

PROGRAMME

Ages 9-11

5-7 July | 9am - 3pm



MIDIS MULTI-SPORTS CAMP

Monday 5th July

- 9:00am** Check in High 5's and settle in (Kit Hand Out, Morning Snack)
- 9:30am** Session 1 Soccer Camp
- 11:00am** Lunch and free time within own group
- 11:30am** Bus trip to off-site sessions
- 12:00pm** Session 2 Trekking **GROUP 1**
Session 2 Art & Science Camp **GROUP 2**
- 2:00pm** Bus trip back to Base Camp
- 2:30pm** Free play time
- 3:00pm** END OF DAY 1

Tuesday 6th July

- 9:00am** Check in High 5's and settle in
- 9:30am** Session 3 Rugby Camp
- 11:00am** Lunch and free time within own group
- 11:30am** Bus trip to off-site sessions
- 12:00pm** Session 4 Trekking **GROUP 2**
Session 4 Art & Science Camp **GROUP 1**
- 2:00pm** Bus trip back to Base Camp
- 2:30pm** Free play time
- 3:00pm** END OF DAY 2

Wednesday 7th July

- 9:00am** Check in High 5's and settle in
- 9:30am** Session 5 Yoga & Wellness Camp **GROUP 1**
Session 5 Dance Styles Camp **GROUP 2**
- 10:30am** Snack break
- 10:45am** Session 6 Yoga & Wellness Camp **GROUP 2**
Session 6 Dance Styles Camp **GROUP 1**
- 11:45am** Lunch and free time within own group
- 12:30pm** Session 7 Team Building Fun Camp
- 2:30pm** Free play time
- 3:00pm** END OF DAY 3

**activities may vary according to latest SMM*

***Should camper have any dietary specific requirements please pack own lunch box*