

Summer Holiday Timetables



Week 5
Mon 17th - Fri 21st Aug



Monday



Multi Sports Academy Schedule

		Session	5-7 year olds	8+ year olds
Half Day* - Morning		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
Half Day* - Afternoon		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	
		4pm - 6pm	Group Choice	Group Choice

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

Tuesday



Multi Sports Academy Schedule

Session		5-7 year olds	8+ year olds
Half Day* - Morning	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
Half Day* - Afternoon	2.45pm - 3.15pm	Benchball	Benchball
	3.15pm - 3.45pm	Capture the Flag	Capture the Flag
	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
Half Day* - Morning	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
Half Day* - Afternoon	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	
	4pm - 6pm	Group Choice	Group Choice

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

Thursday



Multi Sports Academy Schedule

	Session	5-7 year olds	8+ year olds
Half Day* - Morning	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
Half Day* - Afternoon	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	
	4pm - 6pm	Group Choice	Group Choice

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

Friday



Multi Sports Academy Schedule

Half Day* - Morning	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/Focus Choice	Group/Focus Choice
	1.45pm - 2pm	15 minute break	
	2pm - 2.45pm	Group/Focus Choice	Group/Focus Choice
	2.45pm - 3.15pm	Group/Focus Choice	Group/Focus Choice
	3.15pm - 3.45pm	Group/Focus Choice	Group/Focus Choice
	3.45pm - 4pm	Presentation	
	4pm - 6pm	Group Choice	Group Choice
Half Day* - Afternoon			

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