



GOLD COAST PERFORMANCE CENTRE

# PROGRAM GUIDE

*Programs for athletes, students and groups.*

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[GOLDCOASTPERFORMANCECENTRE.COM.AU](http://GOLDCOASTPERFORMANCECENTRE.COM.AU)

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# OUR PROGRAMS

The Programs Guide introduces you to the activities available to our guests; which have the power to convert your group's visit into a transformational experience that will be remembered long after the event has concluded.

Our programs are conducted by experienced and engaging facilitators, including Sport Medicine Professionals, Teachers, Personal Trainers, Elite Athletes and Coaches. These facilitators will guide your group to achieve their own personal best, be that sporting success, character development, leadership aspirations or simply to live a happy, healthy well-rounded life. All programs are subject to availability.

These experiences have been carefully selected and contribute to at least one of our 6 core concepts:



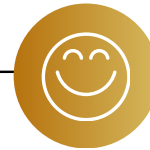
## Mental Health

The mental toughness and winning mind-set required to excel in sport and life. Athletes learn goal setting, motivation, mindset, visualisation and focus strategies to overcome the highs and lows of life as an elite athlete.



## Physical Fitness

The physical needs required for sport and a healthy life. Training could include speed, endurance, flexibility, strength & conditioning, nutrition and injury prevention.



## Emotional Wellbeing

Athletes can learn to embrace and channel strong emotions, to control performance anxiety and how to take care of their emotional health to keep them engaged and passionate about their sporting journey.



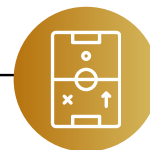
## Character Development

Learning how to lead self, to lead others, to influence others becoming a leader of change. Learn to manage the challenges of life and sport.



## Resources & Support

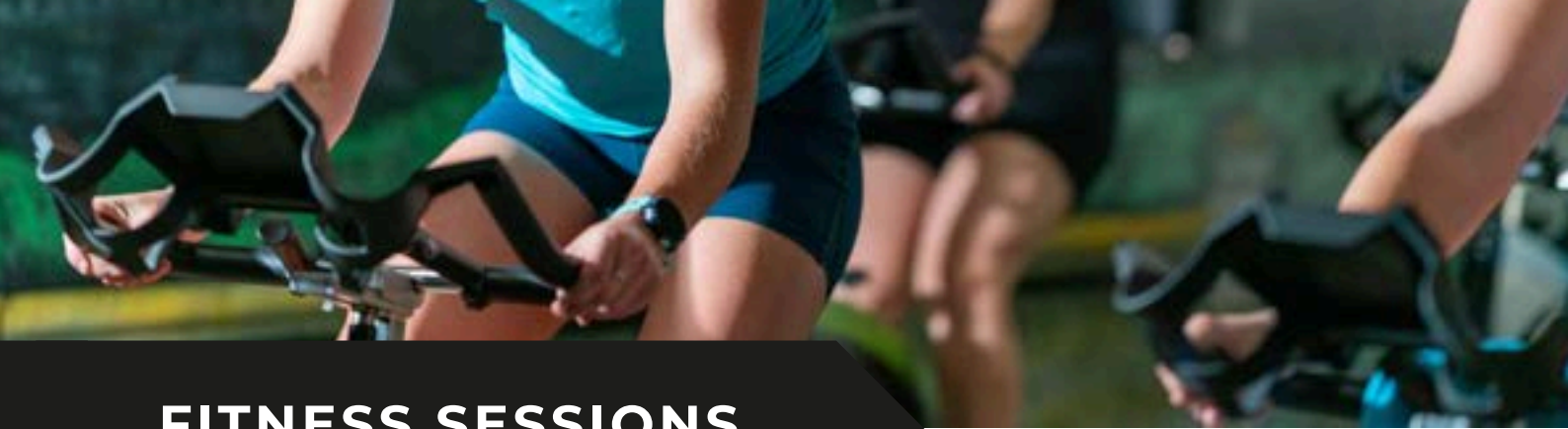
Develop skills to successfully manage both sport & academic / employment responsibilities. Participants can learn what resources are available to them and what is required to succeed in sport.



## Technical & Tactical

Learning the sport specific skills required for the sport, role or position. Understanding the strategy and decision making for your role, event or sport.

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# FITNESS SESSIONS

## **BOXING**

A high-intensity workout focusing on agility and power, this session will certainly keep your heart rate up. 1 hour.

