Robotics Makerspace (Age: 6-8)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	**Lego Day** **Introductions and Icebreakers** **10 Piece Tower Build** *Get to know each other, and the teachers followed by a 10 Piece Tower Build Challenge*	**VEX Go DAY** **20 Piece Tower Build** *Build a medium tower in the Tower Build Challenge followed by an introduction to Vex Robotics - Build a simple Vex Go Robot called Code Base Robot and get it to move*	**Lego Day** **Sumo Day** **40 Piece Tower Build** *Build a bigger tower in the Tower Build Challenge followed by building research and building a Sumo Bot*	**VEX Go DAY 2** *Build the Competition and Claw Bot from Vex*	**Vex Go Day** **50 Piece Tower Build** *Build a biggest tower in the Tower Build Challenge followed by building a Basketball Robot*
10:00 – 10:30	AM Break				
10:30 – 11:30	**Roller Coaster Challenge Team Challenge** *Working in groups of 2 to build a 4-foot roller coaster*	**Vex Go Crawler Creature** *Build another Robot and get it move*	**Sumo Competition 1** *Battle it out in a Robotics Sumo Competition*	**Vex Go Flopper Robot** *Build the Flopper Bot working from the Vex build instructions*	**Basketball Competition** *Build a Bot than can both carry and shoot a ball into a hoop*
11:30 – 12:30					
12:30 – 13:00	Lunch				
13:00 – 13:45	**Build Break Dancer** *Learn and build a Breakdancing Robot, an easy and ideal first Robot to build*	**Free Build Time** *Build any Robot of choice using the Vex- Go website, picking any one of 100's of Robots*	**Sumo Competition 2** *Upgrade and improve Sumo Robot from the previous build*	**Vex Go Ed Robot** *Race against time to build the Go Ed Robot from looking at the finished product with no instructions*	**Parents Showcase Preparation and Certificate Giving** *Prepare for the showcase then feature the Robots with parental involvement, followed by clean up time* **(Showcase @ 1345)**
13:45 – 14:45	**Build Hopper Robot** *Race against time to build the Hopper Robot from looking at the finished product with no instructions*		**Build Golf Bot** *Build and compete in a mini golf competition*		
14:45 – 15:00	PM Break / Pack up / Home				

Multi-Activity Grp 1 (Age: 3-4)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	**Icebreakers** *Play "Saying their name in rhythm" ice breaker game to get to know their classmates and teachers*	**Circle Time & Free Exploration** *Engage and explore in a variety of activities set up in the classroom e.g. Legos, puzzles, sensory, creative art & drawing*	**Circle Time & Free Exploration** *Engage and explore in a variety of activities set up in the classroom e.g. Legos, puzzles, sensory, creative art & drawing*	**Circle Time & Free Exploration** *Engage and explore in a variety of activities set up in the classroom e.g. Legos, puzzles, sensory, creative art & drawing*	**Circle Time & Free Exploration** *Engage and explore in a variety of activities set up in the classroom e.g. Legos, puzzles, sensory, creative art & drawing*
10:00 – 10:30	AM Break				
10:30 – 10:45	**Which Acorn Are You Today?** *Find the peg with their name written on it and clip it onto the Acorn which shows how the feel for the day*	**Which Acorn Are You Today?** *Find the peg with their name written on it and clip it onto the Acorn which shows how the feel for the day*	**Splash and Play** *Gather at the child-friendly pool to swim, splash and play!*	**Which Acorn Are You Today?** *Find the peg with their name written on it and clip it onto the Acorn which shows how the feel for the day*	**Which Acorn Are You Today?** *Find the peg with their name written on it and clip it onto the Acorn which shows how the feel for the day*
10:45 – 12:00	**Funny Fox Origami** *Turn a simple sheet of colored paper into a fox, attached onto a printed fox body to complete the children's masterpiece*	**Happy Harvest Tree** *This creative activity features whimsical tree crafted from recycled toilet rolls. Each tree is topped with a large circular crown vibrant with fall colors*		**Little Leafy Log Pals** *Paint, draw and transform toilet paper rolls into the cutest little Fall forest friends with happy smiling faces, and Fall leaves*	**Leafy Monsters** *Combine outdoor nature walk with creative drawing, making it perfect for children to expand their creativity*
12:00 – 12:30	Lunch				
