



@ GEORGE HERIOT'S

Activity SAMPLE Schedule: YELLOW GROUP 7/8/9 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	Space Hopping Netball/drills/games
1125-1145	Snack break	Snack break	Snack break	Snack break	Snack break
1145-1245	Zorb Ball Games	Ultimate Frisbee	Sporting Minds/Space Hopping	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	Go Karts Scatter Ball	Nerf Wars Nerf Wars	Badminton Frisbee Golf	Silent Disco Treasure Hunt / Clay	OSCARS Olympics OSCARS Olympics
1545-1600	Snack break	Snack break	Snack break	Snack break	Snack break/Face Paints
1600-1700	Short Tennis	Zorb Soccer	Go Karts	New age Curling	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 and activities can take place on alternative days. Activities are adapted to suit the nature and age of children attending. Swimming takes place each Wednesday.

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 Zorb Soccer
1125-1145	Snack break	Snack break	Snack break	Snack break	Snack break
1145-1245	Go Karts	Zorb Ball games	Kwik Cricket/Arts & Crafts	Scatter Ball	Basketball/Go Karts
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	Unihoc drills/games Short Tennis/Arts & Crafts	Nerf Wars Nerf Wars	Capture the Flag Badminton	Silent Disco Soccer/drills/games	OSCARS Olympics OSCARS Olympics
1545-1600	Snack break	Snack break	Snack break	Snack break	Snack break/Face Paints
1600-1700	New age Curling	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 and activities can take place on alternative days. Activities are adapted to suit the nature and age of children attending. Swimming takes place each Wednesday.

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 Go Karts	Indoor Curling Frisbee Golf/Arts & Crafts	Swimming/Art themes Swimming/Art themes	Football/drills/games Sporting Mind Test	Ultimate Frisbee New age Curling
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	Zorb Ball 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 Zorb Soccer	Nerf Wars Nerf Wars	Kwik Cricket Pop Lacrosse/drills/games	Silent Disco Scatter Ball/Arts & Crafts	OSCARS Olympics OSCARS Olympics
1545-1600	Snack break	Snack break	Snack break	Snack break	Snack break/Face Paints
1600-1700	Aerobics/Fitness/Dance	Basketball/drills/games	Rounders/Go Karts	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 and activities can take place on alternative days. Activities are adapted to suit the nature and age of children attending. Swimming takes place each Wednesday.