## **BRAZILIAN JIU JITSU**

Brazilian jiu-jitsu is a self-defense martial art and combat sport based on grappling, ground fighting and submission holds. BJJ builds transferrable skills athletes to take across sports. 1 hour.

## **YOGA**

Perfect for a recovery activity. Improved flexibility can enhance sports performance and helps to reduce the risk of strains, tears and muscle soreness. 1 hour.

## **PILATES**

Flexibility, strength and core movements helping tone and strength muscles. A floor work class teaching the basic fundamentals. 20 - 30 people. 1 hour.

## **HIGH INTENSITY INTERVAL TRAINING (HIIT)**

A fantastic all-in-one workout including cardio, weights, plyometrics, body weight exercise and cycle training. Suitable for everyone. 1 hour.

## **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 26 people. 1 hour.

## **SPRINT**

If you want to get fitter, faster, and stronger with minimal impact on 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 26 people. 30 min.

## **STRENGTH DEVELOPMENT**

Whether new to lifting or a seasoned pro, this session will build muscle, improve technique, and grow your confidence so you can train more powerfully in the studio and on the gym floor. While there is music, there is no requirement to move to the beat – instead optimum results are achieved using time under tension, load, and rep ranges. 1 hour.

## **FUNCTIONAL STRENGTH**

A unique approach to strength training that builds power and athleticism. This full-body workout mixes multi-joint movements and loaded exercises to build athletic strength, increase muscle tone, and push you to get fitter and stronger for everyday life. The creative movement and structure mean that at the same time as building muscle, you lift your heart rate and improve athleticism and power. 1 hour.

## **ZUMBA**

High and low-intensity moves for an interval-style dance fitness party. 1 hour.

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Minimum 20 pax  
Mon to Fri \$10.40pp  
Saturday \$12.40pp  
Sunday / PH \$13.40pp



## ADDITIONAL ACTIVITIES

### DWEX

A low-impact class in the outdoor pool with an 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. 1 hour.

\$10.40pp Mon to Fri

### 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. 1 hour.

POA Mon to Fri

### 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! Maximum 47 pax. 1 hour.

\$20.40pp Mon to Fri

### LEARN TO SURF OR STAND UP PADDLE BOARDING

Experience the thrill of surfing or SUPPING and be a part of Australia's beach culture. Receive expert and safe tuition from professional surfing and stand up paddle boarding instructors at world-famous Gold Coast beaches. Techniques are easy to follow and will have you standing and surfing in your first group session. Transfers are available on request. 1.5hrs, not including travel time.

POA

### SPEED FOR SPORT

Using 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 for beginners to an elite level in any sport. Great for all land-based teams and individual sports (20 - 50 people).

Mon to Fri \$10.40pp

Saturday Rates +\$2pp  
Sunday Rates +\$3pp  
Minimum 20 pax

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# CHARACTER BUILDERS

## → Leadership

Students and staff can expect to engage in plenty of practical and hands-on leadership experiences as they practice stepping up at times, stepping back at times and encouraging others. The team will challenge the group through a number of intentional leadership experiences. By the end of the program students will have developed a strong sense of self-worth, capability, resilience and readiness to step up to new challenges as they move forward in their education and lives.

Character based outcomes include:

- Investing in self-awareness and awareness of others.
- Leadership skills and capacity to serve others (Servant Leadership).
- Developing quality and depth of character through practical leadership experiences.
- Empowering leaders to discover their personal value set and leading from below.

## → Team Building

Fun-filled, team focused experiences. Character Builders are experts in setting the right tone for the day and empowering each student and staff to get involved. Students will love practising deliberate, core teamwork skills. In this program, winning isn't everything! Teams will see that the real win is behind the culture and how the game is played.

Character based outcomes include:

- The importance of building resilience working with others outside their comfort zones.
- Investing in strategies on how to build positive peer culture and connection.
- Creating authentic experiences which promote social skills of life-long learning.
- Empowering students with skills and strategies to work effectively in teams.

## → Culture & Communication

Learn the importance of respectful communication and identifying strengths in others as well as yourself. The Character Builders Communication program complements existing pastoral care programs to assist in personal development and resilience. Working closely with their peers, students will be encouraged out of their comfort zones to connect, collaborate and communicate openly through a series of whole-group and team-based activities.

