

ACTIVITIES GUIDE

2020



GOLD COAST
PERFORMANCE
CENTRE



ALL SPORTS. ONE LOCATION.



→ Keep active at the Gold Coast Performance Centre

Make your experience at the Gold Coast Performance 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. A \$9pp minimum applies Mon-Fri, \$12pp minimum applies on Saturdays and a \$15pp minimum applies for all activities on Sundays.

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 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
BUBBLE SOCCER	Bubble Soccer is a new sport; physically demanding, exciting and laugh out loud fun. It involves being strapped into a zorb ball and running around playing a full contact game of soccer.	\$25.00
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!	\$9.00
KAYAKING ADVENTURES	Learn to kayak with a qualified and friendly tour guide. Visit the famous Broadwater and keep an eye out for fish, dolphins, turtles and stingrays! 2 hour activity. Maximum 32 people.	POA
MARTIAL ARTS	This 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. Maximum 50 pax.	\$15.00
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 group session. Transfers available on request.	POA
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 Gold Coast Performance Centre. Qualified instructors conduct the session incorporating technical instruction with an emphasis on participation and fun.	POA

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. 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.	\$9.00
AQUATIC GAMES	A variety of games to suit all ages. Low-impact exercise to promote teamwork and enhance fitness and build water confidence.	\$9.00
AQUATIC RECOVERY CLASS	Apply exercise physiology principles to ease tight or sore muscles and boost recovery in the indoor or outdoor heated pool.	\$9.00
AQUA ENGLISH CLASS	The 1 hour class is instructed by experienced professionals in teaching English and swimming. Increase your students' swimming abilities in the 20m, heated indoor pool while learning English.	POA
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.	\$9.00
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.	\$20.30 per lane per hour (on-site groups) \$24.45 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. \$67.65 per session without instructor (max 20pax) extra people \$3.60pp Price also includes 1 x 50m pool lane hire



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
ENGLISH LANGUAGE LESSONS	An opportunity to for international students to learn English while playing unique sports.	POA
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 participants to apply knowledge to a variety of team situations and highlights the importance of skills like extrapolation and inferencing.	\$9.00
INDIGENOUS GAMES	Fun, competitive Traditional Indigenous games that provide students an opportunity to learn about, appreciate and experience aspects of Aboriginal and Torres Strait Islander cultures. Suitable for all ages, abilities and backgrounds.	\$9.00
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!?	\$9.00
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.	\$9.00
OUTDOOR TEAM CHALLENGE	Challenge your communication and team building skills on our new outdoor team challenges. From being blind folded to being mentally challenged, this is a great activity to see the diversity of students come together to achieve success.	\$9.00
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.	\$9.00
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.	\$9.00

SPORT AND LEADERSHIP PROGRAMS

Minimum 20 people (unless otherwise stated)

With our team of experienced sport and business leaders, school teachers and motivational speakers, the Gold Coast Performance Centre can offer your team, class or group a range of half and full-day programs to develop leadership skills. Please note, additional charges may apply for certain activities. Subject to availability. Weekend and public holiday rates apply.

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.	\$30.00 (weekday) \$32.00 (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.	
CHALLENGE DAY	An inspirational day for individuals to accept mental and physical challenges, which will propel them to setting and achieving their goals.	
RESILIENCE DAY	Learning the resilience cycle through action, participants are pushed to accept their choices and build resilience strategies.	



TEAM BUILDING ITINERARY (HALF DAY)



Take your team dynamic to the next level with the Gold Coast Performance Centre Team Building Corporate Activity Day.

Your team will engage in 4 activities that will challenge them to value the strength of a diverse group and step up into a supportive leadership role.

"Your attention to detail for Miyagi-ken Rifu and organisation of Australia Sport Cultural day was fantastic. All feedback from students and teachers was really positive and they are still talking about it back home."

Naoe Murakami
Japan Australia Travel Service

TEAM BUILDING ITINERARY

- **8:00 Personality Traits**
A journey of self discovery while you learn about the diverse personalities in your team.
- **9:00 Amazing Race**
Team based challenges with a race to the finish line.
- **10:00 Morning Tea**
Enjoy a cuppa, snack and some down time at the Bistro.
- **10:30 Team Building**
Cooperate and communicate to achieve success.
- **11:30 Beach Volleyball**
Team work is essential to keep the ball in play, fun for all.
- **12.30 Finish**
Take the team vibe back to your workplace & watch productivity soar!



Mix it up...

Why not swap Beach Volleyball for the Spartan course for a gritty challenge.





