

# Activities Guide

2018



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*Embracing 2018*

XXI COMMONWEALTH GAMES  
TRAINING VENUE



Queensland  
Government

Runaway Bay Sport and  
Leadership Excellence Centre





**ALL SPORTS. ONE LOCATION.**





## → Keep active at the Sports Super Centre

Make your experience at the Sports Super Centre one to remember by ensuring your team, class or group takes full advantage of the wide range of additional activities and services our centre has to offer.

Services range from team-building sessions through to group exercise classes and specialised recovery sessions. Activities can be booked individually to suit your class, group or team's tailored program, or they can be grouped together to make half or full-day packages.

Please note, a minimum of 20 people applies to all activity bookings. Should your group have less than 20 people, the activity can still go ahead, however it may incur a slightly greater per person cost.

We can assist with everything from planning your program and running activities, through to presenting lectures and educational initiatives.

**Take the time to review the categories below  
and start planning your program today!**



## → Adventure

Minimum 20 people (unless otherwise stated)

If you're looking to add variety to your program, take advantage of one of our exciting Adventure Activities, designed to get your team, class or group out of their comfort zone and experiencing something new. \*Weekend and public holiday rates apply

ACTIVITY	DESCRIPTION	PRICE PER PERSON
BOOTCAMP	A military-style fitness session like no other. This session will challenge you physically and mentally in some of the toughest activities. Expect the unexpected!	\$8.00
CYCLING	With the Luke Harrop Cycling Track right on our doorstep, track cycling has never been easier or more convenient. We begin with technical skills, add some drills and finish off with some speed work around the high-performance criterium track.	\$15.00
KAYAKING ADVENTURES	Learn to kayak and snorkel with a qualified and friendly tour guide. Visit two secluded islands and keep an eye out for fish, dolphins, turtles and stingrays! Light breakfast on the beach included.	\$80 (4-15 people) \$70 (16-30 people)
INDEFENCE (KRAV MAGA)	This Israeli self defence course will provide you the tools to effectively defend yourself in any situation and give you a great workout.	\$10.00
LASER SKIRMISH	A fun outdoor combat team sport just like paintball, but without the bruises. Fire an invisible and harmless infrared beam - it's safe combat fun for all ages! Suitable for groups. Max 50 pax.	\$18.00
LEARN TO SURF	Experience the thrill of surfing and be a part of Australia's beach culture. Receive expert and safe tuition from our professional surfing instructors at the world famous Surfers Paradise beach. Techniques are easy to follow and will have you standing and surfing in your first session. Pick-up service available.	\$25.00 (1 hour)
ROCK CLIMBING	Indoor rock climbing adventures in a state-of-the-art facility. 3 hours.	\$20.00
SURF AWARENESS	Come enjoy the Gold Coast beaches and learn about surf safety and awareness with one of our professional surf lifesaving instructors. Pick-up service available (enquire for prices).	\$8.00
SAILING	Build confidence and work as a team while learning how to tack, jibe and trim the sails of you own sailboat for optimum performance. Once you are competent, you will navigate your craft around a designated course.	\$15.00
STAND-UP PADDLE BOARDING	An emerging global sport with an Hawaiian heritage. Experience SUP boarding in safe 'flat water' environment within walking distance of the Sports Super Centre. Qualified instructors conduct the 60-minute session, incorporating technical instruction with an emphasis on participation and fun.	\$18.00



# Aquatics

Minimum 20 people (unless otherwise stated)

Your team, class or group can swim laps, engage in games, or recover from a training session in one of our two heated pools. Our recently renovated 50m outdoor pool is heated to 27 degrees year-round, and features a constant depth of two metres, eight lanes with starting blocks, and an underwater viewing platform. The 20m indoor pool - with a maximum depth of 1.2m - features six lanes, is heated to 31 degrees, and is perfect for youngsters learning to swim, or for those who require disabled access.

