

ATHLETE DEVELOPMENT HOLIDAY ACADEMY - WEEK 1

MONDAY 5TH JANUARY - FRIDAY 9TH JANUARY

MON 5 TH	READY, SET, RACE!	Kick off the week with Movement Exploration to get your body firing and ready to go. Then, jump straight into an Amazing Race where you will navigate your way around AUT Millennium by unlocking clues and completing challenges with your teammates. After lunch, cool off in the pool with relays and water games to finish the first day strong!
TUES 6 TH	GAME READY	Start the morning by designing and creating your very own game...the rules, the layout and the strategy are all up to you! Head to the pool for kayaking where you will test balance, turning and control. Next, you will bring your creations to life as everyone plays through the games you built. End the day with an energetic Multisport session.
WED 7 TH	PUSH YOUR LIMITS	Build confidence and power in a Strength Session designed to challenge your body in new ways. Jump into the pool for Deep Water Running, a fun and surprisingly tough workout. Finish off with Rockwall climbing - choose your route, push your limits and aim for the top.
THURS 8 TH	BASKETBALL BLAST	Start with a high-energy Power Session to get your muscles fired up. Move courtside for a Give-It-A-Go Basketball session, learning new skills and jumping into fun games. Finish the afternoon outdoors with Water Games to cool down after a big day!
FRI 9 TH	TEAMWORK FRIDAY	Sharpen your reactions with a Speed and Agility session full of quick feet drills and competitive bursts. Work together through team building missions and problem-solving challenges that test communication and strategy. Wrap up the week with free time in the pool - splash, float or freestyle - it's your choice!

ARRIVAL BETWEEN 8AM - 8:45AM | PICK UP BETWEEN 2:30PM - 3PM

*SPECIAL ONSITE DAY
** OFFSITE DAY

ATHLETE DEVELOPMENT HOLIDAY ACADEMY - WEEK 2

MONDAY 12TH JANUARY - FRIDAY 16TH JANUARY

MON 12 TH	FOOTBALL FRENZY	Kick off with a Speed and Agility warm-up to get you moving fast. Then head straight into Football drills and skills, working on passing, accuracy and movement before finishing with some fun games. Cool off in the pool with some free time to end the first day of the week.
TUES 13 TH	HUNGERBALL DAY*	Start the morning with a Strength and Power Session - including fun testing activities to see just how strong, quick and explosive you are becoming. After morning tea, dive into team building and problem-solving challenges before finishing the day with a high-energy round of Hungerball.
WED 14 TH	GYMNASTICS & GAMES	Warm up with Gymnastics, building body control, balance and flexibility. Continue into a Coordination and Agility session that pushes your reactions in all directions. Finish the day with AD Sports Games - fast, fun, varied and competitive.
THURS 15 TH	OBSTACLE ADVENTURE*	Start the morning on the Blow-Up Obstacle Course, moving through climbing, sliding and sprinting challenges. After a short break, work through a Movement Exploration session to refine how you move. Close out the day with a “Have a Go” Baseball session, focusing on striking, catching and field awareness.
FRI 16 TH	GAME OVER **	Spend the morning offsite at Game Over for an action-packed session of go-karting and mini golf. After returning to AUT Millennium, finish the week with free time in the Pool - a relaxed way to wrap up a busy day!

ARRIVAL BETWEEN 8AM - 8:45AM | PICK UP BETWEEN 2:30PM - 3PM

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** OFFSITE DAY

ATHLETE DEVELOPMENT HOLIDAY ACADEMY - WEEK 3

MONDAY 19TH JANUARY - FRIDAY 23RD JANUARY

MON 19 TH	MOVEMENT MASTERY*	Start with Movement Exploration to build strong, confident patterns. Try out different racquet sports in a Have-A-Go session where you can experiment with technique, timing and accuracy. Finish the day with a Box Fit group fitness class in our gym — punch, move, sweat and have fun!
TUES 20 TH	TRY IT ALL	Start the morning by designing and creating your very own game...the rules, the layout and the strategy are all up to you! Head to the pool for a Deep Water Running class by one of our experienced instructors. Next, you will bring your creations to life as everyone plays through the games you built. End the day with an energetic Multisport session.
WED 21 ST	GAME OVER**	Spend the morning offsite at Game Over for an action-packed session of go-karting and mini golf. After returning to AUT Millennium, finish the week with free time in the Pool - a relaxed way to wrap up a busy day!
THURS 22 ND	ULTIMATE ACTION CIRCUIT*	Race through the Blow-Up Obstacle Course to start your morning flying. Move into a Strength and Power Session to push your physical limits. Finish the afternoon with AD Sports Games to keep the energy high right to the end.
FRI 23 RD	TEAM TACTICS	Begin with Speed and Agility to sharpen reactions and acceleration. Take on a brand new Amazing Race full of challenges and team strategy. Cool down with Water Games outside to wrap up the week!

ARRIVAL BETWEEN 8AM - 8:45AM | PICK UP BETWEEN 2:30PM - 3PM

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** OFFSITE DAY

ATHLETE DEVELOPMENT HOLIDAY ACADEMY - WEEK 4

TUESDAY 27TH JANUARY - FRIDAY 30TH JANUARY

TUES 27 TH	HOCKEY & HEIGHTS	Start the day with Movement Exploration to switch on speed, strength and mobility. Step onto the turf for a Have-A-Go Hockey session, learning stick skills, movement and teamwork. Finish the day on the Rockwall - choose your line and climb as high as you can!
WED 28 TH	SUMMER ATHLETICS	Kick off with Speed and Agility, working on quick movements and explosive starts. Move into Athletics and Summer Games for a mix of running, throwing and team challenges on our 400m track. End with free time in the pool to cool off after an active day.
THURS 29 TH	KRAZY KAYAKS	Begin with build your own classroom game where you will put your creativity to the test! After morning tea, head to the pool for some kayaking fun! Finish the day by playing and testing the games you made earlier and a round of Multisport!
FRI 30 TH	BOUNCE**	Start with a Strength Session to challenge your body and learn new movements. Then, we will head off-site to Bounce - jump, flip and fly through a trampoline-packed morning. Next, you will hop in the pool for a Deep Water Running Session before finishing off the week with water games and an Amazing Race!

ARRIVAL BETWEEN 8AM - 8:45AM | PICK UP BETWEEN 2:30PM - 3PM

*SPECIAL ONSITE DAY

** OFFSITE DAY