

Time	Junior	Senior	Teens
7:00am	Sandbucket	Sandbucket	Sandbucket
8:45am	Floor Warm Up	Floor Warm Up	Floor Warm Up
9:00am	Grouping	Grouping	Grouping
Sen - 9:05 Jnr - 9:10	Water Slide/Water Games	Parkour/Tumbling	Parkour/Tumbling
10:00am	Water Slide/Water Games	Morning Tea	Morning Tea
10:30am	Morning Tea	Kayaking or Multi Purpose room (Games, Wii or ball games)	Kayaking
11:00am	Free time in Gymnastics	Kayaking or Multi Purpose Room (Games, Wii or ball games)	Kayaking
11:30am	Games/Hide and Seek	Games/Hide and Seek	Games/Hide and Seek
12:00pm	Lunch	Free Time in Gymnastics	Free Time in Gymnastics
12:30pm	Movie/arts and crafts	Lunch	Lunch
1:00pm	Movie/arts and crafts	Movie (optional)	Movie (optional)
1:30pm	Gymnastics Circuits to specific theme for the day	Water Slide/Kayaking	Water Slide/Kayaking
2:45pm	Afternoon Tea	Water Slide/Kayaking	Water Slide/Kayaking
3:15pm	Free Time	Afternoon Tea	Afternoon tea
3:45pm	Floor Games	Free Time in Gymnastics	Free Time in Gymnastics
4:00pm	Sandbucket	Free Time in Gymnastics	Free Time in Gymnastics
4:30pm	Sandbucket	Sandbucket	Sandbucket
5:30pm	Trampolines	Trampolines	Trampolines