Character based outcomes include:

- Delivering tangible takeaways to help students engage in their social surroundings.
- Encouraging students to take ownership of their role in the social group or team dynamic; removing judgment and engaging curiosity in communication and collaboration instead of fear.
- Introducing positive strategies for self-awareness and identity, building relationships and interpersonal skills
- Empowering students to recognise the capacity in their character growth.

## → Prices

**Half-day** POA  
30 person minimum.

**Full Day** POA  
30 person minimum.





## TESTIMONIALS



“Character Builders has an excellent hands-on approach. The day was highly interactive, students were challenged to take risks and problem solve in team situations. The students were a buzz with excitement and totally engaged throughout the whole day. A highly valuable program to unpack the importance of teamwork and communication in everyday situations.”

**Ambarvale High School, Campbelltown, NSW**

“Character Builders provided our Year 6 students with an excellent opportunity to get to know each other at the start of a new school year and to develop teamwork, resilience and leadership qualities. The activities were engaging, and students thoroughly enjoyed the challenges. They learnt how to communicate positively and effectively with one another and worked together to complete all tasks successfully.”

**St Vincent's Primary, Gold Coast, QLD**



“Character Builders once again were a fantastic asset for our camp. The team helped our cohort self-identify areas where they would love to see growth, and inspired and equipped them with the skills to work towards that growth. The session was a great balance of deep, insightfully led discussion and practical, fun activities.”

**Redlands College, Redlands, QLD**



# WORKSHOPS

## **SPORTS NUTRITION AND 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. Delivered by experienced health professionals (20 - 30 people). 1 hour.

## **MENTAL HEALTH: BREAKING DOWN BARRIERS FOR PERFORMANCE**

This lecture covers how mental health and well-being can be enhanced and strengthened through specific strategies that students can learn and practice. This includes understanding the impact of physical, social, spiritual and emotional health on well-being as well as coping skills, help-seeking strategies and community support resources. 1 hour.

## **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. 1 hour.

## **STRENGTH AND CONDITIONING**

Enhancing athletic performance through strength and conditioning is crucial. Our 1-hour advanced practical session will help you learn essential protocols customized for your sport. This class will train you like an athlete, focusing on strength, power, agility and muscular endurance. This strength and conditioning session is designed for those who already have experience in the gym and are capable of performing barbell squats, deadlifts, and bench press with correct form. 1 hour.

## **SPORTS INJURY PREVENTION**

An invaluable session 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. (20 - 30 people). 1 hour.

Minimum 20 pax  
Mon to Fri \$15.60pp  
Saturday \$17.60pp  
Sunday / PH \$18.60pp