ACTIVITY	DESCRIPTION	PRICE PER PERSON
AQUAFIT	A low-impact, power-packed class in the indoor pool with the emphasis on fun. This choreographed exercise to music workout combines cardio and toning exercises using water as your resistance. A great alternative to land-based exercises if you have joint problems or injuries.	\$8.00
AQUATIC GAMES	A variety of games to suit all ages. Low-impact exercise to promote teamwork and enhance fitness and build water confidence.	\$8.00
AQUATIC RECOVERY CLASS	Ease tight or sore muscles and boost recovery in the indoor or outdoor heated pool.	\$8.00
DEEP WATER EXERCISE	A deep-water running class conducted in our outdoor heated pool. A high-energy, low-impact workout using buoyancy belts, water noodles and water resistance. No swimming experience necessary.	\$8.00
EXCLUSIVE POOL LANE BOOKINGS	Groups can book lanes per hour. Advance bookings are required and is subject to availability.  Outside of hours and public holiday rates apply.	\$19 per lane per hour (on-site groups) \$23 per lane per hour (off-site groups)
ICE BATH RECOVERY SESSIONS	Experience one of the best forms of recovery. Ice baths can be an excellent complement to a hard training sessions. Although this session may not be classed as particularly enjoyable, soaking in a tub of iced water after an intense workout or run can help boost the body's recovery processes and assist in injury prevention. Ice baths are most effective when taken within 60 minutes of finishing a workout. Advanced bookings required. Subject to availability	\$120 per session with instructor \$65 per session without instructor (max 20pax), extra people \$3.50pp Price also includes 1 x 50m pool lane hire
WATER POLO	Learn water polo drills and training techniques and then put it all together in a full match in our 50m heated pool.	\$10.00



# Education, Team-Building & Leadership

Minimum 20 people (unless otherwise stated)

Learn new skills, move outside your comfort zone and have a whole lot of fun doing it! In these activities, every individual contributes and performs at their level to achieve the team's goal. We can offer set or tailored programs to develop your team, class or group's leadership, team-building, education and sports skills. \*\*\*Our Education Services team are only available Monday to Friday during the Queensland state school term, subject to availability. \*Weekend and public holiday rates apply.

ACTIVITY	DESCRIPTION	PRICE PER PERSON
AMAZING RACE	Combining physical challenges, mental puzzles and critical thinking, the Amazing Race is the ultimate test for teamwork and the perfect platform for leadership growth. A step up in problem solving, this activity challenges students to apply knowledge to a variety of team situations and highlights the importance of skills like extrapolation and inferencing.	\$8.00
ARCHERY	Using correct posture, balance and technique students will learn how to successfully fire an arrow at a stationary target. Concentration will be tested in various heart rate exercises and distraction challenges. Archery is designed for all skill levels.	\$8.00
BEACH GAMES	A series of games designed to promote effective communication and build leadership qualities. These team-oriented games allow all to grow in confidence while having fun in the picturesque Gold Coast Broadwater.	\$8.00
FIELD GAMES/SPORT	The ultimate team challenge, these hybrid games will challenge fitness levels, encourage quick critical thinking and develop skills such as speed, balance and coordination.	\$8.00
GRIT OLYMPICS	Take team building to the next level by developing the grit, determination and resilience to compete in team sports without access to all of your senses. Whether it is soccer, volleyball or basketball, there's something here for every age and skill level.	\$8.00
INITIATIVE GAMES	Step up and show initiative with extreme problem solving and physical activity. Who will take charge, accept the input of others and listen in order to achieve success!?	\$8.00
MILITARY BOOT CAMP	Step up and accept the challenge of this military-style team fitness activity. Students will need to be disciplined in their approach to challenges and show mental strength to push through setbacks and become victorious! Only the teams who demonstrate effective communication, support and cooperation will be successful.	\$8.00
PERSONALITY TRAITS	Gain a greater understanding of yourself and the people around you with this personal development workshop. Discover the four broad personality types of the human race and learn how to communicate and interact with others with the similar and different personality traits.	\$8.00
PHOTO SCAVENGER HUNT	Teams compete against one another to be the first to finish the array of riddles problems and specific photo requirements. This activity demands excellent communication and the ability to think quickly in order to take photos correctly in the shortest possible time.	\$8.00
SPARTAN COURSE	This military-style obstacle course will challenge elite athletes and act as a confidence builder for others. Complete with a variety of obstacles, there is something here for everyone.	\$8.00
TEAM BUILDING	Choose from two sets of team-building activities in which cooperation and effective communication are essential for success. Students will need to work together in order to achieve common goals.	\$8.00
THEATRE SPORTS	Designed to combine the art and creativity of theatre with the atmosphere of sport, this activity will challenge imagination and critical thinking through improvisation and problem solving games.	\$8.00

