

Tai Chi in the Trees

Practiced in the East for thousands of years, learn 4 simple techniques that if incorporated into a busy schedule, can have lasting positive results for life. The leader facilitates the activity, teaching the basics and offering practical take home tips. An excellent close to a conference.



Team Cuisine

Exquisite canapés and drinks are served on arrival at ANZ Stadium. However excitement quickly turns to panic as the Executive Chef informs guests THEY will be responsible for preparing their 5-star event menu! Complete with hats and aprons, guests become apprentice chefs with 1 hour to present their meal for judging (and eating!).



Tikes on Bikes

After assembling brand new bikes from scratch under the illusion they'll be competing in a race, delegates will be moved when they meet the underpriveleged children who they'll be donating the bikes to instead. This powerful and life changing experience is the ultimate combination of team building and corporate social responsibility.



Trivia Games Night

Flexible as a stand alone event or inject some laughs into a formal conference dinner. The ingenious and hilarious interactive challenges and trivia will have everyone in hysterics without even realising they are working as a team to do it.



Urban Jungle Adventure Park

This is the ultimate high ropes adventure through the trees! With 5 courses , 4 flying fox and over 50 aerial activities, packages are tailored to your team's needs. Courses are designed with increasing degrees of difficulty so all ages and skill levels are catered for.



CONTACT US

• **Tel:** +61 2 9714 7133 • **Fax:** +61 2 9714 7135

• **Email:** businessevents@sydneyolympicpark.com.au • **Web:** www.sydneyolympicpark.com.au/businessevents

Leisure Activities

ANZ Stadium Explore Tour

Explore the world-class venue from a different angle with an official ANZ Stadium Tour. Follow in the footsteps of the heroes of the 2000 Sydney Olympic Games and experience the Stadium where fearless teams do battle.

Location	ANZ Stadium Gate C
Cost	Adults \$28.50

Aquatic Centre Tour

Your guide will take you on tour to re-live Australia's gold medal winning swims and divulge the secrets of why the pool is considered one of the world's best. This tour is suitable only for groups of 10 or more.

Location	Sydney Olympic Park Aquatic Centre
Cost	Adults \$22.50 (groups of 10 or more)

Heritage Railway

Jump aboard the heritage listed narrow gauge railway for a commentated trip around the historic precinct of Newington Armory. Learn about the Park's remnant turpentine ironbark forest and discover hidden heritage buildings.

Location	Newington Armory
Cost	Adult \$15 (or group bookings available)

Swimming

Make a splash in the Aquatic Centre with some freestyle, butterfly or even dog paddle! Chill out in the recreational water play area or recharge with a gym workout, spa, sauna or massage.

Location	Sydney Olympic Park Aquatic Centre
Cost	Adults - Swim & Gym \$20, Swim only \$7

Tennis Museum Group Tour

Walk down 'Champions Walk' to Centre Court, watch players in action, view some amazing items from the history of tennis and learn how Tennis NSW is ensuring the future of tennis. A variety of tours and customised tours are available.

Location	Sydney Olympic Park Tennis Centre
Cost	From \$5 to \$25

Walking

There are over 35 kilometres of cycling and walking paths, scenic boardwalks located in beautiful parklands, rare saltmarshes, remnant forest, a water bird refuge and mangrove forest, as well as places of historical colonial and naval significance.

Location	Bicentennial Park
Cost	Free

Monster Skatepark

Monster Skatepark has the only international standard ramp facility in Australia. Book a skateboard, scooter, in-line skates or BMX session. The electric atmosphere and cranking tunes, pumps up riders to push the limits of ability and endurance!

Location	Monster Skatepark
Cost	From \$10

Brickpit Ring Walk

Walk the 550 metre soaring circular walkway (18.5m high), listen to sound scapes of frog and bird calls and hear the voices of pit workers recounting their experiences as they helped make the millions of clay bricks used to build Sydney.

