

AD IGNITE HOLIDAY PROGRAMME

AGES 8-11

MONDAY 28TH SEPTEMBER - FRIDAY 2ND OCTOBER

Arrival between 8am - 8:45am | Pick up between 2:30pm - 3pm

MONDAY	ONSITE	Get ready to explore, run, jump and splash! Juniors kick off the week with movement exploration, dive into a multisport challenge, and cool off with a Deep Water Running session.
TUESDAY	ONSITE	Power up! Juniors hit the gym for power training, then head outdoors for Rangī Court Sport Games, wrapping up with classic back yard Games.
WEDNESDAY	OFFSITE	Everyone starts with relay races and morning tea before heading off-site to Bounce for a jump-packed day, then cools off in the pool.
THURSDAY	ONSITE	Juniors tackle the rockwall, get stuck into sport, then build strength to finish the day.
FRIDAY	ONSITE	Juniors dodge and dive through Hungerball, master new skills in movement fundamentals, and team up for team building.

MONDAY 5TH - FRIDAY 9TH OCTOBER

Arrival between 8am - 8:45am | Pick up between 2:30pm - 3pm

MONDAY	ONSITE	Juniors power through strength training, hit the courts for Rangī Sport, then make a splash with Deep Water Running.
TUESDAY	OFFSITE	It's game time! Everyone heads off-site to GameOver for an epic day out, then teams up for some team building fun back at base.
WEDNESDAY	ONSITE	Take on the Rockwall, get competitive with some games, then cool off in the pool.
THURSDAY	ONSITE	Explore movement skills, bounce around on the Water Inflatable, then finish with a multisport challenge.
FRIDAY	ONSITE	Build speed, race through the Amazing Race challenge, then cool off in the pool.

Senior Athlete Development Holiday Programme (ages 11-14) and after holiday programme care (3.00pm - 5.00pm) also available.