

# Easter Holiday Timetables



## WEEK ONE

Bromsgrove



# Monday



## Multi Sports Academy Schedule

| Session           | 5-7 year olds                        | 8+ year olds    |
|-------------------|--------------------------------------|-----------------|
| 8am - 9.30am      | Early Drop Off - Free Play           |                 |
| 9.30am - 9.40am   | Registration, Rules and Introduction |                 |
| 9.40am - 10.15am  | Warm up Games                        | Warm up Games   |
| 10.15am - 10.30am | 15 minute break                      |                 |
| 10.30am - 11.15pm | Danish Longball                      | Danish Longball |
| 11.15pm -12pm     | Tri Golf                             | Tri Golf        |
| 12pm - 1pm        | Lunch time and Free Play             |                 |
| 1pm - 1.45pm      | Basketball                           | Basketball      |
| 1.45pm - 2pm      | 15 minute break                      |                 |
| 2pm - 2.45pm      | Hoop Ball                            | Hoop Ball       |
| 2.45pm - 3.15pm   | Tchoukball                           | Tchoukball      |
| 3.15pm - 3.45pm   | Dodgeball                            | Dodgeball       |
| 3.45pm - 4pm      | Presentation                         |                 |
| 4pm - 6pm         | Group Choice                         | Group Choice    |

Half Day\* - Morning

Half Day\* - Afternoon

\*Four-year-olds may only attend for four hours

# Tuesday



## Multi Sports Academy Schedule

| Session           | 5-7 year olds                        | 8+ year olds     |
|-------------------|--------------------------------------|------------------|
| 8am - 9.30am      | Early Drop Off - Free Play           |                  |
| 9.30am - 9.40am   | Registration, Rules and Introduction |                  |
| 9.40am - 10.15am  | Warm up Games                        | Warm up Games    |
| 10.15am - 10.30am | 15 minute break                      |                  |
| 10.30am - 11.15pm | Athletics                            | Athletics        |
| 11.15pm -12pm     | Ultimate Frisbee                     | Ultimate Frisbee |
| 12pm - 1pm        | Lunch time and Free Play             |                  |
| 1pm - 1.45pm      | Golden Balls                         | Golden Balls     |
| 1.45pm - 2pm      | 15 minute break                      |                  |
| 2pm - 2.45pm      | Netball                              | Netball          |
| 2.45pm - 3.15pm   | Volleyball                           | Volleyball       |
| 3.15pm - 3.45pm   | Tag Rugby                            | Tag Rugby        |
| 3.45pm - 4pm      | Presentation                         |                  |
| 4pm - 6pm         | Group Choice                         | Group Choice     |

\*Four-year-olds may only attend for four hours

# Wednesday



## Multi Sports Academy Schedule

| Session           | 5-7 year olds                        | 8+ year olds     |
|-------------------|--------------------------------------|------------------|
| 8am - 9.30am      | Early Drop Off - Free Play           |                  |
| 9.30am - 9.40am   | Registration, Rules and Introduction |                  |
| 9.40am - 10.15am  | Warm up Games                        | Warm up Games    |
| 10.15am - 10.30am | 15 minute break                      |                  |
| 10.30am - 11.15pm | Gladiator Battle                     | Gladiator Battle |
| 11.15pm -12pm     | Nerf Showdown                        | Nerf Showdown    |
| 12pm - 1pm        | Lunch time and Free Play             |                  |
| 1pm - 1.45pm      | Handball                             | Handball         |
| 1.45pm - 2pm      | 15 minute break                      |                  |
| 2pm - 2.45pm      | Athletics                            | Athletics        |
| 2.45pm - 3.15pm   | Rounders                             | Rounders         |
| 3.15pm - 3.45pm   | Dodgeball                            | Dodgeball        |
| 3.45pm - 4pm      | Presentation                         |                  |
| 4pm - 6pm         | Group Choice                         | Group Choice     |

Half Day\* - Morning

Half Day\* - Afternoon

\*Four-year-olds may only attend for four hours

# Thursday



## Multi Sports Academy Schedule

| Session           | 5-7 year olds                        | 8+ year olds      |
|-------------------|--------------------------------------|-------------------|
| 8am - 9.30am      | Early Drop Off - Free Play           |                   |
| 9.30am - 9.40am   | Registration, Rules and Introduction |                   |
| 9.40am - 10.15am  | Warm up Games                        | Warm up Games     |
| 10.15am - 10.30am | 15 minute break                      |                   |
| 10.30am - 11.15pm | Easter Activities                    | Easter Activities |
| 11.15pm -12pm     | Easter Activities                    | Easter Activities |
| 12pm - 1pm        | Lunch time and Free Play             |                   |
| 1pm - 1.45pm      | Easter Activities                    | Easter Activities |
| 1.45pm - 2pm      | 15 minute break                      |                   |
| 2pm - 2.45pm      | Easter Activities                    | Easter Activities |
| 2.45pm - 3.15pm   | Easter Activities                    | Easter Activities |
| 3.15pm - 3.45pm   | Easter Activities                    | Easter Activities |
| 3.45pm - 4pm      | Presentation                         |                   |
| 4pm - 6pm         | Group Choice                         | Group Choice      |

