



2025 Eight Mile  
Plains Hub  
Activity Program 2

# 2025 Hub Activity Program 2 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the EMP Hub, and we hope you enjoy what we have in store.

Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

This allows you to fully develop your skills, more opportunity to see progress and reach your goals, and have a sense of completion at the end of the 12-week program. It also helps you develop stronger connections with other customers, and gain more substantial outcomes than one-off activities.

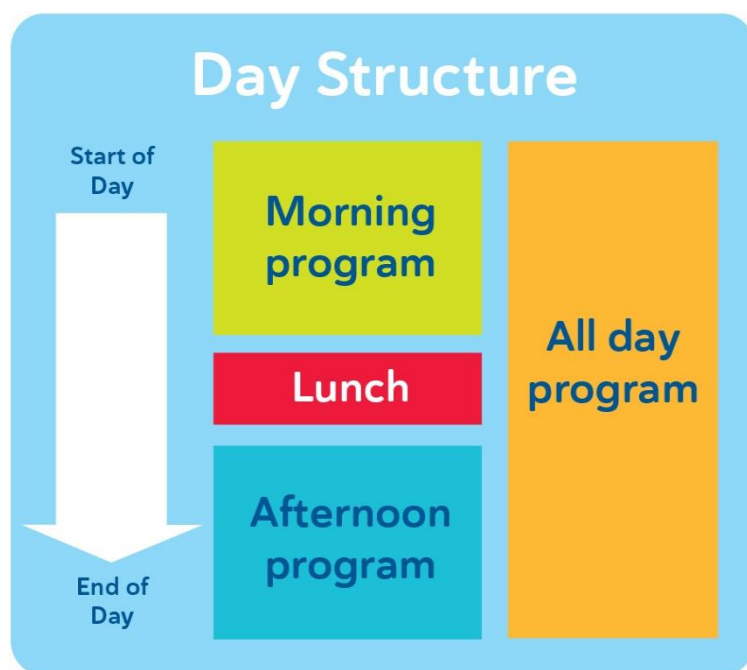
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## How it works

- For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available.

As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), please make sure the activities you choose are ones that align well with your NDIS goals, or are activities you are passionate about.

- Tick the program you wish to be registered into as outlined below and either phone through your choices to [Hena.rameez@multicap.org.au](mailto:Hena.rameez@multicap.org.au) or return it to [Adrine.mugisha@multicap.org.au](mailto:Adrine.mugisha@multicap.org.au) by 3<sup>rd</sup> March 2025.
  - Program allocation is based on first-come, first-served; so, make sure you get your selections in fast! If you need help to complete the form, please call us on 0447 367 375.
  - A confirmation letter will be sent to you with the activities you are participating in.
  - If your chosen activity is at capacity, we will phone you and see if you would like to be placed in an alternative activity or increase your level of support to be able to participate. We are unable to permit changes to your activity program once confirmed due to group-based scheduling.
- If you do not wish to participate in an activity you have selected, please contact 0447 367 375.
















# Hub Activity Program Goal Reference Guide

To support you in being able to identify activities in the Program Catalogue that will support you to achieve your individual goals we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.

A maximum of 3 core goals can be shown even though some activities may support you to achieve more than 3 goals. Those identified are the core goals that the activity supports.


If you are unsure of what goal an icon relates to then please refer to the below list which will allow you to identify the related goal and icon.