# → Leadership Day Programs

Minimum 20 people (unless otherwise stated)

With our team of experienced sport and business leaders, school teachers and motivational speakers, the Sports Super Centre can offer your team, class or group a range of full-day programs to develop leadership skills.

ACTIVITY	DESCRIPTION	PRICE PER PERSON
LEADERSHIP DAY	A full day consisting of up to four separate activities which brings groups together to work towards a common goal. This program can be tailored to be relevant to your sporting team, class or group.	\$28.00 (weekday) \$30.00 (Saturday) \$35.00 (Sun/pub hol)
POWER HABIT DAY	Teachers, students, players and employees learn successful habits to achieve and perform at their potential. Researched from sport and business - what can you do today to benefit your future self?	\$28.00 (weekday) \$30.00 (Saturday) \$35.00 (Sun/pub hol)
SUCCESSFUL STUDY HABITS DAY	An innovative action day that provides learning outcomes to engage students for success. The day explores all aspects within student control to step themselves up for success.set	\$28.00 (weekday) \$30.00 (Saturday) \$35.00 (Sun/pub hol)
COMMUNICATION & CONFIDENCE DAY	Skills and strategies to assist with public speaking and meeting new people. A day of implementing and reinforcing actions that promote effective communication and self-confidence.	\$28.00 (weekday) \$30.00 (Saturday) \$35.00 (Sun/pub hol)
TEAM BUILDING DAY	A day of transforming a group into a team. Outlining what it takes to be a successful team from every member. Learning through action and debriefing current actions, this day benefits any age or size group.	\$28.00 (weekday) \$30.00 (Saturday) \$35.00 (Sun/pub hol)
CHALLENGE DAY	An inspirational day for individuals to accept mental and physical challenges, which will propel them to setting and achieving their goals.	\$28.00 (weekday) \$30.00 (Saturday) \$35.00 (Sun/pub hol)
RESILIENCE DAY	Learning the resilience cycle through action, participants are pushed to accept their choices and build resilience strategies.	\$28.00 (weekday) \$30.00 (Saturday) \$35.00 (Sun/pub hol)





# → Evening Events

Minimum 20 people (unless otherwise stated)

Your camps activities do not have to stop when the sun goes down. Our team can facilitate a number of fun and interactive activities that will keep your team, group or class entertained.

ACTIVITY	DESCRIPTION	PRICE PER PERSON
AQUATIC GAMES	A variety of fun games to suit all ages. Low-impact exercises to promote teamwork and enhance fitness while building water confidence and having loads of fun. Held in the 20m indoor pool under lights.	\$8.00
ASTRONOMY NIGHT	Enjoy an educational and interactive scientific session while observing celestial objects such as stars, planets, asteroids, and comets.	\$12.00
DJ NIGHT	A freestyle evening of dancing, singing and making music with whatever you can get your hands on. Very interactive including dance off challenges and more. DJ and lights included. Minimum one hour and 25 people.	\$10.00 per session
FIELD GAMES	These hybrid games are designed to use a wide variety of skills and develop fitness performance. Held in the main stadium under the lights.	\$8.00
LASER SKIRMISH	Complete stealth night missions! Fire an invisible and harmless infrared beam to defeat the enemy. It's safe combat fun for all ages! Suitable for groups max 50. *This activity can also be organised during the day.	\$18.00
MOVIE NIGHT	Enjoy the latest movie releases at the Sports Super Centre. A big screen movie theatre screen is set up for your enjoyment. Exclusive use for groups, the theatre can hold up to 60 movie-goers.	\$75.00 per movie
SCIENCE NIGHT	The Science Show demonstrates the particle theory of the states of matter. Use of all substances is controlled and limited to demonstrators. Min 36 people.	\$8.00
TRIVIA NIGHT	A mixture of sport, history, and Australian-themed questions. Interactive games and challenges are incorporated throughout the session and prizes can be included.	\$8.00 \$10.00 with prizes