Location	Enter from Australia Avenue or Marjorie Jackson Pkwy
Cost	Free entry, sunrise to sunset

Cycling

Have fun and get fit in the beautiful surrounds of Bicentennial Park or Newington Armory. Unwind with a leisurely bike ride along some of the 35 kilometres of cycling pathways or shorter scenic circuits.

Location	Bicentennial Park or Newington Armory
Cost	Hire adult bicycles from \$15 or bring your own bike

Tennis

You don't need to be a champion to play. Bring a friend, have a swing or score an ace on one of 14 state of the art plexicushion courts at the Tennis Centre.

Location	Sydney Olympic Park Tennis Centre
Cost	Casual court hire from \$22 per hour

Disc Golf

Take aim and let your Frisbee fly as you challenge yourself on the 18-hole disc golf course in the spectacular rolling green fields at Newington Armory.

Location	Newington Armory
Cost	Free (\$5 refundable deposit for equipment)

BMX or Mountain X Track

Do you dare to take on our BMX or Mountain X bike tracks? This activity is guaranteed to get the heart pumping. Appropriate protective gear must be worn.

Location	Next to P5 Car Park, Hill Road
Cost	Free

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Team Building and Leisure Activities

Sydney Olympic Park is a world-class destination for events

When it comes to challenging team building, money can't-buy experiences, leisure or recreation, get the mind and body moving and let your creativity and energy run wild at Sydney Olympic Park.

We've packed in exciting and invigorating ideas to challenge, build and motivate any team. Programs are unique to Sydney Olympic Park and can be customised to suit your individual needs.

Our team is here to help you create the perfect program and assist in achieving your goals. So, when you're ready to inspire thought, re-energise and re-charge your team's batteries, give the Business Events team a call.

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Team Building and Corporate Activities



Central location

10% of Australia’s population live within a 30 minute drive of Sydney Olympic Park, which is centrally located just 14km from the CBD and 18km from Sydney Airport.

Sydney Olympic Park Venues

Sydney Olympic Park offers event organisers the choice of 10 world class venues and over 100 different indoor and outdoor function spaces catering for small groups of 10 up to 21,000 all in the one location.

Parking and Transport

We have 10,000 car spaces, designated coach and hire car bays plus a train station in the centre of Sydney Olympic Park which operates 7 days. Regular bus and ferry services as well as a designated taxi rank, make getting to and from the Park accessible for all.

Bars, cafes and restaurants

With more than 30 cafes, bars and restaurants offering everything from a light snack to 5 star dining, you’re sure to satisfy a wide range of styles and tastes.

Bicentennial Breath Break

Learn the 4 keys to invigorate your life through breath as part of a short introduction to the consequences of poor breathing habits. This interactive group session also includes individual health and breathing checks, and partner exercises. Great for beginning or ending a conference.



Category	Short Break
Cost per participant	\$990 per hour
Duration	1 – 2 hours
Times	7 days
Min	1
Max	1000
Location	Any venue (indoors or outdoors)

Circus Synergy

You might already think your office is a circus but after this activity your staff will be qualified! Customised to your team’s needs, sessions could include rotations of hula hoops, juggling, tight wire, twirling or acro-balance. The highlight of the day is the exhilarating 10 metre High Flying Trapeze.



Category	Outdoor
Cost per participant	\$79pp
Duration	2 – 2.5 hours
Times	7 days, daylight hours
Min	10
Max	100
Location	Aquatic Centre

Corporate Challenge

This corporate team building session is designed to put your team through tough physical challenges called missions. All missions are facilitated by a qualified fitness instructor and are tailored to the specific needs of each group. Sessions generally run in the outdoors over an intense 60min period and are customised for all fitness levels.