FITNESS ITINERARY (HALF DAY)

FITNESS ITINERARY

- **8:00 Boot Camp**
Military style fitness session, expect the unexpected.
- **9:00 Boxing**
High Intensity focusing on agility and power.
- **10:00 Morning Tea**
Enjoy a cuppa, snack and some down time at the Bistro.
- **10:30 Speed for Sport**
Quick feet, fast pulse in this speed and agility focused class.
- **11:30 Yoga**
Relax and recover while your mind and body unwind..
- **12:30 Finish**
Your team have been well and truly tested now equipped with lifelong health and fitness skills.



Mix it up...

Want a cool finish? Switch Yoga for Aquatic Recovery.

Invest in the health and fitness of your staff with the Gold Coast Performance Centre Corporate Fitness Day.

Let your team rise to the challenge during the 4 fitness focused activities concluding with Yoga to relax and unwind at the end of the adrenaline fuelled day.

"Just wanted to say a huge thanks once again for all of your work bringing our camp to fruition with it being such a late booking, your work and attention to detail for us was greatly appreciated. We were really happy with it overall, and it was a great success for the athletes and coaches."

Miles Thompson
Athletics Australia



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.	\$9.00
ASTRONOMY NIGHT	Enjoy an educational and interactive scientific session while observing celestial objects such as stars, planets, asteroids, and comets.	\$12.00
DJ NIGHT	An interactive freestyle evening of dancing and singing including dance off challenges and more. DJ and lights included. Minimum 25 people.	\$10.00
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.	\$9.00
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 Gold Coast Performance 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
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.	\$9.00 \$12.00 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.	\$9.00
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.	\$9.00
BODYFIT	A fun, exercise to music workout that combines cardio fitness, core stability, balance, functional strength and flexibility.	\$9.00
BOXING	A high intensity workout focusing on agility and power, this session will certainly keep your heart rate up.	\$9.00
FUNCTIONAL FLEXIBILITY + YOGA	Perfect for a recovery activity. Improved flexibility can enhance sports performance and helps to reduce the risk of strains, tears and muscle soreness.	\$9.00
HIGH INTENSITY INTERVAL TRAINING (HIIT)	A fantastic all-in-one workout including cardio, weights, plyometrics, body weight exercise and cycle training. Suitable for everyone.	\$9.00
METAFIT	Metafit is a high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.	\$9.00
PILATES	Flexibility, strength and core movements helping tone and strength muscles. A floor work group class teaching the basic fundamentals. Max 30 people.	\$9.00
ROLL N RECOVER	Using foam rollers and trigger balls to enhance your recovery. This class aims to improve movement and release tight muscle tissue to keep you injury free.	\$9.00
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 30 people.	\$9.00
SPRINT	If you want to get fitter, faster, stronger with minimal impact to your joints then this is the workout for you! LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Maximum 30 people.	\$9.00
ZUMBA	High and low-intensity moves for an interval-style dance fitness party.	\$9.00

LOCAL SPORT DEVELOPMENT ITINERARY



OPPORTUNITIES

Team Cohesion - Improved Physical Fitness
Mental Strategies - Skills Development

Take your athletes to the next level with the Gold Coast Performance Centre Sports Development Day.

Your team will experience what it is like to become an elite athlete, from training on elite facilities to learning the mental and physical skills involved in becoming the best in their field.



I think the staff were great, particularly when dealing with constant changes with numbers and dates with the Oceania athletes. Your patience was appreciated.

Since the upgrades, the sports facilities are great with the track, pool and gym that we primarily used.

Duncan Free OAM
Griffith Sports College



LOCAL SPORT DEVELOPMENT ITINERARY EXAMPLE ITINERARY BASED ON A FIELD SPORT CAMP

- **8:30 Arrival & Induction**
- **9:00 Speed For Sport or Team Building Activity**
Choose from the high intensity speed and agility development session or Team Building activity to improve Team Cohesion.
- **10:00 Sports Specific Strength & Conditioning Workshop & Prac in Gym**
Discover the science behind Strength and Conditioning training as it applies to your sport, followed by a guided gym session of these practices.
- **12:30 Lunch at Gold CoastPC**
Enjoy a hearty, healthy lunch prepared by our on-site chef at the Trackside Bistro.
- **13:30 Mental Prep Workshop**
Learn the mental strategies that elite athletes use for peak performance.
- **14:30 Sport Specific Skills Session**
Take your team through a skills based training session on one of our elite facilities.
(\$ based on Main Field hire)
- **15.30 Aquatic Recovery**
Ease tired muscles and speed recovery with this guided session in 50m or 20m pool.
- **14:30 Departure**
Your athletes have experienced a day in the life of an elite sports person. With the tools to succeed the future is in their hands.



Take it to the next level...

Why not utilise one of our expert coaches, to introduce new skills and techniques for your athletes...

