

## Sports Camps at ASV Example Timetable



Registration takes place on Level 0 of the Sports Centre from 9.00am to 9.25am. Children 8 and under must be signed in and out by an adult. All activities are age and stage appropriate. The below is an example and activities such as trampoline are dependent on coach and facility availability.

Monday	9.30-10.30	10.30-10.45	10.45-11.45	11.45-12.30	12.30-1.30	1.30-1.45	1.45-2.45	2.45-3.00	3.00-4.00
Group 1	Athletics	B R E A K	Basketball	L U N C H	Fitstars	B R E A K	Football	B R E A K	Parachute Games
Group 2	Basketball		Athletics		Unihoc		Short Tennis		Fitstars
Group 3	Football		Squash		Ultimate Frisbee		Netball		Athletics
Group 4	Squash		TRX		Basketball		Athletics		Netball
Tuesday	9.30-10.30	10.30-10.45	10.45-11.45	11.45-12.30	12.30-1.30	1.30-1.45	1.45-2.45	2.45-3.00	3.00-4.00
Group 1	Aqua Fun	B R E A K	Team Choice	L U N C H	Table Tennis	B R E A K	Rugby	B R E A K	Games
Group 2	Parachute Games		Aqua Fun		Rugby		Table Tennis		Games
Group 3	Aqua Fun/Run		Rugby		Basketball		Cricket		Orienteering
Group 4	Rugby		Aqua Fun/Run		Football		Orienteering		Cricket
Wednesday	9.30-10.30	10.30-10.45	10.45-11.45	11.45-12.30	12.30-1.30	1.30-1.45	1.45-2.45	2.45-3.00	3.00-4.00
Group 1	Trampoline	B R E A K	Orienteering	L U N C H	Racketball	B R E A K	Capture the Flag	B R E A K	Short Tennis
Group 2	Racketball		Trampoline		Orienteering		Capture the Flag		Football
Group 3	Boccia		Volleyball		Trampoline		Bootcamp		Capture the Flag
Group 4	Bootcamp		Boccia		Synergy		Trampoline		Capture the Flag
Thursday	9.30-10.30	10.30-10.45	10.45-11.45	11.45-12.30	12.30-1.30	1.30-1.45	1.45-2.45	2.45-3.00	3.00-4.00
Group 1	Badminton	B R E A K	Aqua Fun	L U N C H	Ultimate Frisbee	B R E A K	Boccia	B R E A K	Cricket
Group 2	Aqua Fun		Badminton		Team Choice		Cricket		Boccia
Group 3	Hockey		Aqua Run		Team Choice		Badminton		Boxfit
Group 4	Aqua Run		Hockey		Badminton		Table Tennis		Ultimate Frisbee
Friday	9.30-10.30	10.30-10.45	10.45-11.45	11.45-12.30	12.30-1.30	1.30-1.45	1.45-2.45	2.45-3.00	3.00-4.00
Group 1	Unihoc	B R E A K	Dodgeball	L U N C H	Assault Courses	B R E A K	Team Choice	B R E A K	Field Games
Group 2	Dodgeball		Assault Courses		Team Choice		Field Games		Frisbee
Group 3	Team Choice		Field Games		Dodgeball		Diving		Handball
Group 4	Field Games		Silly Sports		Handball		Dodgeball		Diving