HOLIDAY PROGRAMME · AGES 11–14

AD ACCELERATE WEEK ONE

A structured introduction to training, from foundational movement to strength and power.

AUT MILLENNIUM AD

DECEMBER HOLIDAY PROGRAMME

WED 16TH – FRI 18TH

Arrival 8am – 8:45am · Pick up 2:30pm – 3pm

ON SITE

WEDNESDAY 16TH



- Movement exploration
- Rockwall
- Amazing Race

$75

SCALE THE WALL.

OFF SITE

THURSDAY 17TH

- Sport
- Bounce tramp park
  OFF-SITE TRIP
- Strength

Off-site day $85

JUMP DAY!



ON SITE

FRIDAY 18TH



- Water games
- Rangi Basketball
- Speed and power

$75

BRING THE ENERGY!

HOLIDAY PROGRAMME · AGES 11–14

AD ACCELERATE WEEK TWO

A structured introduction to training, from foundational movement to strength and power.

AUT MILLENNIUM / AD

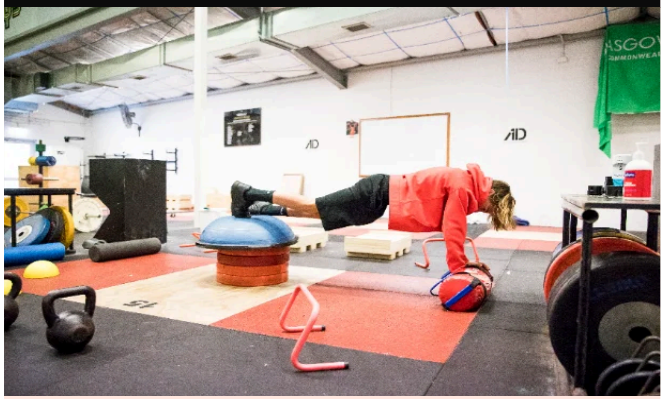
DECEMBER HOLIDAY PROGRAMME

MON 21ST – WED 23RD

Arrival 8am – 8:45am · Pick up 2:30pm – 3pm

ON SITE

MONDAY 21ST



- Pool relay races
- Strength
- Rockwall

$75

RACE. LIFT. CLIMB.

ON SITE

TUESDAY 22ND

- Strength & conditioning
- Team building
- Deep Water Running

$75

TRAIN. RECOVER.



ON SITE

WEDNESDAY 23RD



- AD Athletics
- Rangi Volleyball
- Speed and power

$75

FINISH FAST.