



# **CORPORATE PROGRAMS**



**GOLD COAST  
PERFORMANCE  
CENTRE**

# TEAM BUILDING ITINERARY (HALF DAY)

**\$36.30 PER PERSON**

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)

**\$36.30 PER PERSON**

## 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 fueled 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



# TRAINING DAY ITINERARY (FULL DAY)

**\$49.80**  
**PER PERSON**  
BASED ON 30 PAX



Super charge your team's training experience by pairing your content with Gold Coast Performance Centre engaging activities.

Start the day delivering your training in our fully equipped conference facilities, followed by lunch and an afternoon of team building and healthy activities.

*"The facility is fantastic and we love coming to the centre every year, thank you very much for all your help and looking after us. Please also pass this onto everyone there at the centre."*

Lauren  
Nudgee swimming

## TRAINING DAY ITINERARY

- **9:00 Conference Room**  
2 hours hire for 60 pax (other sizes available).
- **11:00 Initiative Games**  
Demonstrate Initiative with this extreme problem solving activity.
- **12:00 Lunch**  
Enjoy a hearty, healthy lunch prepared by our on-site chef at the Trackside Bistro.
- **12:30 Personality Traits**  
A journey of self discovery while you learn about the diverse personalities in your team.
- **1:30 Beach Volleyball**  
Team work is essential to keep the ball in play, fun for all.
- **2:30 Yoga**  
Relax and recover while your mind and body unwind.
- **3:30 Finish**  
After a day of learning and adventure your team will be begging for more training days.



### Mix it up...

Looking for a more focused experience? Switch Beach Volleyball for Archery to hit your target.





# WELLNESS DAY ITINERARY (HALF DAY)

**\$50.50  
PER PERSON**

## WELLNESS ITINERARY

- **7:30 Breakfast**  
Start your day with a fresh and hearty breakfast at the Bistro.
- **8:30 Yoga**  
Relax and recover while your mind and body unwind.
- **9:30 Wellness Workshop**  
Learn how to take a proactive approach to your personal wellbeing.
- **10:30 Beach Volleyball**  
Team work is essential to keep the ball in play, fun for all
- **11:30 Deepwater Exercise**  
High Energy, low impact work out with buoyancy belts.
- **12:30 Finish**  
With new skills for taking control of their personal wellness your staff will be empowered to live their best life.



Why not stay overnight in our lodges from \$25 pp?

Contact our Reservations team for more info  
[reservations@sportssupercentre.com.au](mailto:reservations@sportssupercentre.com.au)

Healthy, happy staff are an asset to any workplace. Empower your staff with the skills to take control of their life with the Gold Coast Performance Centre Wellness Day.

The day starts with a healthy breakfast followed by a workshop and 3 activities to educate and inspire a healthy lifestyle.

*"A big thank you to you and your team, the service provided was faultless, we thoroughly enjoyed our stay. Also, could you please pass our appreciation onto the catering team, the food was fantastic!.."*

Alana Wildbore  
ConAir New Zealand



# CREATE YOUR OWN DAY

\$TBC  
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) • Nutrition/Shopping Tour (\$15)