Icon	Goal
	Improve physical health & wellbeing
	Improve emotional health & wellbeing
	Develop social skills & understanding
	Build independence
	Improve fine motor skills
	Explore creative pursuits
	Sensory Experience/Exploration
	Adventure & Recreation Experience/Exploration
	Improve communication skills
	Integrate/Participate in the local community
	Develop skills to support future employment
	Develop advocacy skills & understanding
	Develop numeracy and literacy skills

# Monday Activities

Morning – Choose One













✓  
chosen activity

	<p><b>MASTER CHEF</b></p> <p>Our customers work closely with staff to build up their fine and gross motor skills to prepare and create meals of their choice. Each week we will focus on learning new skills and building on these skills as the week progresses.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>\$10</b></p>	
	<p><b>ASDAN-SOUND, RHYTHM AND MUSIC</b></p> <p>Do you have a passion for music and want to explore the world of rhythm? ASDANS Sound, Rhythm, and Music course is perfect for you! This course is designed to help you develop a deeper understanding of music theory, rhythm, and sound production. You'll have the opportunity to explore music through various sound production techniques and recording software. By the end of the course, you'll have a solid foundation in music theory and the practical skills to produce your own unique sound. Join us today and start your journey towards becoming a skilled</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>\$4.60 for new customers or \$3.50 for customers who have completed Asdan Programs before.</b></p>	
	<p><b>PAMPER ME MONDAY</b></p> <p>A relaxing way to start the week. Pampering includes hand and arm massage, foot spa in Epson salt, nail painting, head, and shoulder massage. General relaxation time, with scented candles, slippers, and weighted blankets.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>\$2.50</b></p>	

AND










Afternoon – Choose One

✓  
chosen activity

	<p><b>FUN FITNESS IN THE HUB</b></p> <p>Each week we will focus on different exercises in the hub.</p> <ul style="list-style-type: none"> <li>• Walking onsite (Sensory Garden)</li> <li>• Seated exercise</li> <li>• Zumba.</li> <li>• Ball coordination skills and Yoga.</li> </ul> <p>Goals to achieve:</p>	<p><b>No cost.</b></p>		
 Goal #1	 Goal #2	 Goal #3		
	<p><b>SENSORY ACTIVITIES</b></p> <p>We will open our minds to all things sensory. This will include:</p> <ul style="list-style-type: none"> <li>• the use of water play, Slime, Sand, Playdough, and many more fun activities. This Program will encourage and promote the use of discovery for all customers to engage their seven senses.</li> </ul> <p>Goals to achieve:</p>	<p><b>\$2.50</b></p>		
 Goal #1	 Goal #2	 Goal #3		
	<p><b>ASDAN- SELF ADVOCACY</b></p> <p>This program is designed for our customers to discuss topics of interests, current life practices or concerns.</p> <p>This program is ideal for customers to discuss and express their thoughts. At the end of the program customers have the option to register membership to the HAVEN network. HAVEN members will then attend meetings weekly in person to discuss community or policy issues that are of interests and importance to them.</p> <p>Goals to achieve:</p>	<p><b>\$2.50</b></p>		
 Goal #1	 Goal #2	 Goal #3		















OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p><b>COCA (CENTER OF CREATIVE ARTS)-PUBLIC ART</b></p> <p>With a focus on the upcoming COCA production <i>Instar</i>, artists will work together to create costumes, set and props for use on stage.</p> <p><b>**Bring your own lunch**</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                           Goal #1                     </div> <div style="text-align: center;">                           Goal #2                     </div> <div style="text-align: center;">                           Goal #3                     </div> </div>	<p><b>\$5</b></p>	
	<p><b>Travel Training and City Cat</b></p> <p>Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing.</p> <p><b>**Bring Go card**</b></p> <p><b>** Shared Kilometers charge**</b></p> <p><b>**Bring or buy lunch**</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                           Goal #1                     </div> <div style="text-align: center;">                           Goal #2                     </div> <div style="text-align: center;">                           Goal #3                     </div> </div>	<p><b>Go card required.</b></p>	

