



Ready Set Grow

School Holiday Programs

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MORHAVEN.COM.AU



Come Along and Join in!

Kids love our dynamic and engaging programs that encourage physical, social, and emotional growth. Led by our experienced Occupational Therapists and Exercise Physiologists, our activities are designed to help your child develop new skills, build confidence, and connect with others—all while having a blast!



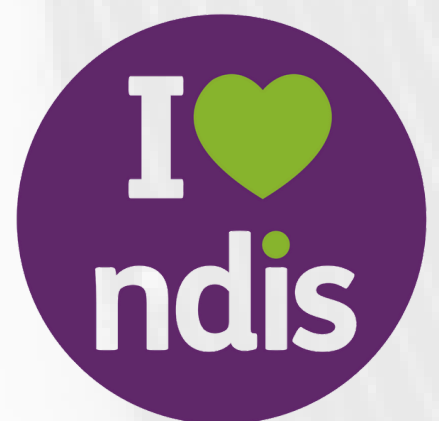


Ready Set Grow

School Holiday Programs



**Are you Interested in our
School Holiday Programs?**



**Scan to complete
your registration
form**



Little Legends Studio

Arts and Crafts Program

Let the creativity come to life these school holidays! This creative arts and crafts holiday program lets children explore their imagination and create fun projects.

Who should attend?

School Aged Children (Kindy to Yr 12)

Objectives:

- Develop fine motor skills.
- Enhance sensory processing and creative expression.
- Build social confidence through collaborative projects.

When & Where is the Program?

Dates: 06/01 - 08/01 (Tues - Thurs)

Time: 9:00am to 11:00am

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)

Who runs the Program?

This group is facilitated by our Occupational Therapy Team.

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Move Masters

Cross Motor Skills Program

A fun and inclusive school holiday program designed to help kids strengthen their gross motor skills through active play.

Who should attend?

School Aged Children (Kindy to Yr 12)

Objectives:

- Encourage confidence through movements.
- Build coordination, balance and body awareness.
- Promote social interaction.

When & Where is the Program?

Dates: 06/01 - 08/01 (Tues - Thurs)

Time: 11:00am to 12:00pm

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)

Who runs the Program?

This group is facilitated by our Exercise Physiology Team.

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Taste & Texture Sensory Squad

Food EXPLORATION Program

This fun, hands-on program lets children explore different tastes and textures of food through sensory play.

Who should attend?

Primary School-age children (Kindy to Yr 6)

Objectives:

- Sensory exploration.
- Develop fine motor skills.
- Build social confidence by exploring food together.

When & Where is the Program?

Dates: 06/01 - 08/01 (Tues - Thurs)

Time: 12:00pm to 1:00pm

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)

Who runs the Program?

This group is facilitated by our Occupational Therapy Team.

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Future Scientists Academy

Science Group Program

This playful school holiday group combines messy experiments and creative challenges.

Who should attend?

School-age Children (Kindy to Yr 12)

Objectives:

- Develop fine motor skills.
- Enhance sensory processing.
- Build social confidence and teamwork.

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When & Where is the Program?

Dates: 13/01 - 15/01 (Tues - Thurs)

Time: 9:00am to 11:00am

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)



Who runs the Program?

This group is facilitated by our Occupational Therapy Team.

*Groups are created taking into consideration age, ability and support requirements



Kinder Kickstart

School Readiness Program

This fun, interactive program helps children build the skills and confidence needed for a successful start to school.

Who should attend?

Kindergarten-age children starting in 2026

Objectives:

- Develop fine and gross motor skills.
- Build early learning and problem-solving skills.
- Build social confidence and cooperative play skills.

When & Where is the Program?

Dates: 13/01 - 16/01 (Tues - Fri)

Time: 10:00am to 12:30pm

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)

Who runs the Program?

This group is facilitated by our Occupational Therapy Team.

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Strength Stars

Resistance Training Program

Strength Stars is a fun and supportive school holiday program that introduces kids to resistance training in a safe, age-appropriate way.

Who should attend?

School-age Children (Kindy to Yr 12)

Objectives:

- Build strength and coordination.
- Enhance body posture.
- Improve muscle control.

