



Summer Activity SAMPLE Schedule: **YELLOW GROUP 8/9 YEAR OLDS**

Timing / Day	Monday	Tuesday	Wednesday	Thursday	FRANTIC FAB Friday THEME DAY
0800-0900 0900-0920	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting
0925-1025 1025-1125	Basketball drills/games Fitness Made Fun	Capture the Flag Dodgeball	Swimming/Art themes Swimming/Art themes	Parachute Games Unihoc drills/games	Putting/Archery Netball/drills/games
1125-1145	Snack break	Snack break	Snack break	Snack break	Snack break
1145-1245	Zorb Unihoc	Ultimate Frisbee	Sporting Mind test	Kwik Cricket	Tag Rugby/drills/games
1245-1315 1315-1345	Lunch Supervised passive activities	Lunch Supervised passive activities	Lunch Supervised passive activities	Lunch Supervised passive activities	Lunch Supervised passive activities
1345-1445 1445-1545	Archery/Putting Scatter Ball	Fencing Fencing	Putting Ultimate Frisbee	Obstacle Challenge Treasure Hunt / Clay	Round robin tournament Round robin tournament
1545-1600	Snack break	Snack break	Snack break	Snack break	Snack break
1600-1700	Short Tennis	Zorb Soccer	Softball	Scatter ball	It's a Knockout / Certificates/Awards
1700-1800	Collection/supervised passive activities	Collection/supervised passive activities	Collection/supervised passive activities	Collection/supervised passive activities	Collection/supervised passive activities

Please note the schedule is subject to change. Activities are adapted to suit the nature and age of children attending.

Summer Activity **SAMPLE** Schedule: **RED GROUP 10/11 YEAR OLDS**

Timing / Day	Monday	Tuesday	Wednesday	Thursday	FRANTIC FAB Friday THEME DAY
0800-0900 0900-0920	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting
0925-1025 1025-1125	Fitness made fun Basketball drills/games	Bench Ball Ultimate Frisbee	Swimming/Art themes Swimming/Art themes	Unihoc/drills/games Tag Rugby/drills/games	Netball/drill/games Archery/putting
1125-1145	Snack break	Snack break	Snack break	Snack break	Snack break
1145-1245	Archery/Putting	Zorb Unihoc	Kwik Cricket	Scatter ball	Basketball/drills/games
1245-1315 1315-1345	Lunch Supervised passive activities	Lunch Supervised passive activities	Lunch Supervised passive activities	Lunch Supervised passive activities	Lunch Supervised passive activities/Face paints
1345-1445 1445-1545	Unihoc drills/games Short Tennis/drills	Fencing Fencing	Pop Lacross drills/games Capture the flag	Badminton/drills/games Badminton/drills/games	Round robin tournament Round robin tournament
1545-1600	Snack break	Snack break	Snack break	Snack break	Snack break
1600-1700	Dodge Ball	Rounders/Tug o war	Netball/drills/games	Dance Fitness	It's a Knockout / Certificates/Awards
1700-1800	Collection/supervised passive activities	Collection/supervised passive activities	Collection/supervised passive activities	Collection/supervised passive activities	Collection/supervised passive activities

Please note the schedule is subject to change. Activities are adapted to suit the nature and age of children attending.

Summer Activity SAMPLE Schedule: ORANGE GROUP 12+ YEAR OLDS

Timing / Day	Monday	Tuesday	Wednesday	Thursday	FRANTIC FAB Friday THEME DAY
0800-0900 0900-0920	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting	Arrivals / Registration Group Meeting
0925-1025 1025-1125	Scatter Ball Archery/Tug o War	Zorb Unihoc Ultimate Frisbee	Swimming/Art themes Swimming/Art themes	Football/drills/games Sporting Mind test	Ultimate Frisbee Fitness Fun
1125-1145	Snack break	Snack break	Snack break	Snack break	Snack break
1145-1245	Tag rugby/drills/games	Short tennis/drills/games	Badminton/drills/games	Basketball/games/drills	Archery/Putting
1245-1315 1315-1345	Lunch Supervised passive activities	Lunch Supervised passive activities	Lunch Supervised passive activities	Lunch Supervised passive activities	Lunch Supervised passive activities/Face paints
1345-1445 1445-1545	Unihoc/drills/games Zorb Soccer	Fencing Fencing	Kwik Cricket Pop Lacrosse/drills/games	Dance Fitness Scatter Ball	Round robin tournament Round robin tournament
1545-1600	Snack break	Snack break	Snack break	Snack break	Snack break
1600-1700	Aerobics/Fitness	Basketball/drills/games	Rounders	Short Tennis/drills/games	It's a Knockout / Certificates/Awards
1700-1800	Collection/supervised passive activities	Collection/supervised passive activities	Collection/supervised passive activities	Collection/supervised passive activities	Collection/supervised passive activities

Please note the schedule is subject to change. Activities are adapted to suit the nature and age of children attending.