SPORTING SESSIONS

Minimum 20 people (unless otherwise stated)

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

ACTIVITY	DESCRIPTION	PRICE PER PERSON
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.	\$9.00
ATHLETICS	Multi-discipline athletics sports on our IAAF-accredited track and field facility, including long jump, shotput, discus, high jump and more.	\$9.00
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.	\$9.00
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. Off peak training times only.	\$9.00
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.	POA
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).	\$9.00
SWIM COACHING	Push your team to the next level with expert coaching from our swim coach.	POA
TENNIS	Learn the basic skills of tennis which will get you serving and hitting forehands, backhands and volleys like a pro by the end of the session.	POA
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.	POA
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.	\$10.00
OTHER	Have another sport in mind? We can tailor for any group's needs, so ask us how! <ul style="list-style-type: none"> • Basketball • Netball • Soccer • Rugby - All Codes • Futsal • Water Polo 	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
LONG-TERM ATHLETE DEVELOPMENT	This lecture and practical session will teach you how to build a strong foundation as an athlete, not just in a specific sport. You will learn fundamentals of key movements, key training variables and tips on monitoring fatigue, overtraining and more to maximise performance.	\$15.00
ATHLETIC DEVELOPMENT	This class will train you like an athlete, focusing on strength, power, agility, muscular endurance and flexibility.	\$15.00
SPORTS NUTRITION & DIETETICS	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. (Min 20, Max 30 people)	\$15.00
DIETITIAN LED INTERACTIVE SHOPPING TOUR	A fun, practical workshop which will take you through the basics of a nutritious grocery shop. Learn where to find nutritious foods in store, identify common food misconceptions, and tackle the confusing world of food product comparisons by learning how to read food labels.	POA
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.	\$15.00
MENTAL PREPARATION	Discuss mental strategies athletes can use to gain peak performance, learn how to come back from injury, and more.	\$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.	\$15.00
SPORT SPECIFIC STRENGTH & CONDITIONING SEMINAR	Strength and Conditioning is an integral element to an athletes career and performance. This lecture will cover the fundamental Strength and conditioning protocols necessary for optimal performance. Aimed at all levels of expertise from coaches to athletes this lecture will challenge your perspective and improve your understanding on how to foster optimal results.	\$15.00
SPORT SPECIFIC STRENGTH & CONDITIONING PRACTICAL	Recommended to do in conjunction with Sports Specific Strength and Conditioning Seminar or Physiology and optimising your training, this practical session will put into practice this new found knowledge on how we can unlock your body's true potential. Tailored to the needs of your chosen sport our team of Exercise Physiologists will put you through your paces and help you not only understand but feel the difference when training effectively.	\$15.00
SPORTS 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. (Min 20, Max 30 people).	\$15.00
CUSTOM ATHLETE MOVEMENT SESSION	Allow our Exercise Physiologists to work directly with your coaches to program a targeted session for your athletes. Sessions may include sport specific strength based training, wellness workshop, injury prevention, performance mindset to name a few.	POA

GOLD COAST ATTRACTIONS

Prices are for groups with a minimum of 20 people.
Please enquire for prices if you have a smaller group.

The Gold Coast is famous for its tourist attractions - many of which are located in close proximity to the Gold Coast Performance 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	\$35.00 (primary) \$45.00 (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	\$35.00 (primary) \$45.00 (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	\$25.00 (primary) \$35.00 (secondary)
DREAMWORLD	Enjoy rides for all ages, animal encounters, and WhiteWater World water park in Australia's biggest theme park.	\$35.00 (primary) \$45.00 (secondary)
PARADISE COUNTRY	Paradise Country is an authentic Australian farm experience with animal encounters and shows for the whole group to enjoy.	\$20.00 (primary) \$30.00 (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 \$75.00
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	\$17.00 Students \$27.00 Adults \$17.00 photo with a Koala
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	\$27.00 (adult) \$17.00 (child)
GAME OVER HELENSVALE	Australia's first Electric Indoor Karting track, Clip 'N Climb adventure walls and Lazer Tag center.	From \$20.00 (Clip n Climb) From \$36.00 (Go Karting) \$12.00 (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!	

Please note: bus transfers are an additional cost. Please enquire for details.

OTHER SERVICES

The Gold Coast Performance 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. Subject to availability from Council.*

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.
ATKINS HEALTH ALLIED HEALTH SERVICES	Our onsite team of Allied Health Specialists form a vital part of the Gold Coast Performance Centre. The Atkins Health team is comprised of some of Australia's most passionate and skilled professionals. Services include: - Remedial Massage Therapy - Sports Dietetics and Nutrition - Exercise Physiology
PRO-ONE TENNIS CENTRE	Located within 250m of the Gold Coast Performance 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 Gold Coast Performance 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 for an event we have direct access to a fully enclosed 1.8km high performance cycle track.*
GRASS FIELDS	16 natural grass fields are available in the adjoining sports precinct 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. The Centre will endeavour to 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.

