

Holiday Camps

Example Schedule

Adventure camp (ages 12 - 16)

DAY	ACTIVITY
Monday	Introduction to the week, getting to know the team and staff with a whole range of teambuilding games and challenges at The Sports and Wellbeing Park and Houghall Wood before an afternoon of fencing and extreme frisbee.
Tuesday	Off to Sunderland climbing wall for indoor boulder climbing, rock climbing, indoor caving and archery.
Wednesday	Lots of individual and team sports including kwik cricket, tennis, table tennis and finishing the day with a dodgeball competition.
Thursday	Off to Holmside park variety of activities including inflatable football, pole jousting and obstacle courses.
Friday	Team Olympics day which will include basketball, volleyball, archery, new age kurling and bocchia before taking on an inflatable obstacle course!