# → Group Fitness

Minimum 20 people (unless otherwise stated)

Focusing on the development of strength, cardiovascular endurance and flexibility, our wide range of group fitness classes incorporate the popular Les Mills exercise program, and other activities. Classes can be tailored to suit the needs, abilities and fitness levels of any group, class or team.

ACTIVITY	DESCRIPTION	PRICE PER PERSON
BODY PUMP	A pre-choreographed, non-impact workout using an adjustable barbell that challenges every major muscle in your body. Will tone and shape and is suitable for all levels of fitness.	\$8.00
BODY CONDITIONING	A conditioning class that will tone and shape every inch of your body using weights, barbells and lower body resistance techniques. Suitable for all levels of fitness.	\$8.00
BODYVIVE	A fun workout that combines cardio fitness, core stability, balance, functional strength and flexibility. Work out to some great uplifting music tracks.	\$8.00
BOXING	A high intensity workout focusing on agility and power, this session will certainly keep your heart rate up.	\$8.00
FUNCTIONAL FLEXIBILITY	Perfect for a recovery activity. Improved flexibility can enhance sports performance and helps to reduce the risk of strains, tears and muscle soreness.	\$8.00
HIGH INTENSITY INTERVAL TRAINING (HIIT)	High Intensity Interval Training - The Workout that Counts! This high-energy, high-calorie-burning choreographed aerobics class incorporates alternating impact moves designed to maximize fat burn. Suitable for everyone.	\$8.00
FAT BURNER	An action-packed workout, this is a dynamic class emphasising stamina. No complicated moves here, just simple choreography to upbeat music. You decide how hard you want to work.	\$8.00
PILATES	Flexibility, strength and core movements helping tone and strength muscles. 1. Mat work - A floor work group class teaching the basic fundamentals (Max 30 people). 2. Reformer Class - Use specialised equipment and challenge yourself (Max 6 people).	1. \$8.00 2. \$12.00
RPM	High-energy indoor cycling class. Experience rolling hills, winding roads, sprints and intervals. Great for all levels as you set your own resistance and pace. Max 28 people.	\$8.00
STEP 'N' SCULPT	A low-impact cardio blast that burns fat while toning the lower body. Step 'n' Sculpt is a fun, low-intensity workout helping improve your overall fitness and body shape.	\$8.00
YOGA	Yoga re-aligns the body and improves circulation through the lengthening and strengthening of the muscles and ligaments. Yoga sessions are suitable for all levels of fitness and ability. Create space within and open the mind.	\$8.00
ZUMBA	High and low-intensity moves for an interval-style dance fitness part	\$8.00





# → Sporting Sessions

Minimum 20 people (unless otherwise stated)

The Sports Super Centre caters for all sports in one location. If you don't see your desired sport here, please enquire.