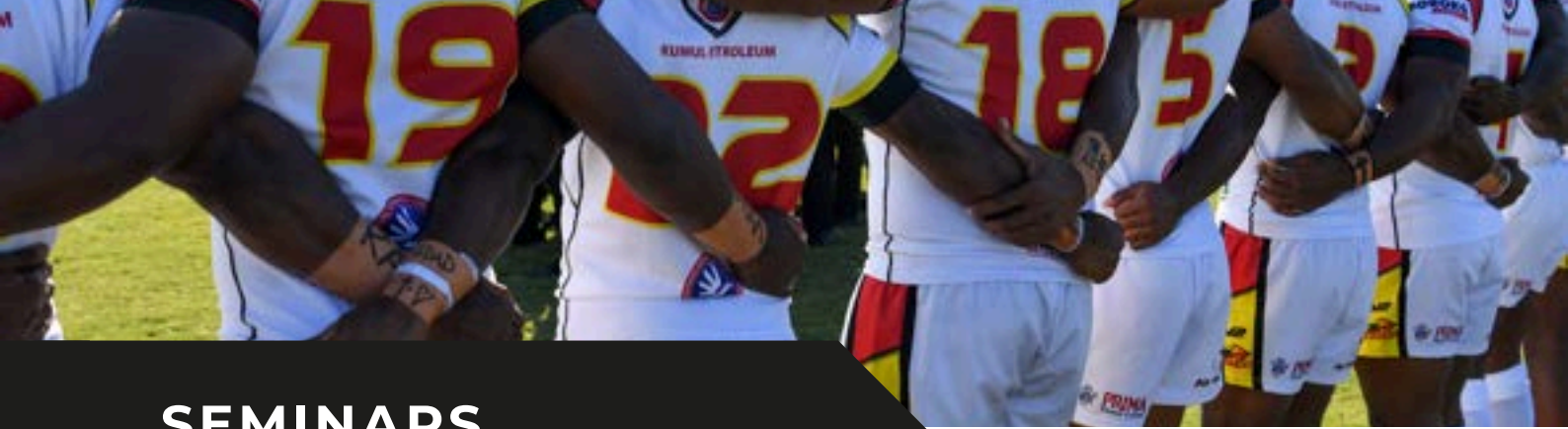
## **SPORT SPECIFIC STRENGTH AND CONDITIONING:**

Strength and conditioning play a vital role in an athlete's career and performance. In this 2-hour session, we'll focus on fundamental protocols that are key to achieving optimal performance. Before we delve into this practical session, we'll kick things off with a 30-minute educational segment. During this time, we'll familiarize you with the movements we'll be covering and provide guidance on correct execution. 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. 2 hours.

Minimum 20 Pax  
Mon to Fri \$31.20pp  
Saturday \$35.20pp  
Sunday / PH \$37.20pp

## **ATKINS HEALTH**

Atkins Health offer a number of Allied Health Services onsite. Atkins Health specialise in exercise physiology, remedial massage and physiotherapy. For more information on the Atkins Health Services, visit their website: <https://www.atkinshealth.com.au/>



## SEMINARS

### **SPORTS INCLUSION AND DISABILITY FOR COACHES/MANAGERS**

Whether it be at grassroots or elite level, everyone deserves the right to enjoy sport and to be included. This workshop is ideal for coaches of any level to gain better insight into how to make everyone has their place on the team. 1.5 hours.

\$16.80pp Mon - Fri

### **SPORTS INCLUSION AND DISABILITY AWARENESS FOR ATHLETES**

Sport is for everyone, and everyone deserves a place on the team. In this workshop, you discover your individual strengths to become an ally to your fellow athletes and a more cohesive, successful team member, with everyone included. 1 hour.

\$12pp Mon - Fri

### **PASSION AND PURPOSE: USING YOUR WHY TO DRIVE SPORTS PERFORMANCE FOR STUDENTS**

Use what you enjoy and are most passionate about in life to drive you forward and crush your goals. It sounds simple and once you know how, it is! 1 hour.

\$12pp Mon - Fri

### **PASSION AND PURPOSE: USING YOUR WHY TO DRIVE HIGH PERFORMANCE FOR BREAKTHROUGH/ELITE ATHLETES**

You know what you love, you're doing it! By incorporating the things you are most passionate about into your pursuits, you will maintain the love and momentum for what you're doing to reach any goal you set for yourself. 1.5 hours.

\$16.80pp Mon - Fri

### **MINDSET MATTERS: MOTIVATION AND "GOAL GETTING" FOR SUCCESS**

Our motivations as individuals are as many and varied as our cultural backgrounds and the languages we speak. But one thing is constant, we are all motivated by something. We will delve into using our motivations in a positive way and taking action to push you towards whatever you desire most in life. 1 hour.

\$12pp Mon - Fri

### **RESILIENCE: EMBRACING CHALLENGES TO ADAPT AND OVERCOME FOR ATHLETES**

Whatever you do in life, to be successful, resilience is absolutely key. As an athlete, there will be injuries, training slumps, and numerous other things that will affect your ability to perform at your peak. Having the resilience to ride the waves that become part of a successful athletics career is paramount. 1 hour.

\$12pp Mon - Fri

Saturday Rates +\$2pp

Sunday Rates +\$3pp

Minimum 20 pax





# FITNESS TESTING

Fitness testing sessions are designed to give athletes, coaches and support staff a fundamental understanding or baseline of overall fitness per athlete. The core values of the Gold Coast Performance Centre ensures an holistic approach to Long Term Athlete development and focuses on 5 key areas of fitness:

- Speed
- Strength
- Coordination
- Flexibility
- Endurance



## TAKE YOUR ATHLETES TO THE NEXT LEVEL

### VALD Testing

This testing protocol provides coaches, athletes, and health professionals with objective data on an athlete's physical performance.

- ✔ Lower body power: Countermovement Jump
- ✔ Lower body strength: Isometric squat hold
- ✔ Upper body strength: Maximum push-ups
- ✔ Core strength: Plank
- ✔ Speed and Acceleration: 0-40m sprint time
- ✔ Endurance: Yo-Yo test
- ✔ Agility: Illinois Agility Test
- ✔ Wing Span

Price On Application

2 hours

Minimum 20 Pax

Testing sessions are designed to take a large group of athletes efficiently and effectively through each test in approximately 2 hours. Athletes will keep their results from each test, coaches can collate this data to ensure programs work to the strengths and weaknesses of each athlete.