# Tuesday activities

## Morning – Choose One

✓  
chosen activity













	<p><b>SWIMMING AT EMP HUB</b></p> <p>Enjoy your swim in one of our Swimming pool first thing in the morning. This activity will enable our customers to relax, distress and improve their general wellbeing.</p> <p>Goals to achieve:</p>	<p><b>No cost.</b></p>		
 Goal #1	 Goal #2	 Goal #3	<p><b>No cost.</b></p>	
	<p><b>DANCING GROUP</b></p> <p>Dance is expressive movement with purpose and form. Through dance our customers will use their body as the instrument and movement as the medium for personal, social, emotional, spiritual and physical communication.</p> <p>Goals to achieve:</p>	<p><b>No cost.</b></p>		
 Goal #1	 Goal #2	 Goal #3	<p><b>\$2.50</b></p>	
	<p><b>LITERACY BASED LEARNING</b></p> <p>Basic Literacy Skills. This includes story reading, singing, educational puzzles, literacy books (writing practice), picture books, and educational games.</p> <p>Goals to achieve:</p>	<p><b>\$2.50</b></p>		
 Goal #1	 Goal #2	 Goal #3		

## AND

### Afternoon – Choose One



chosen activity

	<p><b>SENSORY ACTIVITIES</b></p> <p>We will open our minds to all things sensory. This will include the use of water play, Slime, Sand, Playdough, and many more fun activities. This Program will encourage and promote the use of discovery for all customers to engage their seven senses.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>\$2.50</b></p>	
	<p><b>WORLD AROUND US DOCUMENTARIES</b></p> <p>An opportunity to explore and learn about the world that exists around us and observe life through documentaries.</p> <ul style="list-style-type: none"> <li>• Culture</li> <li>• Sporting</li> <li>• Foods</li> <li>• Music</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>No cost</b></p>	
	<p><b>SALADS MAKING</b></p> <p>An opportunity to learn how to make your own salads. Our 12 weeks salads recipes will improve your overall wellbeing and your digestion.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>\$7</b></p>	

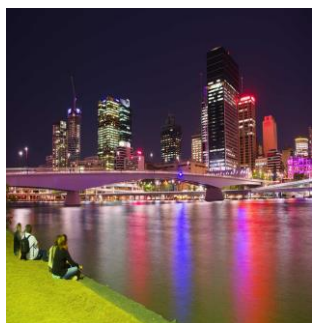


**OR – choose one All Day activity below**

**All Day – Choose One**



chosen activity



**EXPLORE OUR BRISBANE CITY**

Time to explore Brisbane City. Activities would include:

- Mt Coo-tha
- Visit RSPCA
- Botanical Gardens
- Koala Parklands
- Underwood Park
- Lone Pine Koala Sanctuary (Once off), etc.

**\*\*Bring or buy lunch\*\***

**\*\* Shared kilometres charge\*\***

**No cost**

**Goals to achieve:**



Goal #1



Goal #2



Goal #3



**COCA - CERAMICS**

Artist's design and create clay-based artworks for display, sale or personal use. For artists with advanced skills, Independent Practice is prioritised including the development of sculptural pieces.

**\*\*Bring your own lunch\*\***

**\$5**

**Goals to achieve:**



Goal #1



Goal #2



Goal #3

## BOWLING AND LUNCH CLUB

Lace up your bowling shoes and hit the lanes for a game of ten-pin bowling at Strike Zone Mount Gravatt and go to the nearest Club for Lunch right after.

**\*\* Shared kilometres charge\*\***



**\*\*Bring or buy lunch\*\***

**Goals to achieve:**



Goal #1



Goal #2



Goal #3













**\$7-\$8**  
Depending  
on the  
location.

Lunch in  
the Club is  
\$15-\$25  
depending  
on your  
choices.