ACTIVITY	DESCRIPTION	PRICE PER PERSON
AFL - AUSTRALIAN FOOTBALL LEAGUE	Discover the basic rules and tactics of Australia's flagship game. Learn the skills to kick with proper technique to maximise accuracy and distance in a fun and energetic team environment.	\$8.00
ARCHERY	Learn correct technique and posture to help you hit the bull's eye. Archers aim at coloured targets, and score points based on where their arrow lands. If you are keen to develop a good eye and superb coordination skills, archery could be the sport for you.	\$10.00
ATHLETICS	Multi-discipline athletics sports on our IAAF-accredited track and field facility, including long jump, shotput, discus, high jump and more.	\$8.00
BASKETBALL / NETBALL	Learn footwork, passing and shooting, We can't promise we will have you slam dunking like Lebron James or Lauren Jackson, but we will give you the tools to play a great game.	\$8.00
BEACH VOLLEYBALL	Come try one of the most popular sports in the world and find out how hard it really is to play two and four a side volleyball on the beach.	\$8.00
EUROPEAN HANDBALL	This is one of the fastest-growing sports in the world. We will show you why this sport is so popular in Europe. The speed of this game is exceptional!	\$8.00
FUTSAL	Futsal is growing amongst the Australian community, a sport best explained as "soccer indoors". A great game and a great work-out.	Indoor \$8.00 Outdoor \$10.00
GYM SESSION	We have strength and conditioning coaches as well as personal trainers available to facilitate group gym sessions focusing on correct technique and the benefits of resistance training. Maximum 8 people per session.	\$8.00
HOCKEY	Test out our brand new synthetic hockey pitch. Work with a specialized coach and perfect your skills preparing you for an action-packed game.	\$10.00
SOCCER	Soccer is a dynamic sport - easy to play and a great workout. Learn a combination of passing, dribbling and shooting for goal before playing an actual game. Soccer requires a balance of explosive power and muscular endurance, but above all ...teamwork!	\$8.00
SPEED FOR SPORT	Speed for Sport uses the exercising principles of speed and agility. These sessions are conducted by qualified instructors using speed ladders, macro and micro hurdles, and resistance equipment specific to your sport. Sessions can be conducted from beginners to an elite level in any sport. Great for all land-based team and individual sports (Max 50 people).	\$8.00
RUGBY - ALL CODES	We can customise your rugby session to include the rules, drills and skills for your chosen sport. Whether it is union, league, touch or tag, we will get your athletes up to speed and working together.	\$8.00
TENNIS	Learn the basic skills of tennis which will get you serving and hitting fore-hands, backhands and volleys like a pro by the end of the session.	\$8.00
TRIATHLON	Experience the thrills triathlon has to offer utilising the centre's pool, cycling track and brand new athletics track. Our professional staff will demonstrate what it takes to be a triathlete. Bikes are included.	\$15.00
ULTIMATE FRISBIE	With specialised Ultimate coaches on hand, get your group involved in one of the newer sports our centre has to offer! Ultimate is a fast-paced, non-contact team sport played on a grass field using a frisbee. As a cross between AFL and Netball, it is an easy and fun sport, which kids and adults can play and enjoy safely together.	\$8.00
OTHER	Have another sport in mind? We can tailor for any group's needs, so ask us how!	\$POA

# → Engaging Workshops & Seminars

Minimum 20 people (unless otherwise stated)

Our staff are recognised leaders in their relevant fields. These specialists regularly conduct detailed sport and health specific sessions to students, athletes and corporate groups. Our fully equipped, multi-purpose conference facilities are the perfect location for any educational discussion, or training event. We also have additional smaller meeting rooms for strategic coaching sessions, or small gatherings.

