

# AD ACCELERATE HOLIDAY PROGRAMME

AGES 11-14

## MONDAY 6TH - THURSDAY 9TH JULY

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

<b>MONDAY</b>	<b>ONSITE</b>	An active day combining sports games, rock climbing and strength & conditioning activities.
<b>TUESDAY</b>	<b>ONSITE</b>	A swimming and performance-focused day with pool training and power sessions.
<b>WEDNESDAY</b>	<b>OFFSITE</b>	An exciting off-site Bounce experience followed by team-building and swimming activities.
<b>THURSDAY</b>	<b>ONSITE</b>	A balanced day of indoor games, strength work and team sports.

## MONDAY 13TH - FRIDAY 17TH JULY

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

<b>MONDAY</b>	<b>OFFSITE</b>	An off-site GameOver adventure followed by afternoon swimming sessions.
<b>TUESDAY</b>	<b>ONSITE</b>	A fun and active day featuring backyard games, pool games and power training.
<b>WEDNESDAY</b>	<b>ONSITE</b>	A varied day of pool games, movement exploration and multisport activities.
<b>THURSDAY</b>	<b>ONSITE</b>	An adventure-based day with sports games, rock climbing and strength & conditioning.
<b>FRIDAY</b>	<b>ONSITE</b>	A team-focused finish to the programme with sport and collaborative challenges.

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