

ACTIVITY FINDER 7-17

All sessions are 45 minutes long

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

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.

Climbing has a height restriction of 1.1m.

SATURDAY

	FOXES Age 7	CHEETAHS Age 8	TIGERS Age 9 & 10 (A-F)	LIONS Age 9 & 10 (G-M)
09:15	★ BRIEFING AND WARM-UP ★			
Session 1 09:45	Rugby	BMX/ Wheels Extreme	Cricket	Laser Run/ M.Sword Fighting
Session 2 11:00	Archery/ Skipping	Rugby	Laser Run/ M.Sword Fighting	Gymnastics/ Judo
Session 3 12:15	Athletics	Boxing	Rugby	Netball/ Trampoline
13:00	★ BREAK FOR 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	Athletics	Archery/ Skipping

SUNDAY

09:15	★ BRIEFING AND WARM-UP ★			
Session 7 09:45	Netball/ Trampoline	Golf	Gymnastics/ Judo	BMX/ Wheels Extreme
Session 8 11:00	Cricket	Gymnastics/ Judo	Golf	Football
Session 9 12:15	BMX/ Wheels Extreme	Football	Netball/ Trampoline	Athletics
13:00	★ BREAK FOR LUNCH ★		13:30	Joshua Paul, Fit4Life at the main stage
Session 10 14:15	Gymnastics/ Judo	Laser Run/ M.Sword Fighting	Hockey	Cricket
Session 11 15:30	Hockey	BMX/ Wheels Extreme Netball	Football	Golf
Session 12 16:45	Athletics/ M.Sword Fighting/ Laser Run	Cricket/ Trampoline	BMX/ Wheels Extreme	Hockey

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All sessions are 45 minutes long

SATURDAY

	JAGUARS Age 9 & 10 (N-Z)	LEOPARDS Age 11	BEARS Age 12	BRONCOS Age 13
09:15	★ BRIEFING AND WARM-UP ★			
Session 1 09:45	Hockey	Golf	Netball/ Trampoline	Athletics/ Gymnastics/ Judo
Session 2 11:00	Wheels Extreme/ BMX	Hockey	Football	Golf/ Cricket
Session 3 12:15	Gymnastics/ Judo	Cricket	BMX / Wheels Extreme	Hockey
13:00	★ BREAK FOR LUNCH ★			
Session 4 14:15	Netball/ Trampoline	BMX/ Wheels Extreme	Cricket/ Rowing	Laser Run/ M.Sword Fighting
Session 5 15:30	Rugby	Gymnastics/ Judo	Golf	Cricket/ Rowing
Session 6 16:45	Laser Run/ M.Sword Fighting	Netball/ Trampoline	Gymnastics/ Judo	Rugby

SUNDAY

09:15	★ BRIEFING AND WARM-UP ★			
Session 7 09:45	Boxing	Athletics	Hockey	Football
Session 8 11:00	Athletics	Laser Run/ M.Sword Fighting	Boxing	BMX/ Wheels Extreme/ Hockey
Session 9 12:15	Archery/ Skipping	Rugby	Laser Run/ M.Sword Fighting/ Rowing	Boxing
13:00	★ BREAK FOR LUNCH ★		13:30	Joshua Paul, Fit4Life at the main stage
Session 10 14:15	Football	Archery/ Skipping	Athletics	Netball/ Trampoline
Session 11 15:30	Cricket	Boxing	Archery/ Skipping	Gymnastics/ Judo
Session 12 16:45	Golf	Football	Rugby	Archery/ Rowing/ Skipping

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

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.

Climbing has a height restriction of 1.1m. Street Dance will take place by the stage.

SATURDAY

	STORM Age 14	HEAT Age 15, 16 & 17	OPEN TO ALL
09:15	★ BRIEFING AND WARM-UP ★		
Session 1 09:45	Archery/ Rowing/ Skipping	Boxing	Climbing/ Combat (12-17yrs)/ Family Street Dance (5-10yrs)
Session 2 11:00	Netball / Trampoline	Athletics	Drumba/ Climbing/ Wolf Run/Rowing (12+)
Session 3 12:15	Football	Laser Run/ M.Sword Fighting/ Archery	Drumba/Climbing/Skipping/ Cheerleading/Rowing (12+)
13:00	★ BREAK FOR LUNCH ★		
Session 4 14:15	Hockey	Football	Drumba/Climbing/Cheerleading/ Street Dance (11-17yrs)/ Family Fitness Fun (open tip)
Session 5 15:30	BMX/ Wheels Extreme	Hockey	Drumba/Climbing/Wolf Run/ Combat (7-11yrs)/Medieval Sword Fighting (11-17yrs)/Trampoline (7-10yrs)
Session 6 16:45	Cricket	Golf/ Rowing/ BMX/ Wheels Extreme	Drumba/Climbing/Wolf Run/ Family Circus/ Football (9-13yrs)