A sporting team will be able to find the strengths and weaknesses of each athlete, as well as provide baseline measures for testing. The testing is ideal to do prior to completing a training block (i.e. off-season) and also serve as a measure for rehabilitation goals for injured athletes.

# 2-DAY SAMPLE ITINERARY



## Day 1

9:00 Arrive and settle in at GCPC.

### 9:00 Boxing

A high-intensity workout focusing on agility and power, this session will certainly keep your heart rate up.

10:30 Morning Tea

### 11:00 Speed for Sport

Quick feet, fast pulse in this speed and agility focused class.

12:30 Lunch

### 1:30 DWEX

A low-impact class in the outdoor pool with an emphasis on fun.

### 3:30 Nutrition Seminar

Athletes will learn how to fuel their bodies for maximum performance.

### 5:00 Sport-Specific Training

Jump in the pool, head out on the field or hit the track for your sport-specific training session. Self-facilitated session.

6:00 Dinner

### 7:00 Yoga

Improve flexibility can enhance sports performance and helps to reduce the risk of strains, tears and muscle soreness.

## Day 2

6:00 HIIT

Interval training workout, designed to improve strength and build lean muscle

7:30 Breakfast

8:30 #2 Sport-Specific Training

Jump in the pool, head out on the field or hit the track for your sport-specific training session. Self-facilitated session.

11:30 Mental Health

Hear experiences from professional athletes about the mental toll that sport can put on you, as well as provide everyday strategies to help improve mental wellbeing.

12:30 Lunch

2:00 Strength & Conditioning

An introduction to training in the gym. Learn how to lift with correct technique.

3.30 Ice-Bath Recovery

Experience one of the best forms of recovery, in our onsite ice baths. Self-facilitated session.

4:30 Depart

Depart GCPC to head home.

# EXPERIENCE THE GOLD COAST

## GC AQUA PARK

Experience the ultimate aquatic adventure at GC Aqua Park, Gold Coast's premier inflatable water park, nestled within the picturesque Broadwater Parklands.

With thrilling water slides, challenging obstacles, and expansive inflatable playgrounds, it offers an exhilarating day out for school and sporting groups, perfect for team building and creating lasting memories.

Safety is ensured with attentive lifeguards, while Barrels Café on-site offers tasty snacks and refreshments, making it an ideal destination for groups seeking fun and excitement.

Click [here](#) to make a group booking.



## 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.

## SEAWORLD

Get up close and personal with the natural wonders of the ocean at one of the Gold Coast's most popular theme parks.

## WET 'N' WILD

For water babies, Wet 'n' Wild is one of the biggest water theme parks in Australia. Slides and rides galore for people of all ages.

## AUSTRALIAN OUTBACK SPECTACULAR

Perfect for tourists visiting Australia, this show is a fantastic one-night introduction to Australia's world-famous Outback. Dinner included.

## PARADISE COUNTRY

Paradise Country is an authentic Australian farm experience with animal encounters and shows for the whole group to enjoy.

## DREAMWORLD

Enjoy rides for all ages, animal encounters, and White Water World water park in Australia's biggest theme park.

## 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!

## BROADWATER PARKLANDS

A large community park located in Southport on the popular Broadwater waterways great for large community gatherings and families.

All groups are responsible for booking their own theme park tickets and offsite Gold Coast experiences.





## CONTACT US



+61 7 5500 9951



[gcpc.bookings@dtis.qld.gov.au](mailto:gcpc.bookings@dtis.qld.gov.au)



1 Sports Drive, Runaway Bay, Queensland 4216

## ADDITIONAL INFORMATION

- Prices are valid until 30th June 2025. Prices for July 2025 and onwards are subject to change.
- Please ensure participants have sunscreen, hats, water bottles and that enclosed shoes, appropriate clothes for exercise and active activities are worn.

## TERMS AND CONDITIONS

- Link to [GCPC Booking Terms and Conditions](#)
- Link to [Forms and CARAs](#)
- GCPC lifeguard is available at an additional cost if required.
- Group numbers are based on a minimum of 20 people.

