

ACTIVITY FINDER

Find your group based on your age and the first letter of your surname where indicated.

All sessions are 45 minutes long

ACTIVITY FINDER

Where there is a choice of sports, pick the one you'd like to do and head to that zone. If your first choice is full, try one of the others.

All sessions are 45 minutes long

SATURDAY

	Foxes Age 7	Cheetahs Age 8	Tigers Age 9	Lions Age 10
9:30	Briefing			
Session 1 09:45	Rugby	Lacrosse / Wheels Extreme	Cricket	Judo / Medieval Sword Fighting
Session 2 11:00	Archery / Skipping	Rugby	Judo / Medieval Sword Fighting	Gymnastics / Functional Fitness
Session 3 12:15	Athletics	Boxing	Rugby	Netball
13:00	Lunch			
Session 4 14:15	Golf / Gymnastics	Archery / Skipping	Boxing	Rugby
Session 5 15:30	Football	Athletics	Archery / Skipping	Boxing
Session 6 16:45	Boxing	Hockey / Football	Athletics	Archery / Skipping

SUNDAY

9:30	Briefing			
Session 7 09:45	Netball / Rugby	Golf	Gymnastics / Functional Fitness	Lacrosse / Wheels Extreme
Session 8 11:00	Cricket	Gymnastics / Functional Fitness	Golf	Football
Session 9 12:15	Lacrosse / Wheels Extreme	Football	Netball	Athletics
13:00	Lunch			
Session 10 14:15	Gymnastics / Functional Fitness	Judo / Medieval Sword Fighting	Hockey	Cricket
Session 11 15:30	Hockey	Netball / Wheels Extreme	Football	Golf
Session 12 16:45	Judo / Medieval Sword Fighting / Athletics	Cricket	Lacrosse / Wheels Extreme	Hockey

SATURDAY

	Jaguars Ages 11, 12, 13 Surname A - G	Leopards Ages 11, 12, 13 Surname H - N	Bears Ages 11, 12, 13 Surname O - Z	Broncos Age 14
9:30	Briefing			
Session 1 09:45	Hockey	Golf	Netball	Athletics / Gymnastics / Functional Fitness
Session 2 11:00	Lacrosse / Wheels Extreme	Hockey	Football	Golf / Cricket
Session 3 12:15	Gymnastics / Functional Fitness	Cricket / Rowing	Lacrosse / Wheels Extreme	Hockey
13:00	Lunch			
Session 4 14:15	Netball	Lacrosse / Wheels Extreme	Cricket / Rowing	Judo / Medieval Sword Fighting
Session 5 15:30	Rugby	Gymnastics / Functional Fitness	Golf / Medieval Sword Fighting	Cricket / Rowing
Session 6 16:45	Judo / Medieval Sword Fighting	Netball	Gymnastics / Functional Fitness	Rugby

SUNDAY

9:30	Briefing			
Session 7 09:45	Boxing	Athletics	Hockey	Football
Session 8 11:00	Athletics	Judo / Medieval Sword Fighting / Rowing	Boxing	Lacrosse / Wheels Extreme / Hockey
Session 9 12:15	Archery / Skipping	Rugby	Judo / Medieval Sword Fighting	Boxing
13:00	Lunch			
Session 10 14:15	Football	Archery / Skipping	Athletics	Netball
Session 11 15:30	Cricket / Rowing	Boxing	Archery / Skipping	Gymnastics / Functional Fitness / Judo
Session 12 16:45	Golf	Football	Rugby	Archery / Rowing / Skipping

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MINIS ACTIVITY FINDER

Where there is a choice of sports, pick the one you'd like to do and head to that zone. If your first choice is full, try one of the others.

All sessions are 30 minutes long

SATURDAY

Storm Ages 15, 16, 17 Surname A - J		Heat Ages 15, 16, 17 Surname K - Z		Open to all	
9:30 Briefing					
Session 1 09:45	Archery / Rowing / Skipping	Boxing	Dance / Drumba / Climbing		
Session 2 11:00	Netball	Athletics / Rowing	Drumba / Climbing		
Session 3 12:15	Football	Judo / Medieval Sword Fighting / Archery	Dance / Drumba / Skipping		
13:00 Lunch					
Session 4 14:15	Hockey	Football	Dance / Drumba / Climbing		
Session 5 15:30	Lacrosse / Wheels Extreme	Hockey	Dance / Climbing		
Session 6 16:45	Cricket	Golf / Rowing / Judo	Drumba / Climbing		

SUNDAY

9:30 Briefing					
Session 7 09:45	Judo / Medieval Sword Fighting / Cricket	Archery / Rowing / Skipping	Dance / Climbing		
Session 8 11:00	Rugby	Netball	Drumba / Climbing		
Session 9 12:15	Gymnastics / Functional Fitness	Cricket	Drumba / Climbing		
13:00 Lunch					
Session 10 14:15	Golf / Rowing	Lacrosse / Wheels Extreme / Boxing	Dance / Drumba / Climbing		
Session 11 15:30	Athletics / Lacrosse	Rugby	Drumba / Climbing		
Session 12 16:45	Boxing / Netball	Gymnastics / Functional Fitness	Drumba / Climbing		

Climbing - height restriction 1.1m

SATURDAY

Ospreys Ages 5, 6 Surname A - K		Falcons Ages 5, 6 Surname L - Z		Open to all	
9:30 Briefing					
Session 1 09:45	Circus Skills / Mini Monkey Gym Yoga / Mini Rugby / Mini Football				
Session 2 10:30	Cricket	Golf	Athletics / Mini Rugby		
Session 3 11:45	Mini Football	Hockey	Golf / Mini Rugby / Mini Athletics		
13:00 Lunch					
Session 4 15:00	Mini Rugby	Cricket	Mini Football / Mini Athletics / Golf / Judo		
Session 5 16:15	Gymnastics / Skipping	Mini Football	Archery / Mini Monkey Gym Circuits / Mini Athletics		
Session 6 17:30	Hockey	Mini Athletics	Mini Football / Golf / Mini Rugby		

SUNDAY

9:30 Briefing					
Session 7 09:45	Circus Skills / Mini Monkey Gym Yoga / Mini Rugby / Mini Football				
Session 8 10:30	Family Golf	Mini Athletics	Archery / Mini Rugby		
Session 9 11:45	Judo	Mini Rugby	Football / Mini Rugby / Mini Athletics		
13:00 Lunch					
Session 10 15:00	Golf	Gymnastics / Skipping	Mini Football / Mini Rugby / Mini Athletics		
Session 11 16:15	Mini Football	Golf	Mini Monkey Gym Circuits / Mini Athletics		
Session 12 17:30	Mini Athletics	Judo	Mini Rugby / Mini Football		