Half Day\* - Morning

Half Day\* - Afternoon

\*Four-year-olds may only attend for four hours

# Easter Holiday Timetables



## WEEK TWO

Bromsgrove



# Tuesday



## Multi Sports Academy Schedule

| Session           | 5-7 year olds                        | 8+ year olds  |
|-------------------|--------------------------------------|---------------|
| 8am - 9.30am      | Early Drop Off - Free Play           |               |
| 9.30am - 9.40am   | Registration, Rules and Introduction |               |
| 9.40am - 10.15am  | Warm up Games                        | Warm up Games |
| 10.15am - 10.30am | 15 minute break                      |               |
| 10.30am - 11.15pm | Football                             | Football      |
| 11.15pm -12pm     | Athletics                            | Athletics     |
| 12pm - 1pm        | Lunch time and Free Play             |               |
| 1pm - 1.45pm      | Dodgeball                            | Dodgeball     |
| 1.45pm - 2pm      | 15 minute break                      |               |
| 2pm - 2.45pm      | Basketball                           | Basketball    |
| 2.45pm - 3.15pm   | Nerf Showdown                        | Nerf Showdown |
| 3.15pm - 3.45pm   | Hoop Ball                            | Hoop Ball     |
| 3.45pm - 4pm      | Presentation                         |               |
| 4pm - 6pm         | Group Choice                         | Group Choice  |

Half Day\* - Morning

Half Day\* - Afternoon

\*Four-year-olds may only attend for four hours

# Wednesday



## Multi Sports Academy Schedule

| Session           | 5-7 year olds                        | 8+ year olds     |
|-------------------|--------------------------------------|------------------|
| 8am - 9.30am      | Early Drop Off - Free Play           |                  |
| 9.30am - 9.40am   | Registration, Rules and Introduction |                  |
| 9.40am - 10.15am  | Warm up Games                        | Warm up Games    |
| 10.15am - 10.30am | 15 minute break                      |                  |
| 10.30am - 11.15pm | Volleyball                           | Volleyball       |
| 11.15pm -12pm     | Benchball                            | Benchball        |
| 12pm - 1pm        | Lunch time and Free Play             |                  |
| 1pm - 1.45pm      | Gladiator Battle                     | Gladiator Battle |
| 1.45pm - 2pm      | 15 minute break                      |                  |
| 2pm - 2.45pm      | Rounders                             | Rounders         |
| 2.45pm - 3.15pm   | Tchoukball                           | Tchoukball       |
| 3.15pm - 3.45pm   | Netball                              | Netball          |
| 3.45pm - 4pm      | Presentation                         |                  |
| 4pm - 6pm         | Group Choice                         | Group Choice     |

Half Day\* - Morning

Half Day\* - Afternoon

\*Four-year-olds may only attend for four hours

# Thursday



## Multi Sports Academy Schedule

| Session           | 5-7 year olds                        | 8+ year olds    |
|-------------------|--------------------------------------|-----------------|
| 8am - 9.30am      | Early Drop Off - Free Play           |                 |
| 9.30am - 9.40am   | Registration, Rules and Introduction |                 |
| 9.40am - 10.15am  | Warm up Games                        | Warm up Games   |
| 10.15am - 10.30am | 15 minute break                      |                 |
| 10.30am - 11.15pm | Archery                              | Archery         |
| 11.15pm -12pm     | Nerf Showdown                        | Nerf Showdown   |
| 12pm - 1pm        | Lunch time and Free Play             |                 |
| 1pm - 1.45pm      | Handball                             | Handball        |
| 1.45pm - 2pm      | 15 minute break                      |                 |
| 2pm - 2.45pm      | Golden Balls                         | Golden Balls    |
| 2.45pm - 3.15pm   | Danish Longball                      | Danish Longball |
| 3.15pm - 3.45pm   | Hoop Ball                            | Hoop Ball       |
| 3.45pm - 4pm      | Presentation                         |                 |
| 4pm - 6pm         | Group Choice                         | Group Choice    |

Half Day\* - Morning

Half Day\* - Afternoon

\*Four-year-olds may only attend for four hours

## Multi Sports Academy Schedule

| Session           | 5-7 year olds                        | 8+ year olds             |
|-------------------|--------------------------------------|--------------------------|
| 8am - 9.30am      | Early Drop Off - Free Play           |                          |
| 9.30am - 9.40am   | Registration, Rules and Introduction |                          |
| 9.40am - 10.15am  | Warm up Games                        | Warm up Games            |
| 10.15am - 10.30am | 15 minute break                      |                          |
| 10.30am - 11.15pm | Powerball                            | Powerball                |
| 11.15pm -12pm     | Colloseum Catch and Dash             | Colloseum Catch and Dash |
| 12pm - 1pm        | Lunch time and Free Play             |                          |
| 1pm - 1.45pm      | Gladiator Battle                     | Gladiator Battle         |
| 1.45pm - 2pm      | 15 minute break                      |                          |
| 2pm - 2.45pm      | Run the Gauntlet                     | Run the Gauntlet         |
| 2.45pm - 3.15pm   | Race for Glory                       | Race for Glory           |
| 3.15pm - 3.45pm   | Group Choice                         | Group Choice             |
| 3.45pm - 4pm      | Presentation                         |                          |
| 4pm - 6pm         | Group Choice                         | Group Choice             |

\*Four-year-olds may only attend for four hours