CREATE YOUR OWN DAY

**\$POA
PER PERSON**



HALF DAY ITINERARY

4 hours of activities and 1 meal

1 Hour	Activity 1
1 Hour	Activity 2
Meal	Trackside Bistro
1 Hour	Activity 3
1 Hour	Activity 4

FULL DAY ITINERARY

6 hours of activities and 1 meal

1 Hour	Activity 1
1 Hour	Activity 2
1 Hour	Activity 3
Meal	Trackside Bistro
1 Hour	Activity 4
1 Hour	Activity 5
1 Hour	Activity 6



DESIGN YOUR EXPERIENCE

Team Building/Leadership

Kayaking • Stand Up Paddling
 Boot Camp • Amazing Race
 Field Games • Initiative Games
 Personality Traits • Spartan
 Course • Team Building • Zumba
 Archery • Beach Volleyball • Peak
 Performance Workshop • Goal
 Setting Workshop

Professional Development

Boot Camp • Amazing Race
 Field Games • Initiative Games
 Personality Traits • Spartan
 Course • Team Building
 Activities • Yoga • Archery • Peak
 Performance Workshop • Goal
 Setting Workshop

Fitness

Boot Camp • Aquatic Recovery
 Field Games • Spartan Course
 Body Conditioning • Boxing
 Functional Flexibility • HIIT • Yoga
 Cycle Class • Beach Volleyball
 Speed for Sport • Triathlon
 Athletic Development Workshop
 Gym Session • Peak Performance
 Workshop

Wellness

Kayaking • Stand Up Paddling
 Aquafit • Aquatic Games • Field
 Games • Personality Traits • Team
 Building Activities • Yoga • Pilates
 Zumba • Beach Volleyball
 Nutrition/Shopping Tour • Wellness
 Workshop • Peak Performance
 Workshop • Goal Setting Workshop
 Sleep Workshop

Premium Activity

1-hour Premium Activities:

Peak Performance Workshop (\$15) • Goal Setting Workshop (\$15)
 Aquatic Recovery (\$15) • Athletic Development Workshop (\$15) • Wellness
 Workshop (\$15) • Sleep Workshop (\$15)

2-hour Premium Activities:

Kayaking (\$18) • Stand Up Paddling (\$18)



Mix it up...

Our location or yours? Our team can bring your activity day to a location of your choice.

RUNAWAY BAY SPORTING PRECINCT

RUNAWAY BAY SPORTS PRECINCT



KEY

- AC Group Accommodation
- ATF IAAF Athletics Track & Field
- CP Cricket Pitch (Synthetic)
- GS Grandstand
- HP Hockey Pitch
- P1 Pro-One Tennis Academy (9x Courts)

- P20 20m Heated Pool
- P50 50m Heated Pool
- RBCC Runaway Bay Cricket Club
- RBNC Runaway Bay Netball Club (9x Bitumen, 12x Grass)
- RBIS Runaway Bay Indoor Stadium (4x Multi-purpose Courts)
- RBRLC Runaway Bay Rugby League Club

- RBSC Runaway Bay Soccer Club
- RBLA Runaway Bay Little Athletics
- RLF Rugby League Field
- SF Soccer Field
- V Beach Volleyball (2x Courts)

TRANSFER PRICING

TRANSFERS	11 SEAT	21 Seat	24 Seat	45 Seat	53 Seat	57 Seat
Brisbane Airports or City to GCPC or Surfers Paradise - One Way	\$313	\$339	\$381	\$529	\$542	\$549
Coolangatta Airport to GCPC - One Way	\$232	\$250	\$294	\$419	\$423	\$440
GCPC to Harbourtown and return	\$238	\$256	\$313	\$481	\$481	\$535
GCPC to Sanctuary Cove and return	\$250	\$281	\$313	\$535	\$535	\$549
GCPC to Surfers Paradise and return	\$250	\$281	\$313	\$535	\$535	\$549
GCPC to Jupiters Casino / Broadbeach / Pacific Fair and return	\$250	\$281	\$313	\$535	\$535	\$549
GCPC to Seaworld and return	\$250	\$281	\$313	\$535	\$535	\$549
GCPC to Wet'n'Wild / Movieworld / Dreamworld / Paradise Country and return	\$250	\$281	\$313	\$535	\$535	\$549
GCPC to Currumbin Wildlife Sanctuary and return	\$288	\$339	\$375	\$583	\$597	\$632

- All prices are inclusive of 10% GST and subject to change.
- Vice Versa applies.

CONTACT DETAILS

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

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The Gold Coast Performance Centre welcomes you to visit our facility.

We look forward to further developing our relationship with you into the future.

Gold Coast Performance Centre – Gold Coast
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