When & Where is the Program?

Dates: 13/01 - 16/01 (Tues - Fri)

Time: 11:00am to 12:00pm

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)

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Who runs the Program?

This group is facilitated by our Exercise Physiology Team.



Social Superstars

Social Skills Program

This fun, supportive program helps children build confidence and strengthen social skills through play and engaging group activities.

Who should attend?

School-age Children (Kindy to Yr 12)

Objectives:

- Build social confidence.
- Improve communication skills.
- Develop teamwork and cooperative play.

When & Where is the Program?

Dates: 13/01 - 15/01 (Tues - Thurs)

Time: 12:00pm to 1:00pm

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)

Who runs the Program?

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True Blue Crew

Aussie Sports Program

This fun and inclusive program blends exercise physiology with the excitement of classic Aussie sports like AFL, cricket, netball, and touch footy.

Who should attend?

School-age Children (Kindy to Yr 12)

Objectives:

- Build strength and coordination.
- Encourage confidence.
- Support healthy development.

When & Where is the Program?

Dates: 13/01 - 16/01 (Tues - Fri)

Time: 1:00pm to 2:00pm

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)

Who runs the Program?

This group is facilitated by our Exercise Physiology Team.

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Cooks Corner

Cooking Group Program

This hands-on program where children explore cooking, develop skills, and have fun creating delicious food.

Who should attend?

Primary School-age Children (Kindy to Year 6)

Objectives:

- Develop fine motor skills through food preparation.
- Enhance problem-solving and practical life skills.
- Build social confidence through teamwork.

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When & Where is the Program?

Dates: 20/01 - 22/01 (Tues - Thurs)

Time: 9:00am to 11:00am

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)



Who runs the Program?

This group is facilitated by our Occupational Therapy Team.



Climb and Conquer

Tru Ninja Program

Tru Ninja is all about building confidence through movement!

Who should attend?

School-age Children (Kindy to Yr 12)

Objectives:

- Develop gross motor skills.
- Encourage confidence.
- Make new friends.

When & Where is the Program?

Dates: 20/01 - 22/1 (Tue - Thurs)

Time: 11:00am to 12:00pm

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)

Who runs the Program?

This group is facilitated by our Exercise Physiology Team.

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Mini Master Builders

Lego and Construction Program

Let the creativity click into place these school holidays! This LEGO-based program is perfect for kids who love to build, imagine, and explore.

Who should attend?

School-age Children (Kindy to Yr 12)

Objectives:

- Develop fine motor skills.
- Enhance problem-solving and creative thinking.
- Foster social connections and teamwork.

When & Where is the Program?

Dates: 20/01 - 22/1 (Tue - Thurs)

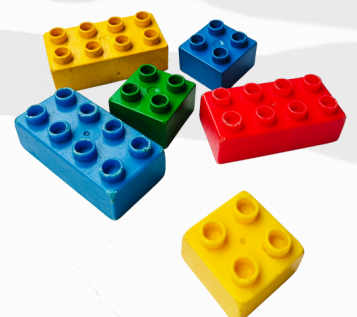
Time: 12:00pm to 1:00pm

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)

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Junior Olympians Athletics Program

Discover Your Child's Potential with Our Inclusive Athletics Program.

Who should attend?

School-age Children (Kindy to Yr 12)

Objectives:

- Develop gross motor skills.
- Encourage self-belief.
- Build teamwork.

When & Where is the Program?

Dates: 20/01 - 22/1 (Tue - Thurs)

Time: 1:00pm to 2:00pm

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)

Who runs the Program?

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Social Connections Club

Social Group

This fun, engaging program where children and teens build friendships and explore their community through group outings.

Who should attend?

School-age Children (Yr 6 to Yr 12)

Objectives:

- Develop social confidence.
- Enhance teamwork and collaboration.
- Encourage independence through outings.

When & Where is the Program?

Dates: 09/01, 16/01, 23/01 (Fri)

Time: 10:00am to 2:00pm

Address: 5/7 Anella Avenue, Castle Hill (Morhaven Castle Hill)

Who runs the Program?

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