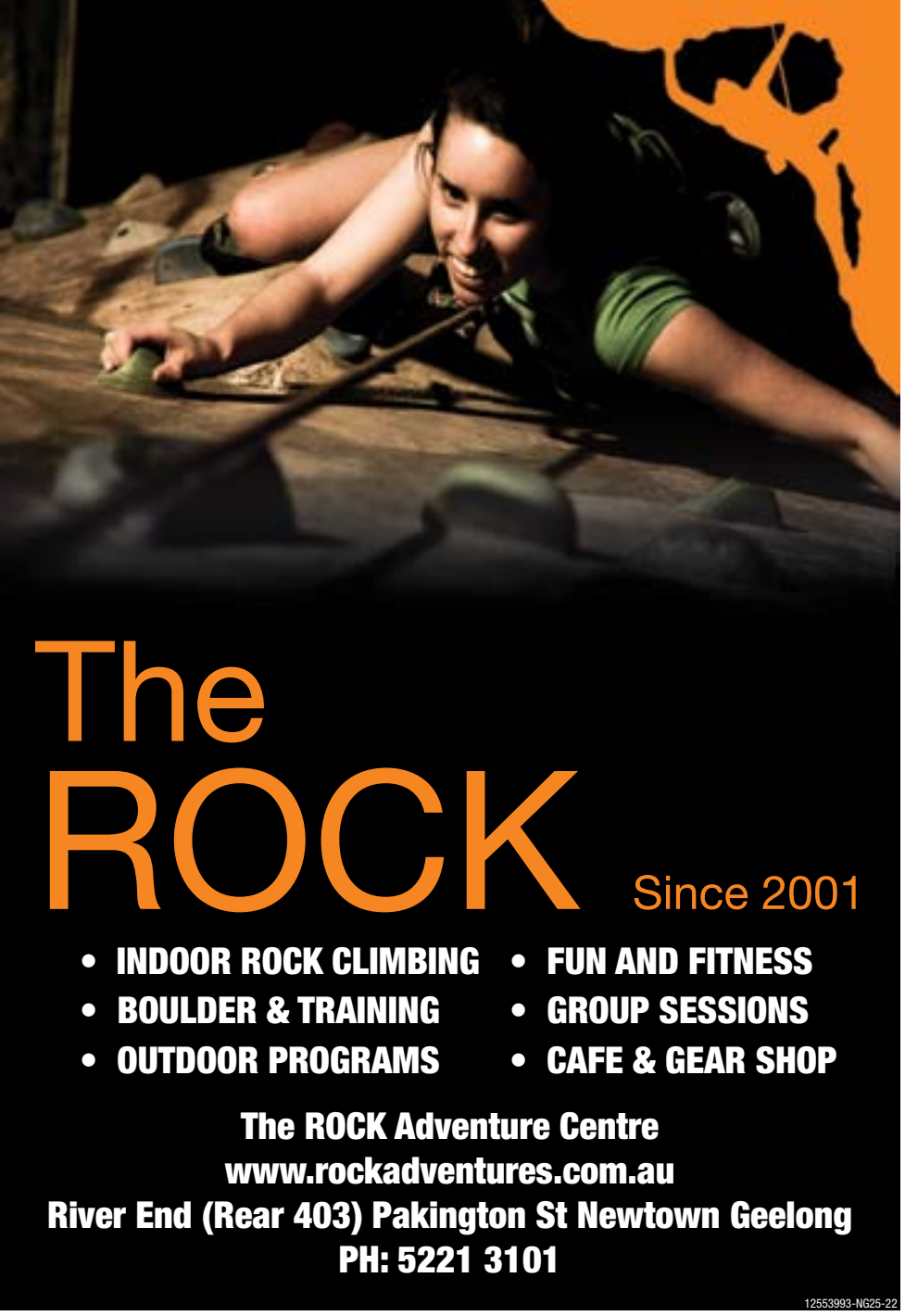

Give the kids an activity to burn some of that extra energy at The Rock Adventure Centre. (Supplied)

Rock up for a challenge

There are days during the school holidays where the kids are getting bored, and start to climb the walls, or even start to drive you up the wall.

What can you do about it? Make the most of it! Your peace-of-mind solution is to take them to where they can do exactly that: take them to The Rock Adventure Centre. Here, they can try indoor rock climbing in a safe and controlled environment.

When you take your children rock climbing, don't be afraid to give it a try yourself. It's a great way to improve your fitness. You use your whole body: fingers, hands, forearms, shoulders, back, abdomen, and legs. Indoor rock climbing is an excellent low-impact fitness regimen – it's great fun and very addictive.

Even if you don't want to climb yourself, just being involved with your kids by holding their safety ropes while they climb and sharing in their success makes rock-climbing a great family activity.

The centre also has fully supervised Kids Rock sessions. Every Tuesday and Thursday from 2pm-4pm, drop your kids off and they will be taken climbing by trained and experienced instructors who will take your kids through climbing games and challenges, in both the bouldering and roped areas All belaying will be taken care of for kids, and they will be encouraged to explore their limits and abilities.

You can sit down and enjoy an excellent coffee while you watch your kids or head off for a shop on Pakington Street.

The Rock Adventure Centre is located at Rear 403 Pakington Street, Newtown. For more information, phone (03) 5221 3101 or visit www.rockadventures.com.au.

The thrill of pantomime

Celebrate winter school holidays at the Potato Shed as resident theatre company Theatre 3triple2 for Kids presents its take on the evergreen pantomime classic *Sleeping Beauty*, with two shows daily from Tuesday, July 5 to Friday, July 8.

The King and Queen of the land finally have a daughter who they love and adore – although not all the fairies in the land are happy.

One not so nice fairy (some may even call her a witch) casts a spell on the young princess, declaring that when the princess turns 16, she will prick her finger on a spinning wheel.

The King bans all spinning wheels so no harm will come to his daughter. What happens to Rose, the lovely princess, when she turns 16? Will she prick her finger, and if so, how?

Will the not so nice fairy succeed in wreaking havoc over the kingdom, or will Rose outwit and outsmart her instead?

In the age-old tradition of pantomimes, you are encouraged to boo and hiss the baddies, and cheer for the noble of character and heart.

Established in 2007, resident Potato Shed theatre company Theatre 3triple2 showcases the best in local theatre on the Bellarine. The annual Winter Solstice One Act Plays and 12x12 Plays support local playwrights, directors and performers in developing their craft.

Theatre 3triple2 for Kids focuses on the young and young-at-heart, producing and performing their take on classic fairy tales.

Book your tickets now at www.geelongaustralia.com.au/potatoshed

Don't miss out on the Theatre 3triple2's rendition of Sleeping Beauty at the Potato Shed! (Supplied)