

ATHLETE DEVELOPMENT HOLIDAY ACADEMY

BOOK HERE:

AGES 10-14

WEDNESDAY 17TH - FRIDAY 19TH OF DECEMBER

WEDNESDAY

ONSITE

Monday starts with Movement Exploration to get active and discover new ways to move. Then enjoy Athletics "Have a Go" Day and try out different events. End the day with a fun pool session!

THURSDAY

ONSITE

Thursday kicks off by getting creative with Building your own Game in the morning. Then, enjoy an expert-led Pool Recovery Session. Lastly finish the day by taking your team mates through your own unique game!

FRIDAY

ONSITE

Start Friday with Strength and Power to get active and energized. Next, tackle the Amazing Race and challenge yourself with fun obstacles. End the day with Water Games to cool off and have fun in the pool.

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



Senior Athlete Development Holiday Academy (ages 14-18) and after holiday program care (3.00pm - 5.00pm) also available.