12:30 – 12:45	**Story Telling** ***"The Squirrel Who Shared"*** *The kind squirrel who shares with her hungry forest friends, proving that sharing makes happiness grow, learning the joy of generosity and teamwork*	**Story Telling** ***"The Little Fox Who Said Sorry"*** *The playful fox who learns the how apologizing and forgiveness can make a big difference in healing feelings and saving friendships*	**Story Telling** ***"The Rabbit Who Tried Something New"*** *The little rabbit who learns the value of stepping outside her comfort zone, encouraging children to try new things and discover new experiences*	**Story Telling** ***"The Panda Who Stayed Calm"*** *The calm panda who uses the power of mindfulness to guide their forest friends through stressful situations by thinking clearly and working together, and regulating emotions*	**Sing Along with Me!** ***"A Little Apple Seed"*** *(Tune of "Itsy-Bitsy Spider")* *Transform this nursery rhyme lyric into an interactive musical activity by setting the words to the familiar, bouncy melody of "The Itsy-Bitsy Spider"*
13:00 – 14:15	**Brown Bear Hunt** *Use banana slices, blueberries, and toast to create a a fun, hands-on bear that encourages creativity while building simple food-preparation skills* **What Do They Like to Eat?** *Match each animal to the food it likes to eat*	**Garden Bug** *Use crackers, mayonnaise/ jam, tomatoes, and olives, creating their own tasty ladybug-themed snacks* **Action Song for kids – The Singing Walrus** *A fun, bouncy dance tune designed to help children learn basic action verbs through upbeat music and interactive body movements*	**Swirling Fall Magic** *Mixing vibrant fall paint colors into a fluffy bed of shaving cream, swirl together gorgeous patterns and press them onto cut-out paper leaves* **Whose Body is it?** *Match each head to the correct forest animal body*	**Tomato Tulips** *Transform a simple appetizers into a beautiful, edible tulip using cucumber, tomato, and mozzarella cheese balls* **Swift Dance - Shake it off by DJ Raphi** *Dance to clear, easy-to-follow physical directions in the lyrics, for an active dance routine*	**Fruit Flower Fun** *Arrange everyday fruits into a cheerful flower, transforming a snack time into a creative art* **Shakira – Song from Zootopia** *Wrap-up our Fall camp with our grand finale dance song*
14:15 – 15:00	PM Break / Pack up / Home				

Multi-Activity Grp 5 (Age: 5-6)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 09:30	**Autumn Acorn Roll** *Roll a soft "harvest acorn" to new friends, learning names and building confident social connections in a warm, welcoming circle*	**Swaying Autumn Trees** *Stretch tall like mighty oaks and sway like golden leaves, sparking positive morning energy through group movement*	**Woodland Critter Adventures** *Scamper like squirrels, hop like bunnies, and stretch like hibernating bears, boosting active coordination and imaginative play*	**Fall Forest Chase** *Sharpen active listening skills and build agility, dashing around the "Autumn circle".*	**Autumn Wind Kite Studio** *Celebrate the season of breezy skies by splashing vibrant fall hues and imaginative patterns onto custom kites ready to dance in the Autumn wind*
09:30 – 10:00	**Harvest Woodland Puppets** *Craft adorable paper-bag woodland creatures that inspire fine motor precision and expressive storytelling*	**Harvest Barn Builders** *Team up to construct the sturdiest harvest towers from cups and test if the creation can hold a storybook, discovering balance and problem-solving*	**Autumn Harvest Fruit Skewers** *Celebrate harvest season by designing colourful fruit and vegetable skewers, exploring textures and healthy habits*	**Woodland Creature Kitchen** *Transform tasty, wholesome ingredients into adorable animal-shaped sandwiches, combining snack time with culinary creativity*	
10:00 – 10:30	AM Break				
10:30 – 11:00	**Crisp Sky Bottle Blast-Off** *Discover the exciting power of air pressure and force by launching water rockets*	**Golden Glow Scratch Art** *Etch shimmering seasonal skies, spaceships, and Autumn scenes onto scratch paper, watching brilliant colours burst*	**Fallen Log Bridge Builders** *Build sturdy bridges in pairs to transport toy cars safely across "autumn rivers", discovering real-world engineering through playful problem-solving*	**Autumn Keepsake Clay Studio** *Mould soft clay into treasured autumn keepsakes and personal symbols, expressing unique voice and building tactile confidence*	**Crisp Breeze Kite Assembly** *Follow simple step-by-step engineering to assemble real flying kites with sticks, paper, and strings, fostering patient craftsmanship*