ACTIVITY	DESCRIPTION	PRICE PER PERSON
ATHLETIC DEVELOPMENT	This class will train you like an athlete, focusing on strength, power, agility, muscular endurance and flexibility.	\$10.00
NUTRITION	Covering the basics of living a healthy lifestyle and making healthy choices in nutrition and exercise. Learn how to fuel your body for maximum performance. (30 people max).	\$25.00
JOINT STRAPPING	In this invaluable practical session you will go through strapping techniques for various joints and limbs. Learn how to prevent and manage injuries, prepare for competition and recover fast using expert techniques and materials. (Min 25 people).	\$10.00
SPORT PSYCHOLOGY / MENTAL PREPARATION	Our resident sport psychologist will discuss mental strategies athletes can use to gain peak performance, learn how to come back from injury, and more. (Max 30 people)	\$15.00
MOBILITY AND FUNCTIONAL MOVEMENT	A practical workshop where you will learn techniques for soft tissue muscle release and why mobility is critical to efficient and optimal performance.	\$8.00 per session (1 hr)
SPORT SPECIFIC STRENGTH & CONDITIONING LECTURE & PRACTICAL SESSION	Strength and conditioning is a very important element to athlete performance. The lecture will cover the theory and practice for strength and conditioning coaches, long-term athlete development and how to train different energy systems and fitness components. The lecture can be followed by a practical session in the gymnasium, allowing students to apply what they learned from the morning's lecture.	\$20.00 (2hr)
SPORTS MEDICINE AND INJURY PREVENTION	An invaluable lecture for any young athlete, this session covers the importance of warm ups, cool downs and stretching, protective equipment and how to identify any predisposition to injury or illness. You will also learn about rehabilitation techniques and how to safely return to activity after initial treatment. For individuals and teams. (Max 30 people).	\$250.00 per session
SPORTS PSYCHOLOGY	Learn how a sports psychologist can assist an athlete or team to cope with competitive pressures, fine-tune their level of awareness needed for optimal performance, and stay focused amid the many distractions of team travel in a competitive environment. (Max 30 people).	\$250.00 per session
SWIM COACHING / TECHNIQUE ANALYSIS	Push your team to the next level with expert coaching from our resident swim coach and physiotherapist.	\$10.00
PEAK PERFORMANCE COACH	Powerful motivational speaker Mark Edmondson is the UFC's peak performance psychology coach. Working with athletes from many sports, he trains athletes to think and act like a champion in training and competition.	\$15.00



# → Tourist Attractions

The Gold Coast is famous for its tourist attractions - many of which are located in close proximity to the Sports Super Centre. Our helpful staff are always happy to tailor a package to suit your group's needs.

ACTIVITY	DESCRIPTION	PRICE PER PERSON
MOVIE WORLD	For fans of all things Hollywood and cinema, step into a world dedicated to Warner Bros productions and the magic of the silver screen. Min 20	\$27.00 (primary) \$38.00 (secondary)
SEAWORLD	Get up close and personal with the natural wonders of the ocean at one of the Gold Coast's most popular theme parks. Min 20	\$27.00 (primary) 38.00 (secondary)
WET 'N' WILD	For the water babies, Wet 'n' Wild is one of the biggest water theme parks in Australia. Slides and rides galore for people of all ages. Min 20	\$19.00 (primary) \$28.00 (secondary)
AUSTRALIAN OUTBACK SPECTACULAR	Perfect for tourists visiting Australia, this show is a fantastic one-night introduction to Australia's world famous Outback. Dinner included. Min 20	From \$55.00
CURRUMBIN WILDLIFE SANCTUARY	Birds, reptiles and so much more, get to know some of Australia's most fascinating wildlife. Don't forget to feed the lorikeets! Min 20	\$15.00 (primary) \$20.00 (secondary)
Q1 SKYPOINT	Situated on the top floor of the Q1 on the Gold Coast, SkyPoint is a major attraction that offers 360 views of Surfer's Paradise and surrounding areas	\$26.00 (adult) \$16.00 (child)
GLOW WORM CAVES	Journey underground through spectacular glow worm caves at Tamborine Mountain in the gorgeous Gold Coast Hinterland.	\$15.00 (adult) \$10.00 (student)
GAME OVER HELENSVALE	Australia's first Electric Indoor Karting track, Clip 'N Climb adventure walls and Lazer Tag center.	\$20.00 (Clip n Climb) \$33.00 (Go Karting) \$10.00 (Lazer Tag)
SHOPPING EXPERIENCE	Experience retail shopping at its finest on the Gold Coast by visiting Harbour Town Outlet, Robina Town Centre, Pacific Fair and more.	\$POA for hire bus
BROADWATER PARKLANDS	A large community park located in Southport on the popular Broadwater waterways. Designed for large community gatherings and families alike. The park has many different areas for children and barbecue areas for families.	Free to visit parklands \$POA for bus hire
OTHER	Prefer to do something a bit different? We can tailor any tourist attraction based on a group's needs. Ask us how!	\$POA

# → Other Services

The Sports Super Centre also offers additional services that may add to your experience with us. Available services include, but are not limited to, those listed below. Should you require a service not included in this guide, please talk to us about how we can tailor something to meet your needs.

