




AN EXAMPLE WEEK FOR 11-14 YEAR OLDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00 - 9.15	Early Club				
8.30 - 9.30	Standard Registration Hour				
9.30 - 10.30	Fire Drill, Site Orientation, What's Coming Up?	Move Like Jackson OR Tag Rugby	Fencing OR Dodgeball	Handball OR Circus Skills	Swimming OR Powerball
	MORNING BREAK				
10.45 - 11.40	Swimming OR Toxic Tank	Quad Bikes OR Bottle Volcanoes	Code Cracker OR Kwik Cricket	The Apprentice OR Goal Ball	Go-Karts OR Puppetry
11.40 - 12.40	Light & Shade OR Basketball	Aqua Slide OR Baseball	Water Polo OR Orienteering	Croccer OR Barrumba	Fencing OR Snake Game & Gutter Ball
	LUNCH				
13.25 - 14.25	Fencing OR Den Building	Minute To Win It OR Kinball	Masked Juggling Balls OR Human Knot & Soft Ground Crossing	Uni-Hoc OR Catapult Challenge	Ultimate Frisbee OR Mime Mania
14.25 - 15.25	Impro To Go OR Tennis	Kwik Cricket OR Paper Mache Frames	Capture The Flag OR Danish Longball	Archery OR Aqua Slide	Rounders OR River Challenge
	AFTERNOON BREAK				
15.40 - 16.30	Pop Lacrosse OR Archery	Bridge Challenge OR Football	River Crossing OR Badminton	Go-Karts OR Netball	Football OR Circuits
16.30 - 17.30	Standard Collection Hour				
16.45 - 18.00	Late Club				