping Stones** - Once again this activity is focused on the group moving from one side of a designated area to another. The mats need to be used as stepping stones to keep people away from the acid river that rages underneath them. If a stone isn't secured by foot pressure then it is lost by the group. Eventually the group will either succeed by getting across the area or due to lack of resources fail and be stranded.
- 3. Traffic Jam** - The object is to move one half of the group from one side of the midpoint to the other. Each group must stay in sequence. There are only two legal moves allowed. 1. Step forward into an open spot. 2. Step around a member of the opposite facing team to an empty spot. Only one person can move at a time.
- 4. Object Retrieval** - To remove an object from within a designated no-go zone. The point is to foster communication and problem solving skills. Anyone touching the material is blindfolded and has another person guiding them.

ORIENTEERING

Split into teams of three to five, each group is given a map of the centre, a compass and an answer sheet. They are then sent on a 'scavenger hunt' to find markers around the site and stamp their answer sheet. There are different courses for Lower Primary, Primary and Secondary Students and each course is made up of 20 markers.

OVAL GAMES

A great way to start or wrap up your camp experience. Our staff will facilitate a range of activities from, basketball, soccer, touch football to wide game style exercises that will introduce or sum up team work experiences.

PUZZLES

Can your team solve a life-size lateral thinking puzzle before your competition? The only way is to cooperate, plan and execute to achieve the goal! The Puzzles are one of the extension activities we use with groups that desire a lot of initiative based activities; they provide similar objectives, to build co-operation, teamwork and communication skills. Each puzzle is a progression from the previous and they range from a 1 step to a 7 step puzzle.



ROCK CLIMBING

Challenge yourself and build team work skills while learning how to trust the rest of your group at Rock Climbing. Teams of at least 4 rotate through having a go at climbing and belaying their team mates up the wall. The first quarter of the wall is a rope web continuing onto a man-made wall with holds and climbs that suit all ages and skill levels.

SOCIAL JUSTICE WORKSHOPS

3 different workshops are delivered by trained, experienced and dynamic facilitators of the Salvos Schools team through interactive activities, educational outcomes of the national curriculum and practical applications of social action.

1. Youth Homelessness Introduction - Provides students with an opportunity to understand and empathise with what it would be like to be homeless.

Students will learn about the facts and statistics of homelessness in Australia, different homelessness services, hear real stories, partake in open discussions and learn how to support someone at risk of and experiencing homelessness. Students will gain a broader understanding of at risk groups within their community and feel better equipped to talk about and respond to homelessness.

2. Youth Homelessness Extension - Youth homelessness is a growing social issue and there are lots of ways Schools and students can get involved and make a practical difference. Students will learn about the current National response to homelessness in Australia and will gain new ideas, tools and an action plan which can be used to make an impact in their local community and align with the existing response to the issue. We will cover the latest volunteering and campaign opportunities for School groups and individual students to take part in.

3. Social Justice Principles -How are social justice issues identified? Is social justice more than a list of causes we support? How does social justice impact our everyday life and well-being? This workshop will explore social justice principles and how students can incorporate these values into their daily themes such as peer inclusiveness, health and well-being and decision making. Values we will explore include:

- Including the excluded
- Challenging cultural practices
- Confronting the powerful
- Advocating for the oppressed

SWING BY CHOICE

The Giant Swing challenges you to go beyond your normal comfort zone and be hauled to the highest point as the participant feels is necessary. Once this point is reached the participant can pull "The Rip Cord" and enjoy the giant swing experience. You will reach a maximum height of 20m. The group is responsible for hauling each participant up to the height of their choice

TEAM LASER TAG

Our Team Laser Tag has had a huge upgrade which now includes a bigger playing area along with 2 shipping containers for maximising each game. It is a great team building experience while also challenging individual's with team work and strategy skills.

Our dedicated Laser Tag area can provide a combination of games including Team Tag, Protect the Leader, Team Medics, Capture the Flag, and Terminator.



VERTICAL CHALLENGE

This course is designed for a team of three to climb, mountaineering style, up 10 metres of wall whilst the rest of the group belays. This activity involves working as a team to negotiate over a number of different obstacles that are attached to the wall.

OFFSITE ACTIVITIES

BEACH GAMES/ROCK POOL

Collaroy Beach is a patrolled beach a short 5 minute stroll from The Collaroy Centre. It offers a wide expanse of sand area and a well-kept 50m rock pool. Collaroy Centre staff run a variety of beach games including but not exclusive to the following; Flags, Frisbee, Soccer, Touch Football, Volleyball and Sand Castle Challenges. If the group would like to include swimming, we are happy to book a lifeguard through Warringah Council for the session.

Note: Students are required to wear shoes at all times during Beach Games.

RAFT BUILDING

This team building activity takes place at the Collaroy Rock Pool. Teams are each given the challenge of building a raft using provided equipment. Once the rafts are constructed, each team nominates a 'test dummy' who will paddle their teams raft across Collaroy Rock Pool. The entire group is involved in the activity whether they are designing, building or paddling the raft.

Note: The participant who paddles the raft will be required to have swimming ability and will be wearing a life jacket. Students are required to wear shoes at all times.

ROCK PLATFORM STUDIES

Conducted at Long Reef this can be programmed to focus on a particular part of your schools curriculum or can simply be exploring the marine life of our local area.

Note: Students are required to wear shoes at all times during Rock Platform Studies.

KAYAKING

Kayak leisurely around nearby Narrabeen Lake. Arranged through Prokayaks, single and double kayaks are available and their qualified and friendly staff can cater for groups of many sizes and abilities. Narrabeen Lakes is a safe and protected environment where students can participate without being exposed to boat traffic, adverse conditions or dangerous marine life.

Note: Students are required to wear shoes at all times during Kayaking.

STAND UP PADDLE BOARDING

Arranged through Prokayaks Narrabeen, stand up on a board and paddle around Narrabeen lakes. Do you have the balance, fitness and agility to stay on?

Note: Students are required to wear shoes at all times during Stand Up Paddle Boarding.

LEARN TO SURF

Learn to Surf is arranged through Manly Surf School and is run by professional surfers. Depending on the conditions of the day surfing is conducted at either Collaroy or Long Reef Beach.



SYDNEY EXCURSION DAY

With the Sydney CBD only a short 30 minutes away, it would be a shame to miss out on all the possibilities the city has to offer! Let us plan your excursion day into the city from start to finish.

Possible activities include, but not limited to:

Harbour Bridge Walk

Sydney Sea Life, Wild Life, and Madame Tussauds

Taronga Zoo and Wild Ropes Course

Darling Harbour IMAX (Closed for Upgrades Until 2019)

Royal Botanic Gardens

Luna Park

Wet N' Wild

Manly Ferry Ride

Cockatoo Island Tour

North Fort Tour

Headland Park Tunnels Tour

NIGHT ACTIVITIES

3D CINEMA

The Ultimate 3D Movie Experience is truly a breathtaking movie environment that will wrap you in digital surround sound, rich in clarity and definition. With crystal clear graphics and vibrant pictures so real you can feel them, we are pleased to offer you our cinema experience with Blu-Ray quality and popcorn on request.

NIGHT GAMES

With over 50 games to choose from catering for groups of all sizes and ages, Collaroy Centre staff will keep the kids entertained for the evening and hopefully wear them out enough so that they'll want to sleep.

NIGHT HIKE

Long Reef headland is about a 40 minute walk away from the Centre. From the top of the Headland you can look back and see The Collaroy Centre lit up at night and enjoy the beautiful sea breeze.

INTERACTIVE TRIVIA

Got a competitive streak? Want a bit of a challenge? Interactive and fun trivia/challenge nights for groups of all sizes and ages can be run by Collaroy Centre staff. If you want to mix it up with some games we can do that too!

DISCO

Whether you're looking for an end of day celebration, a relaxing atmosphere with friends or just an excuse for a dance party! Our staff will cater for all of your Disco needs and can supply lighting, music and some games upon request, you just need to come and have some fun!