

SPORTS CAMPS AT ASV - October 2019 Week 2

Monday	Early: 8.00 - 9.00	9.00 - 9.30	9.30 - 10.30	10.30 - 10.45	10.45 - 11.45	11.45 - 12.00	12.00 - 1.00	1.00 - 1.45	1.45 - 2.45	2.45 - 3.00	3.00 - 4.00	4.00 - 4.15	Late: 4.00 - 5.00
GROUP 1	SEMINAR ROOM	REGISTRATION	Basketball	BREAK	Racket Skills	BREAK	Field Games	LUNCH	Athletics	BREAK	Handball	PICK UP	SEMINAR ROOM
GROUP 2			Squash		Filed Games		Badminton		Handball		Athletics		
Tuesday	Early: 8.00 - 9.00	9.00 - 9.30	9.30 - 10.30	10.30 - 10.45	10.45 - 11.45	11.45 - 12.00	12.00 - 1.00	1.00 - 1.45	1.45 - 2.45	2.45 - 3.00	3.00 - 4.00	4.00 - 4.15	Late: 4.00 - 5.00
GROUP 1	SEMINAR ROOM	REGISTRATION	Swimming	BREAK	Rugby	BREAK	Badminton	LUNCH	Circuits	BREAK	Relays	PICK UP	SPORTS STUDIO
GROUP 2			Rugby		Swimming		Basketball		Yoga		Circuits		
Wednesday	Early: 8.00 - 9.00	9.00 - 9.30	9.30 - 10.30	10.30 - 10.45	10.45 - 11.45	11.45 - 12.00	12.00 - 1.00	1.00 - 1.45	1.45 - 2.45	2.45 - 3.00	3.00 - 4.00	4.00 - 4.15	Late: 4.00 - 5.00
GROUP 1	SEMINAR ROOM	REGISTRATION	Frisbee	BREAK	Dry Dive	BREAK	Boccia	LUNCH	Parachute Games	BREAK	Yoga	PICK UP	SEMINAR ROOM
GROUP 2			Dance		Lacrosse		Dry Dive		Frisbee		Free Play		
Thursday	Early: 8.00 - 9.00	9.00 - 9.30	9.30 - 10.30	10.30 - 10.45	10.45 - 11.45	11.45 - 12.00	12.00 - 1.00	1.00 - 1.45	1.45 - 2.45	2.45 - 3.00	3.00 - 4.00	4.00 - 4.15	Late: 4.00 - 5.00
GROUP 1	SEMINAR ROOM	REGISTRATION	Swimming	BREAK	Lacrosse	BREAK	Free Play	LUNCH	Dance	BREAK	Football	PICK UP	SPORTS HALL 3
GROUP 2			Capture the Flag		Swimming		Table Tennis		Football		Relays		
Friday	Early: 8.00 - 9.00	9.00 - 9.30	9.30 - 10.30	10.30 - 10.45	10.45 - 11.45	11.45 - 12.00	12.00 - 1.00	1.00 - 1.45	1.45 - 2.45	2.45 - 3.00	3.00 - 4.00	4.00 - 4.15	Late: 4.00 - 5.00
GROUP 1	SEMINAR ROOM	REGISTRATION	Hockey	BREAK	Dodgeball	BREAK	Netball	LUNCH	Free Play	BREAK	Team Challenge	PICK UP	SEMINAR ROOM
GROUP 2			Dodgeball		Hockey		Free Play		Netball		Team Challenge		