SUNDAY

09:15	★ BRIEFING AND WARM-UP ★		
Session 7 09:45	Laser Run/ M.Sword Fighting/ Cricket	Archery/Rowing/ Skipping	Drumba/Climbing/Combat (12-17yrs)/ Family Street Dance (5-10yrs)
Session 8 11:00	Rugby	Netball/ Trampoline	Drumba/Climbing/Wolf Run/ Rowing (12+)/Family Skip
Session 9 12:15	Gymnastics/ Judo	Cricket	Drumba/Climbing/ Wolf Run/Cheerleading
13:00	★ BREAK FOR LUNCH ★		13:30 Joshua Paul, Fit4Life at the main stage
Session 10 14:15	Golf/ Rowing	BMX/ Wheels Extreme/ Boxing	Drumba/Climbing/ Cheerleading/Rugby (7-10yrs) Street Dance (11-17yrs)
Session 11 15:30	Athletics	Rugby	Drumba/Climbing/Wolf Run/ Combat (7-11yrs)/Rowing (12+)/Laser Run (7-10yrs)/Trampolining (11-17yrs)
Session 12 16:45	Boxing/ Netball	Gymnastics/ Judo	Drumba/Climbing/Circus

ACTIVITY MINIS (5-6)

Finder

All sessions are
30 minutes long

All minis activities will take place in the minis zone except Cricket, Wolf Run, Gymnastics, Judo, Archery and Hockey which will all take place in the main sports zones. Street Dance will take place by the stage.

SATURDAY

09:15 Briefing & warm up at stage

09:45 Golf / Wolf Run / Rugby / Football / Family Street Dance

10:30 Circus / Athletics / Golf / Rugby / Cricket

Outer Space Movement Adventure (Kids Zone)

11:45 Football / Family Golf / Rugby / Athletics / Gymnastics

14:15 Wolf Run / Golf / Judo / Family Fitness Fun

15:00 Athletics / Golf / Football / Archery

16:15 Rugby / Athletics / Golf / Hockey

16:50 Under the Sea Workout Adventure (Kids Zone)

SUNDAY

09:15 Briefing & warm up at stage

09:45 Rugby / Football / Circus / Golf / Family Street Dance

10:30 Family Golf / Rugby / Wolf Run / Athletics / Archery

11:45 Football / Golf / Athletics / Rugby / Judo

14:15 Wolf Run / Rugby / Athletics / Family Circus

15:00 Football / Golf / Athletics / Hockey / Gymnastics

16:15 Golf / Rugby / Football / Cricket

"Just Be Brave" - story reading, Joel Fearon (Kids Zone)

SATURDAY

Sensory tent will be open all day

09:45	Athletics 2+ / Parachute Play / Tiny Tunes Time
10:30	Football 2+ / Little Legends Sports Day
	Outer Space Movement Adventure (Kids Zone)
11:45	Circus / Bean Bag Exercises / Rainbow Parachute Party
14:15	Football 2+ / Athletics 2+ / Stretchy Fun / Tiny Tunes Time
15:00	Rugby 2.5+ / Pom Pom Dances / Little Legends Sports Day
16:15	Football / Rainbow Parachute Party
16:50	Under the Sea Workout Adventure (Kids Zone)

SUNDAY

Sensory tent will be open all day

09:45	Athletics 2+ / Tiny Tunes Time / Parachute Play
10:30	Football 2+ / Little Legends Sports Day
11:45	Circus / Bean Bag Exercises / Rainbow Parachute Party
14:15	Football 2+ / Pom Pom Dances / Little Legends Sports Day
15:00	Rugby 2.5+ / Stretchy Fun / Tiny Tunes Time
16:15	Athletics 2+ / Rainbow Parachute Play
	"Just Be Brave" - story reading, Joel Fearon (Kids Zone)