### Mix it up...

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

# CONFERENCE ROOM OPTIONS

**\$VARIOUS PER ROOM**



## OPTIONS

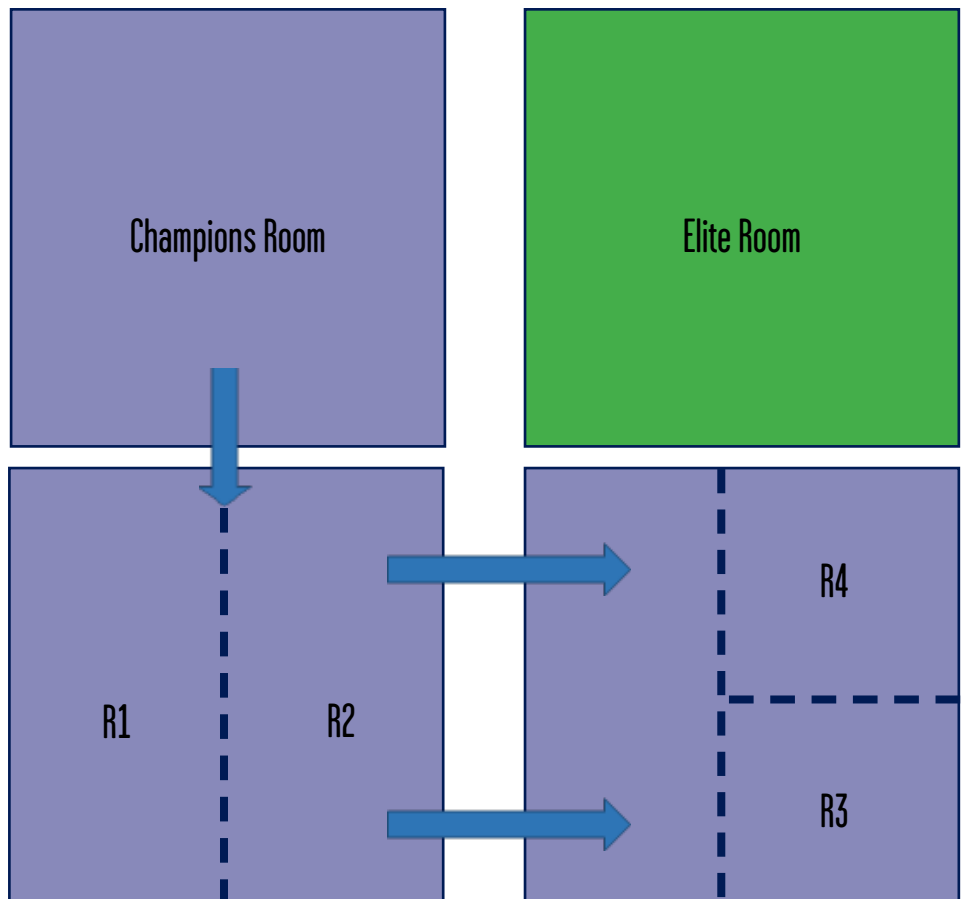
- Champions Room  
20m x 15m - Seats 200  
\$183.60 hr - \$434.50 day
- R1 Platinum Room  
20m x 7.5m - Seats 100  
\$122.40 hr - \$299.90 day
- R2 Gold Room  
20m x 7.5m - Seats 100  
\$122.40 hr - \$299.90 day
- R3 Silver Room  
7.5m x 10m - Seats 60  
\$67.30 hr - \$244.80 day
- R4 Bronze Room  
7.5m x 5m - Seats 20  
\$56.10 hr - \$203.00 day
- Elite Room  
7.5m x 5m - Seats 20  
\$67.30 hr - \$244.80 day

## CONFERENCE ROOMS

Our fully-equipped, multi-purpose conference facilities are the perfect location for any conference, large group gathering or training event.

In addition to our main conference room, Gold Coast Performance Centre also has a number of smaller conference and meeting rooms, and a purpose-built lecture theatre. Rooms and theatres have access to wi-fi, projectors and other multimedia services.

Our helpful Events Team are always willing to customise rooms and theatres to meet specific group needs and requirements.



### Value add...

Add Morning or Afternoon Tea for a sweet touch to your conference.



# ALL SPORTS. ONE LOCATION.

## Contact Details

For further information, please contact Group Sales, Accommodation & Events at the following details:

E: [ctayl419@eq.edu.au](mailto:ctayl419@eq.edu.au)

T: +61 7 5500 9988

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  
PO Box 294 Runaway Bay,  
Queensland, Gold Coast, 4216

[goldcoastperformancecentre.com.au](http://goldcoastperformancecentre.com.au)



GOLD COAST  
**PERFORMANCE**  
CENTRE



Queensland  
Government