

Summer Holiday Timetables



Week 1
Mon 20th - Fri 24th July



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	Golden Balls	Golden Balls
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	Tennis	Tennis
2.45pm - 3.15pm	Football	Football
3.15pm - 3.45pm	Nerf Battle	Nerf Battle
3.45pm - 4pm	Presentation	

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	Netball	Netball
11.15pm -12pm	Danish Longball	Danish Longball
12pm - 1pm	Lunch time and Free Play	
1pm - 1.45pm	Tag Rugby	Tag Rugby
1.45pm - 2pm	15 minute break	
2pm - 2.45pm	Volleyball	Volleyball
2.45pm - 3.15pm	Benchball	Benchball
3.15pm - 3.45pm	Capture the Flag	Capture the Flag
3.45pm - 4pm	Presentation	

*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	Hoopball	Hoopball
11.15pm -12pm	Rounders	Rounders
12pm - 1pm	Lunch time and Free Play	
1pm - 1.45pm	Ultimate Frisbee	Ultimate Frisbee
1.45pm - 2pm	15 minute break	
2pm - 2.45pm	Tchoukball	Tchoukball
2.45pm - 3.15pm	Cricket	Cricket
3.15pm - 3.45pm	Handball	Handball
3.45pm - 4pm	Presentation	

*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	Football	Football
11.15pm -12pm	Tennis	Tennis
12pm - 1pm	Lunch time and Free Play	
1pm - 1.45pm	Golden Balls	Golden Balls
1.45pm - 2pm	15 minute break	
2pm - 2.45pm	Inflatables	Inflatables
2.45pm - 3.15pm	Basketball	Basketball
3.15pm - 3.45pm	Athletics	Athletics
3.45pm - 4pm	Presentation	

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

Friday



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	Benchball	Benchball
11.15pm -12pm	Tag Rugby	Tag Rugby
12pm - 1pm	Lunch time and Free Play	
1pm - 1.45pm	Group Choice	Group Choice
1.45pm - 2pm	15 minute break	
2pm - 2.45pm	Group Choice	Group Choice
2.45pm - 3.15pm	Group Choice	Group Choice
3.15pm - 3.45pm	Group Choice	Group Choice
3.45pm - 4pm	Presentation	

Half Day* - Morning

Half Day* - Afternoon

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