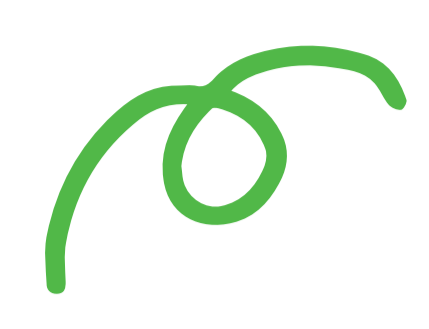




EXAMPLE WEEK (7 - 10 YEAR OLDS)



TIMETABLE



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|---|--|---|---|---|
| 8:00-9:15 | EARLY CLUB | | | | |
| 8:30-9:30 | REGISTRATION AND MEET YOUR GROUP | | | | |
| 9:30-9:45 | TEAM BUILDING | | | | |
| 9:45-10:30 | Fire Drill Who's Who? Let's Get Moving! | Catapult Challenge OR Bucketball | Photo Frames OR Dansih Long Ball | Making Lava OR Colour Battle | Cuda's Got Talent Prep OR Dodgeball |
| 10:30-10:45 | MORNING BREAK | | | | |
| 10:45-11:40 | Fencing OR Basketball Skills | Pop Lacrosse OR Aerobics | Ultimate Frisbee OR Jump In, Jump Out & The Maze | Quad Bikes OR River Crossing | Chain Tag/Blind Trail/ Human Knot OR Football |
| 11:40-12:40 | Cartoon Capers OR Rounders | Swimming OR Circuits | Aqua Slide OR Sell It To Me | Who Came to the Party? OR Netball | Archery OR The Apprentice |
| 12:40-13:25 | LUNCH | | | | |
| 13:25-14:25 | Quidditch OR Squirrel Assault | Archery OR Den Building | Minute To Win It OR Tri-Golf | Swimming OR Quidditch | Badminton OR Powerball |
| 14:25-15:25 | Quad Bikes OR Tennis Tournament | Barumba OR Goalball | Go-Karts OR Roaming Basketball | Paper Mache Models OR Tangrams & Giant Bucketball | Cuda's Got Talent OR Fencing |
| 15:25-15:40 | AFTERNOON BREAK | | | | |
| 15:40-16:30 | Shield Making OR Billy's Baseball | Clay Fish Bowls OR Tri Golf | Getting Inside the Story OR Billy Keep Fit Fun | Kwik Cricket OR Foam Fencing | Talent Show OR Swimming |
| 16:30-17:30 | COLLECTION AND CHILL TIME | | | | |
| 16:45-18:00 | LATE CLUB | | | | |

Our timetable is carefully planned with our ACTIVE motto in mind

ATHLETIC, CREATIVE, TEAMWORK, INSPIRING, VARIETY, ENERGETIC