SERVICE	DESCRIPTION
COACHING	Whatever your chosen sport, we can help! If you have not seen your sport listed in this guide please contact us and we will gladly assist with your enquiry. We have access to highly experienced coaches and athletes that ensure your stay with us is a memorable and beneficial one.
SPORTS MEDICINE CLINIC	The onsite Sports Medicine Clinic is a vital part of our centre. The clinic is home to some of Australia's leading professional therapists. Services include: <ul style="list-style-type: none"> <li>- Physiotherapy</li> <li>- Sports Injury</li> <li>- Podiatry</li> <li>- Massage Therapy</li> <li>- Dietitian &amp; Athlete Nutrition</li> <li>- Exercise Physiologist</li> </ul>
PRO-ONE TENNIS CENTRE	Located within 250m of the Sports Super Centre, Pro-One Tennis Academy has a pro-shop with re-stringing service and nine flood-lit tennis courts with various court types, including rebound ace, plexi pave, synthetic grass and two new red classic clay courts. Advance bookings required.
INDOOR SPORTS STADIUM	Located within 250m of the Sports Super Centre, the Indoor Sports Stadium has four full size basketball courts and can host a variety of activities. Advance bookings are required.
LUKE HARROP CYCLE TRACK	Whether it be for training or an event we have onsite access to a fully enclosed 1.8km high performance cycle track.
GRASS FIELDS	16 natural grass fields are available for training or matches.
NETBALL COURTS	21 Outdoor netball courts are only 250m away, or train and play in the indoor sports stadium across the road.
CRICKET OVALS	Three cricket ovals with natural grass and synthetic wickets.

## Terms and Conditions:

All pricing and information is based on a minimum numbers listed - Monday to Friday.

Weekend and public holiday rates apply and vary on some activities.

Additional coaching staff is available upon request. Pricing on application.

All activities run for approximately one hour unless stated otherwise

Activities are subject to facility and instructor availability

Prices for external activities may have changed in price since this document was printed., however the SSC will notify of changes

