

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	Dodgeball	Dodgeball
11.15pm -12pm	Ultimate Frisbee	Ultimate Frisbee
12pm - 1pm	Lunch time and Free Play	
1pm - 1.45pm	Volleyball	Volleyball
1.45pm - 2pm	15 minute break	
2pm - 2.45pm	Danish Longball	Danish Longball
2.45pm - 3.15pm	Tennis	Tennis
3.15pm - 3.45pm	Tag Rugby	Tag Rugby
3.45pm - 4pm	Presentation	
4pm - 5pm	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	Handball	Handball
11.15pm -12pm	Cricket	Cricket
12pm - 1pm	Lunch time and Free Play	
1pm - 1.45pm	Capture the Flag	Capture the Flag
1.45pm - 2pm	15 minute break	
2pm - 2.45pm	Inflatables	Inflatables
2.45pm - 3.15pm	Football	Football
3.15pm - 3.45pm	Rounders	Rounders
3.45pm - 4pm	Presentation	
4pm - 5pm	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	Danish Longball	Danish Longball
11.15pm -12pm	Athletics	Athletics
12pm - 1pm	Lunch time and Free Play	
1pm - 1.45pm	Hoopball	Hoopball
1.45pm - 2pm	15 minute break	
2pm - 2.45pm	Basketball	Basketball
2.45pm - 3.15pm	Nerf Battle	Nerf Battle
3.15pm - 3.45pm	Group Choice	Group Choice
3.45pm - 4pm	Presentation	
4pm - 5pm	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	Benchball	Benchball
11.15pm -12pm	Golden Balls	Golden Balls
12pm - 1pm	Lunch time and Free Play	
1pm - 1.45pm	Football	Football
1.45pm - 2pm	15 minute break	
2pm - 2.45pm	Inflatables	Inflatables
2.45pm - 3.15pm	Tchoukball	Tchoukball
3.15pm - 3.45pm	Netball	Netball
3.45pm - 4pm	Presentation	
4pm - 5pm	Group Choice	Group Choice

Half Day* - Morning

Half Day* - Afternoon

*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	Cricket	Cricket
11.15pm -12pm	Football	Football
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	
4pm - 5pm	Group Choice	Group Choice

Half Day* - Morning

Half Day* - Afternoon

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