# Wednesday activities

Morning – Choose One

✓  
chosen activity

	<p><b>SENSORY ACTIVITIES</b></p> <p>We will open our minds to all things sensory. This will include the use of water play, Slime, Sand, Playdough, and many more fun activities. This Program will encourage and promote the use of discovery for all customers to engage their seven senses.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>\$2.50</b></p>	
	<p><b>ANIMAL LESSONS AND EXPERIEMENTS</b></p> <p>AL &amp;E offers unique, activities to teach customers about animal behaviour, animal anatomy and adaptations.</p> <ul style="list-style-type: none"> <li>• Animal Habitats</li> <li>• Body structures and Adaptions</li> <li>• What animals need</li> <li>• Animal Camouflage</li> <li>• Growing chickens</li> <li>• Build a bird feeder.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>\$2.50</b></p>	
	<p><b>BEACH WALK</b></p> <p>Join EMP HUB Group for a Beach Walk in the morning. Walking on the beach can be beneficial for your mind and mental health as it can relieve stress and promote relaxation.</p> <p><b>**Shared kilometres of charge**</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>No cost</b></p>	









AND





Afternoon – Choose One			 chosen activity
	<p><b>SINGING, DANCING AND KARAOKE</b></p> <p>Get Jamming. Our Staff sure know how to entertain. Enjoy a good session of singing and dancing. We call this our Wacky Wednesday jive.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                           Goal #1                     </div> <div style="text-align: center;">                           Goal #2                     </div> <div style="text-align: center;">                           Goal #3                     </div> </div>	<p>No cost</p>	
	<p><b>SENSORY ACTIVITIES</b></p> <p>We will open our minds to all things sensory. This will include the use of water play, Slime, Sand, Playdough, and many more fun activities. This Program will encourage and promote the use of discovery for all customers to engage their seven senses.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                           Goal #1                     </div> <div style="text-align: center;">                           Goal #2                     </div> <div style="text-align: center;">                           Goal #3                     </div> </div>	<p>\$2.50</p>	





**OR – choose one All Day activity below**

**All Day – Choose One**

✓  
chosen activity

	<p><b>SWIMMING AND NATURE WALKS</b></p> <p>Experience the best of both worlds with our program offering swimming and nature walks. Dive into refreshing swims and enjoy leisurely strolls in the park. Perfect for all fitness levels, join us for a balanced approach to wellness and relaxation.</p> <p><b>**Shared Kilometres charge**</b> <b>**Bring or buy lunch**.</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>\$5-\$7</b> <b>Depending on the location.</b></p>	
	<p><b>URBAN DISCOVERY /BUSHWALKING.</b></p> <p>Explore a variety of parks and bushland in the area such some examples are Koalas Park Bushlands, Warril Parklands and Toohey Forest Park. Discover a variety of Native wildlife and plant species.</p> <p><b>**Shared kilometres charge*</b> <b>**Bring or buy lunch**</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>		<p><b>No cost</b></p>

	<p><b>WALK AT THE PARK AND LUNCH CLUB.</b></p> <p>Explore a variety of parks by having a long walk or do some fitness exercises and then Head to the Club later for Lunch.</p> <p><b>**Shared kilometres charge*</b></p> <p><b>**Bring or buy lunch**</b></p> <p><b>Goals to achieve:</b></p>	<p><b>\$15-\$20 depending on the location and your choices.</b></p>		
<p> Goal #1</p>	<p> Goal #2</p>	<p> Goal #3</p>		













	<p><b>COCA-CREATIVE MOVEMENT</b></p> <p>Creative Movement is a song/dance program developing coordination and balance. Artists undertake yoga-pilates style warm-ups and work towards public performances each quarter.</p> <p><b>**Bring your lunch**</b></p> <p><b>Goals to achieve:</b></p>	<p><b>\$5</b></p>		
<p> Goal #1</p>	<p> Goal #2</p>	<p> Goal #3</p>		