11:00 – 12:00	**Harvest Gourd Balance Relay** *Giggle and cheer through an Autumn obstacle relay while balancing an object on their heads, boosting coordination, focus, and team spirit.*	**Enchanted Forest Fox Tag** *Dash, tag, and dodge friendly "forest foxes" in an exhilarating story-driven outdoor game of agility and strategy*	**Slip n Slide** *Slip, slide, splash through a super slippery water lane full of fun and giggles, encouraging active play and participation*	**Autumn Team Tug & Riddle Quest** *Combine brainpower and team muscle to solve playful riddles before pulling together in an energetic tug-of-war match*	**Autumn Winds Grand Launch** *Soar hand-made kites into the sky, celebrating personal craftsmanship and work pride*
12:00 – 12:30	Lunch				
13:30 – 14:15	**Harvest Cinema Popcorn Lab** *Make and watch golden corn kernels burst into fluffy autumn treats, customizing the snack with tasty seasonings for a cozy afternoon bite*	**Autumn Spy Academy** *Uncover hidden seasonal secrets using invisible ink and decoder clues, sparking curiosity, deduction, and role-play*	**Fall Forest Masquerade** *Design ornate, wearable masquerade masks adorned with Autumn foliage, feathers, and gems, inspiring artistic self-expression*	**Autumn Vortex Air Blasters** *Investigate the power of swirling winds by launching real mist rings from a vortex cannon and building a mini whirlwind blaster*	**Glow-in-the-Fall Sensory Slime** *Measure, mix, and stretch shimmering slime, unlocking hands-on scientific curiosity through sensory play*
14:15 – 14:45	**Guess & Draw** *Take turns drawing in groups for the others to guess based on clues, encouraging communication, and quick thinking*	**Memory Drawing Time** *Draw and colour a favourite memory or activity from the programme to take home, encouraging reflection and sharing happy experiences*	**Team Stretch & Relax** *A simple mindfulness activity following simple stretches and calming movements to relax the body and mind*	**Action Memory Chain** *Build memory and focus with a group action sequence game where each person repeats all previous actions and adds a new one, growing the chain longer each turn*	**Freeze Dance Fun** *Boost listening skills, body control, and self-expression through movement by dancing freely to music, and freezing when the music stops*
14:45– 15:00	PM Break / Pack up / Home				

Super Basketball (Age: 7-16)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	**Shoot Around** *Assessment and grouping based on age / level, through ball-handling ice-breaker activities and assessment drills*	**Shoot Around / Ball-Handling / Passing** *Building the foundation to strong control of the basketball and learning, through games*	**Shoot Around / Ladder Footwork / Ball-Handling** *Introducing the ladder to enhance footwork and balance. Progressing the ball-handling drills with different techniques and games*	**Ladder Footwork / Ball-Handling / Passing** *Dynamic drills with more aggressive movements and advance actions, building more on the footwork and overall ball control skills*	**Ball-Handling Games** *Play all the different variations of games that were taught over the course of the week*
10:00 – 10:30	AM Break				
10:30 – 11:00	**Layups** *Setting the foundation to footwork and introducing weak hand finishing*	**Off-Hand Layups** *Finishing with mainly off-hand through various types of drills. Groups will be split depending on advancement*	**Off-Hand Layups** *Finishing using off-hand at different angles on the basket*	**Chase Drills** *Applying the layup skills to a more competitive environment and game-like structure*	**Chase Drills** *Applying the layup skills to a more competitive environment*
11:00 – 11:30	**Jump-stop Finishing** *Understand and develop shooting on balance and under control around the basket*	**Dribble Finishes** *Dynamic dribbling to finishing, using cones and different angles around the rim*	**Pivot Attacks** *Footwork pivots into counters and finishing*	**Passing & Cutting** *Developing offensive actions to score with teammates involved*	**Competitive Games** *Compete at a high level on finishing and playing games to increase competitive spirit*
11:30 – 12:00	**Chase Drills** *Applying the layup skills to a more competitive environment*	**1 v 1** *Working on various finishing with defense - changing the style and footwork to finish*	**Passing & Cutting** *Developing offensive actions to score with teammates involved*	**2 v 2 + Team Concepts** *Working on passing and cutting with defenders in play*	**Shooting Games** *Play all the shooting games that were introduced over the week*