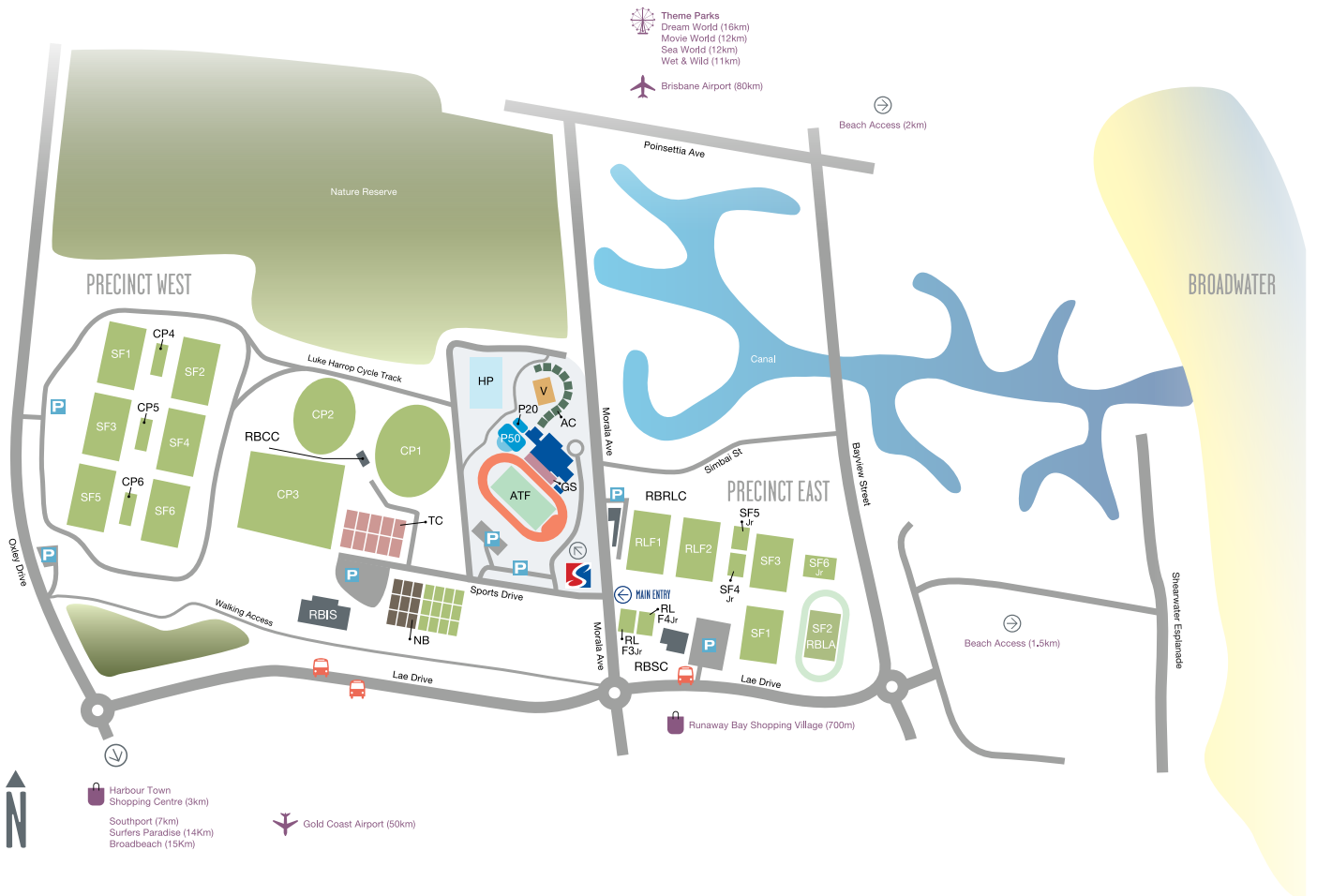
Please request further details on theme park or other activity packages

Participants must bring suitable footwear, comfortable clothing and a water bottle to all activities

Minimum 20 person booking unless otherwise stated



# Runaway Bay Sporting Precinct



## KEY

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| <b>AC</b> Group Accommodation                    | <b>P20</b> 20m Heated Pool                                       | <b>RBLA</b> Runaway Bay Little Athletics     |
| <b>ATF</b> IAAF Athletics Track & Field          | <b>P50</b> 50m Heated Pool (8 Lanes)                             | <b>RLF</b> Rugby League Field                |
| <b>CP</b> Cricket Pitch (Synthetic)              | <b>RBCC</b> Runaway Bay Cricket Club                             | <b>SF</b> Soccer Field                       |
| <b>GS</b> Grandstand                             | <b>RBIS</b> Runaway Bay Indoor Stadium (4x Multi-purpose Courts) | <b>TC</b> Pro-One Tennis Academy (9x Courts) |
| <b>HP</b> Hockey Pitch                           | <b>RBRLC</b> Runaway Bay Rugby League Club                       | <b>V</b> Beach Volleyball (2x Courts)        |
| <b>NB</b> Netball Courts (9x Bitumen, 12x Grass) | <b>RBSC</b> Runaway Bay Soccer Club                              |  |

## Contacts

Please contact our Accommodation & Events team for more information regarding this guide:

E: [reservations@sportssupercentre.com.au](mailto:reservations@sportssupercentre.com.au)  
T: +61 7 5500 9988

The Sports Super Centre welcomes you to visit our facility. We look forward to further developing our relationship with you into the future.

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