## Thursday activities

### Morning – Choose One




✓  
chosen  
activity

	<p><b>HUB GARDENING</b></p> <p>Maintaining, planting and maintaining our fruits and veggies in the built-up garden beds. Pots are purchased, and customers design and paint their pots with their choice of plant to grow. A program designed out how to look after our gardens. A variety of learnings on how to grow your gardens. Customers take home their potted plants.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>\$2.50</b></p>	
	<p><b>PICNIC AT EMP HUB GARDEN</b></p> <p>Each week, we will start our morning by Walking around EMP Hub garden and then have a picnic afterward. This activity has many benefits such as contributing to wellbeing and happiness.</p> <p><b>**Bring your own Lunch**</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>No cost</b></p>	
	<p><b>LITERACY BASED LEARNING</b></p> <p>Basic Literacy Skills. This includes story reading, singing, educational puzzles, literacy books (writing practice), picture books, and educational games.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1         </div> <div style="text-align: center;">  Goal #2         </div> <div style="text-align: center;">  Goal #3         </div> </div>	<p><b>\$5</b></p>	

AND

Afternoon – Choose One

✓  
chosen activity

	<p><b>FUN FITNESS IN THE HUB</b></p> <p>Each week we will focus on different exercises in the hub.</p> <ul style="list-style-type: none"> <li>• Walking onsite (Sensory Garden)</li> <li>• Seated exercise</li> <li>• Yoga</li> <li>• Zumba.</li> <li>• Ball coordination skills</li> </ul> <p>Goals to achieve:</p>	<p>No cost</p>	
	<p><b>MUSIC AND MELODIES</b></p> <p>An opportunity to listen to relaxing music, meditate, and use percussion instruments. Align and form a blissful experience of sound and movement.</p> <p>Goals to achieve:</p>	<p>\$2.50</p>	
	<p><b>ASDAN-BAKING</b></p> <p>The ASDAN Baking course is designed to help you enhance your baking abilities. In this course, you'll learn how to use your senses to create the perfect textures, flavours, and aromas in your baked goods. Our team will guide you through the entire process and provide you with personalized instructions to help you improve your skills. Join the ASDAN Baking course!</p> <p>Goals to achieve:</p>	<p>\$7.10 for New Customers OR \$6 for customers who have completed ASDAN Program before.</p>	

**OR – choose one All Day activity below**

**All Day – Choose One**

✓  
chosen activity



**SAILABILITY AND LUNCH AT THE PARK**

Enjoy your day by the ocean and let the activity of sailing refine your day with a calm breeze and eye soothing sea waves. Then enjoy lunch by seaside.

- \*\*BYO Lunch required\*\*
- \*\*Shared kilometres charges
- \*\*Sailing takes place during the state school terms only\*\*

**\$10**

Goals to achieve:



Goal #1



Goal #2



Goal #3



**PARKS FITNESS CLUB.**

Chill out by taking a walk or joining in some group park fitness fun, playing ball games, or join a group workout.

- \*\*Bring your own lunch\*\*
- \*\*Shared kilometres charges\*\*

**No cost**

Goals to achieve:



Goal #1



Goal #2



Goal #3



**COCA-PAINTING**

Artists create solo and group works. A key focus of this quarter is in creating signage for our EMP grounds.

- \*\*Bring your own lunch\*\*

**\$5**

Goals to achieve:



Goal #1



Goal #2















Goal #3















## Friday activities

Morning – Choose One





✓  
chosen  
activity





	<p><b>ASDAN- CRAFT MAKING HALF DAY</b></p> <p>Art has a purpose and a future of creativity. Some art pieces our customers would create are:</p> <ul style="list-style-type: none"> <li>• Card making</li> <li>• Jewellery making</li> <li>• Painted Rocks</li> <li>• Christmas decorations</li> <li>• Canvas Painting, etc</li> </ul> <p>Goals to achieve:</p>	<p>\$4.60 for new customers or \$3.50 for customers who have completed Asdan Programs before.</p>		
 Goal #1	 Goal #2	 Goal #3		
	<p><b>LIBRARY CLUB</b></p> <p>A fantastic opportunity for our customers to learn something new, pursue a hobby, meet friends, or relax with your book, newspapers, play video games on computer or Read Magazines.</p> <p><b>**Library card required**</b></p> <p>Goals to achieve:</p>	<p>No cost</p>		
 Goal #1	 Goal #2	 Goal #3		
	<p><b>MUSIC AND MELODIES</b></p> <p>An opportunity to listen to relaxing music, meditate, and use percussion instruments. Align and form a blissful experience of sound and movement.</p> <p>Goals to achieve:</p>	<p>\$2.50</p>		
 Goal #1	 Goal #2	 Goal #3		





AND

Afternoon – Choose One			✓ chosen activity
	<p><b>MOVIE APPRECIATION</b></p> <p>Each Week, we will choose a new movie as a group and discuss the movie afterwards.</p> <p>Goals to achieve:</p>	<p>No Cost</p>	
	<table border="1"> <tr> <td>  <p>Goal #1</p> </td> <td>  <p>Goal #2</p> </td> <td>  <p>Goal #3</p> </td> </tr> </table>		
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	
	<p><b>SENSORY ACTIVITIES</b></p> <p>We will open our minds to all things sensory. This will include the use of water play, Slime, Sand, Playdough, and many more fun activities. This Program will encourage and promote the use of discovery for all customers to engage their seven senses.</p> <p>Goals to achieve:</p>	<p>\$2.50</p>	
	<table border="1"> <tr> <td>  <p>Goal #1</p> </td> <td>  <p>Goal #2</p> </td> <td>  <p>Goal #3</p> </td> </tr> </table>		
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	<p><b>OUTDOOR COOKING PROGRAM</b></p> <p>Come to make your Friday a fun day in our beautiful outdoor BBQ area. Relax to music while preparing food for your Friday Lunch. Have a fun time with your peers.</p> <p>Goals to achieve:</p>	<p>\$10</p>	
	<table border="1"> <tr> <td>  <p>Goal #1</p> </td> <td>  <p>Goal #2</p> </td> <td>  <p>Goal #3</p> </td> </tr> </table>		
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

	<h3>TRAVEL TRAINING AND CITY CAT</h3> <p>Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing.</p> <p><b>**Bring or buy lunch**</b></p> <p><b>**Provide go card**</b></p> <p><b>**Shared kilometres charges**</b></p>			<p>Go card is required.</p>
	<p><b>Goals to achieve:</b></p>			
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>		

	<h3>COCA-THEATRE</h3> <p>Artists continue to develop theatrical sections for our production <i>Instar</i>. This is a highly active class with performers learning key skills in voice, stage presence and collaboration.</p> <p><b>**Bring your own lunch**</b></p>			<p>\$5</p>
	<p><b>Goals to achieve:</b></p>			
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>		



# 2025 EMP Hub Program Dates

Office Opens 6 January 2025

| Hub closed on public holiday

Program 1		
	Start Date	End Date
Activity Program	Monday 6 <sup>th</sup> January	Friday 28 <sup>th</sup> March
Hub Closed	Monday 27 <sup>th</sup> January – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 31 <sup>st</sup> March	Friday 20 <sup>th</sup> June
Hub Closed	Friday 18 <sup>th</sup> April – Good Friday Monday 21 <sup>st</sup> April – Easter Monday Friday 25 <sup>th</sup> April – Anzac Day Monday 5 <sup>th</sup> May – Labour Day	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 23 <sup>rd</sup> June	Friday 27 <sup>th</sup> June

Program 3		
	Start Date	End Date
Activity Program	Monday 30 <sup>th</sup> June	Friday 19 <sup>th</sup> September
Hub Closed	Wednesday 13 <sup>th</sup> August – Royal Queensland Show (Brisbane area only)	

Program 4		
	Start Date	End Date
Activity Program	Monday 22 <sup>nd</sup> September	Friday 12 <sup>th</sup> December
Hub Closed	Monday 6 <sup>th</sup> October – Kings Birthday	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 15 <sup>th</sup> December	Friday 19 <sup>th</sup> December
Hub Closed	Monday 22 <sup>nd</sup> December 2025 – Monday 5 <sup>th</sup> January 2026	