12:00 – 12:30	**Shooting Form** *Learning the fundamentals of shooting, with the correct mechanics*	**Shooting** *Improve the fundamentals of shooting, with more details*	**Shooting** *Introduction to various shooting drills and competitive games to increase the pressure and speed, with the addition of incremental pull-ups into the shooting drills*	**Shooting** *Introduction to more shooting drills and games based on group level*	**Half Court Play** *Playing in the half court and continuing to build understanding of motion offense and team defense*
12:30 – 13:00	Lunch				
13:00 – 13:30	**Basketball Movie / Shoot Around** *Rest and digest while watching a basketball inspired film or motivational clips*	**Basketball Movie / Shoot Around** *Rest and digest while watching a basketball inspired film or motivational clips*	**Basketball Movie / Shoot Around** *Rest and digest while watching a basketball inspired film or motivational clips*	**Basketball Movie / Shoot Around** *Rest and digest while watching a basketball inspired film or motivational clips*	**Basketball Movie / Shoot Around** *Rest and digest while watching a basketball inspired film or motivational clips*
13:30 – 14:00	**Offensive Actions** *Learning the fundamentals to basketball motion along with passing and cutting*	**Motion Concepts** *Basic motion offense and playing off other players, emphasizing constant movement in correlation to the ball*	**Scenario Scrimmage** *Playing live matches and introducing defensive concepts in certain scenarios*	**Shooting Drills** *Working on shooting more, in a competitive situation to prepare for live games*	**Live Games** *Competitive game play*
14:00 – 14:45	**Games** *Introduction to various games based on level and ability, followed by team formation and understanding the dynamics between players and groups*	**Games** *Competitive elements subject to skill level and ability to compete*	**Live Games** *Encouraging full involvement into some degree of basketball competition*	**Live Games** *Playing full court or half court games, depending on the size of teams and abilities*	**Parent's Showcase** *Mini Tournament / Games / Presentation Ceremony Awards*
14:45 – 15:00	PM Break / Pack up / Home				

Parkour (Age: 7-13)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	**Intro & Warm-ups** *Introduction to Parkour and the Team, expectations, and safety in movements*	**Vault Line Drills** *Stretching activities followed by Vault Drills, learning the various ways of vaulting over blocks*		**Vaults & Games** *Game based activities, and introduction towards Parkour games such as speed runs and chase tag*	
10:00 – 10:30	AM Break				
10:30 – 11:30	**Elements of Movement** *Learn basic to advanced parkour movement elements depending on skill levels on 4 different apparatus*		**All New Skills Challenge** *Attempt a list of skills to earn wristbands. Each level contains 44 skills of increasing difficulty which requires physical and mental control to accomplish* ***White Elements**: Awareness Of 44 Parkour Movement Patterns* ***Black Elements**: Control Of 44 P Movements Patterns* ***Red Elements**: Demonstrate Power In 44 More Patterns* *Advanced Students Aims To Check Off A More Physically Challenging Skills*		
11:30 – 12:30			**Games & Events** *Experience parkour competition from playing chase-tag, time trials, and style competitions*	**Performance Choreography/Rehearsal** *Choreograph and prepare for the 'Parents showcase' performance, choosing the best skills to showcase, promoting collaboration, timing, and the importance of celebration*	
12:30 – 13:00	Lunch				
13:00 – 13:30	**Video Reflection** *Relax and digest in the classroom while learning about professional practitioners, training mindsets, and the parkour culture. Exploring a different theme each day such as 'be strong to be useful', 'Start together Finish Together', as practiced by the founders of parkour. The aim during this segment is to install the values of Parkour, and the love for training*			**Final Performance Choreography/Rehearsal** *Get ready and make final preparations before the show*	
13:30 – 14:00	**Flips & Tricks** *Learn and experience acrobatic elements of parkour involving front and side flips*				**Parent's Showcase** *Time to "show-off" the skills learnt and showcase the best skills chosen, promoting collaboration, timing, and the importance of celebration*
14:00 – 14:15					
14:15 – 14:45	**Conditioning, Cooldown Stretches & Group Reflection** *Finish different conditioning sets each day targeting the upper, mid, and lower body, ending with a stretch and a group reflection led by the head coach*				
14:45 – 15:00	PM Break / Pack up / