

AD ACCELERATE HOLIDAY PROGRAMME

AGES 11-14

MONDAY 28TH SEPTEMBER - FRIDAY 2ND OCTOBER

Arrival between 8am - 8:45am |

Pick up between 2:30pm - 3pm

MONDAY	ONSITE	Battle it out with some sports games, build strength with S&C, then cool down with Deep Water Running.
TUESDAY	ONSITE	Seniors smash Rangī Court sport games, pump up with power training, and finish with fun-filled 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	Start with strength training, scale the rockwall, then get competitive with some fun games.
FRIDAY	ONSITE	Bring the energy! Seniors get strong, dive into dungerbball chaos, then finish strong with some fun sports games.

MONDAY 5TH - FRIDAY 9TH OCTOBER

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

MONDAY	ONSITE	Rangī court sport games, power training, and a cool-down deep water running session.
TUESDAY	OFFSITE	Everyone heads off-site to GameOver for an epic day out, then teams up for some team building fun back at base.
WEDNESDAY	ONSITE	Sport games first, then off to scale the rockwall, before diving into the pool to finish off the day
THURSDAY	ONSITE	Sports games, a wild water inflatable session, and strength & conditioning to wrap up.
FRIDAY	ONSITE	Seniors race into the Amazing Race, then work on speed, finishing with a well-earned pool session.

Junior Athlete Development Holiday Programme (ages 8-11) and after holiday programme care (3.00pm - 5.00pm) also available.