

# ATHLETE DEVELOPMENT HOLIDAY ACADEMY



**AGES 10-14**

**MONDAY 22<sup>ND</sup> - FRIDAY 26<sup>TH</sup> SEPTEMBER**

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

<b>MONDAY</b>	<b>ONSITE</b>	Kick off the week with movement exploration and strength & flexibility challenges in the sports hall, followed by a fun swim session in the pool.
<b>TUESDAY</b>	<b>ONSITE</b>	Set goals in the classroom, then enjoy sports games and a high-energy speed & power session. Finish the day with a rock climbing adventure!
<b>WEDNESDAY</b>	<b>OFFSITE</b>	A big day of teamwork and fun! Start with team building, then head offsite for bouncing at the trampoline park before wrapping up with a pool session.
<b>THURSDAY</b>	<b>ONSITE</b>	Boost your balance, coordination, and movement skills, dive into a swim, then build strength in the gym before enjoying exciting sports games.
<b>FRIDAY</b>	<b>OFFSITE</b>	Head offsite for an action-packed morning at GameOver, then test your speed and agility with a crawl & carry locomotion session. The day ends with the always-popular Amazing Race!

**MONDAY 29<sup>TH</sup> - FRIDAY 3<sup>RD</sup> OCTOBER**

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

<b>MONDAY</b>	<b>ONSITE</b>	Power up with strength testing, enjoy some unique and fun sports games, and challenge yourself on the rock wall in the afternoon.
<b>TUESDAY</b>	<b>OFFSITE</b>	Jump, land, and move with power in the morning, then bounce your way through an offsite trampoline park trip before wrapping up with the Amazing Race.
<b>WEDNESDAY</b>	<b>ONSITE</b>	Design your own game, try it out in team challenges, and finish the day with a pool session and relay.
<b>THURSDAY</b>	<b>OFFSITE</b>	A day full of excitement! Start offsite at GameOver, then work on your locomotion skills before diving into fast-paced multisport games.
<b>FRIDAY</b>	<b>ONSITE</b>	End the program with a strength endurance challenge, a refreshing swim, and an afternoon of ball skills, games, and recovery activities.

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