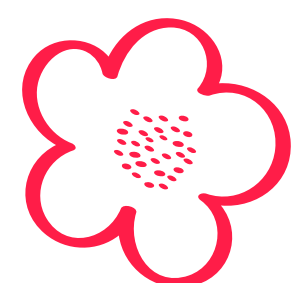


EXAMPLE WEEK (8-10 YEAR OLDS)

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 Danish 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 BREAK				
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	Escape Rooms 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