Category	Outdoor, Indoor, Short break
Cost per participant	From \$24pp
Duration	1 hour
Times	7 days
Min	10
Max	30
Location	Aquatic Centre

Create Your Own Ad

Have your team create their very own TV commercials based on conference themes, corporate values, or simply something fun. Teams have access to our props department to bring their visions to life and the outcome is a collection of hilarious commercials that can be played back later at the conference and kept for future.



Category	Inside
Cost per participant	From \$69pp
Duration	2 hours
Times	7 days
Min	20
Max	1500
Location	Any venue (indoors or outdoors)

Eco-Challenge

Small ‘Task Force’ teams will be deployed into the mysterious wetlands of Bicentennial Park complete with maps, compasses, recording and monitoring equipment and two-way radios on their mission to examine the environment and solve cryptic clues. Challenges require collaboration, communication and negotiation with bonuses for teamwork and speed.



Category	Outside
Cost per participant	From \$110pp
Duration	2 hours
Times	Weekdays
Min	8
Max	32
Location	Badu Mangroves in Bicentennial Park

Karate Board Breaking

Team members surprise and inspire themselves by achieving a seemingly impossible task. Starting with light self-defense and martial arts training, by the end of this activity people of all ages and fitness levels can harness their strength and determination to break a 1-inch wooden board with a single kick.



Category	Short Break
Cost per participant	From \$59pp
Duration	1 – 2 hours
Times	7 days
Min	20
Max	500
Location	Any venue (indoors or outdoors)

Laser Clay

Ready! Aim! Fire! Authentic 12-gauge shotguns have been converted to five harmless infrared beams putting a fun spin on this popular activity. Skilled instructors commence the session with safety and coaching to ready participants to take aim at the clay targets as they are launched into the sky. The computerised scoreboard allows for several fun and challenging competitions.



Category	Outdoor
Cost per participant	From \$30pp
Duration	1 – 2 hours
Times	7 days, daylight hours (extended during daylight saving)
Min	5
Max	25
Location	Archery Centre

Meditation Makeover Master Class

Learn simple techniques that can change your work and home life, gain focus, clarity and direction, clear brain noise, manage emotions, and master your mind. This interactive group session is fun, engaging, fully facilitated and will leave your team re-charged and re-energised. A good way to clear the mind before a busy conference schedule.



Category	Short Break
Cost per participant	\$990 per hour
Duration	1 – 2 hours
Times	7 days
Min	1
Max	1000
Location	Any venue (indoors or outdoors)

Mini Olympian Games

What better location for a Mini Olympian Games than in the world’s best Olympic Park! Rotating events from Ultimate Frisbee to Archery to Beach Volleyball, can be chosen to suit your team and are held in various locations throughout the Park. This activity comes complete with gold medals, which are awarded to the winning team.



Category	Outside
Cost per participant	From \$66pp
Duration	2 – 4 hours
Times	7 days, daylight hours
Min	20
Max	500
Location	Any venue (outdoors)

Archery

Archery provides a fun and challenging activity for your team, focusing on either individual or team achievement with novelty archery based games. Groups will have fun and learn a new skill whilst encouraging and cheering each other on. A great activity for teams of all sizes.



Category	Outside
Cost per participant	From \$32.50pp
Duration	2 hours
Times	7 days, daylight hours (extended hours during daylight saving)
Min	6
Max	50
Location	Archery Centre

Backstage Pass

Take a sneak peak behind the scenes of the world’s greatest Olympic precinct. Expert guides will host you on this tour through the world-class ANZ Stadium complete with a ‘photo finish’ on the Olympic dias. Extend this tour to take in the entire Olympic Park by foot or coach (optional).



Category	Inside, Outside
Cost per participant	\$55pp
Duration	1.5 – 2.5 hours
Times	Weekdays
Min	20
Max	Flexible depending on options chosen
Location	ANZ Stadium & surrounds of Sydney Olympic Park



Category	Outside
Cost per participant	From \$79pp
Duration	1 – 3 hours
Times	Weekdays
Min	10
Max	24
Location	Newington Armory or private venue