

## Active Holiday Program Daily Schedule

Days	Before Care (8-9.30AM)	Morning Session (9.30-11.00)	Morning Tea (11.00-11.30PM)	Brunch Session (11.30-1.00PM)	Lunch (1.00-1.130M)	Afternoon (1.30-3.15PM)	Pack Up (3.15-3.30PM)	After Care (3.30-6.00PM)
Monday To Friday – except on public holidays	<p><b>Centre opens each day at 8 am.</b></p> <p>There will be communal games, puzzles, interactive games, arts and crafts to keep the children entertained. During this time children may even help coaches set up activities for the day.</p>	<p><b>Warm Up and Coordination Sports Games.</b></p> <p>This session players will play fun team games that involve skill development for sports:</p> <ul style="list-style-type: none"> <li>• Running,</li> <li>• Jumping,</li> <li>• Throwing,</li> <li>• Catching,</li> <li>• Hitting.</li> </ul> <p>This session is where participants will get to know each other and develop friendships. Coaches will be able to identify appropriate skill and age level groups for the rest of the day's games.</p>	<p><b>Morning Tea</b></p> <p>Players can bring own snacks or the café will be open for healthy purchases.</p>	<p><b>Skills/Learning the rules of the game 11:30 – 1:00</b></p> <p><i>Each day children will spend the morning session learning the different skills of tennis:</i></p> <ul style="list-style-type: none"> <li>• Forehands</li> <li>• Backhands</li> <li>• Serving</li> <li>• Court Movement</li> <li>• Rallies</li> <li>• Singles and doubles</li> <li>• Working as a team</li> <li>• Scoring their own matches</li> </ul>	<p><b>Lunch</b> can be purchased each day and paid for on arrival.</p> <p>Selection includes:</p> <ul style="list-style-type: none"> <li>• Hot dogs</li> <li>• Toasties</li> <li>• Noodles.</li> <li>• Slushee</li> </ul> <p>Participants can also purchase additional items from the café or bring their own lunch/snacks from home.</p> <p><b><i>Please let us know if your child has any food allergies</i></b></p>	<p><b>Afternoon Session</b></p> <p><i>Whole group activities:</i></p> <ul style="list-style-type: none"> <li>• Dodgeball</li> <li>• Basketball</li> <li>• AFL</li> <li>• Hockey</li> <li>• Soccer</li> <li>• Cricket</li> <li>• Volleyball</li> <li>• Free Time on School Play ground</li> </ul> <p>(access to Aitken Creek PS may be used to conduct afternoon activities)</p>	<p><b>Pack up</b></p> <p>All games and activities will be packed up and a revision of the days activities.</p>	<p><b>Centre is open until 6pm.</b></p> <p>There are communal games, puzzles, interactive games, arts and crafts to keep the children entertained. We also have two televisions with Foxtel or children can watch a movie on the big screen. It is recommended children bring an afternoon snack or money to purchase snacks from the café.</p>

**Notes:** Activities such as basketball take place inside Aitken Creek Primary School's full size gymnasium. The school gymnasium will also be used in case of wet weather. There is a linking pathway between Hume and Aitken Creek ensuring the safety of all participants. All coaches have Working With Children Checks. All equipment is supplied for all activities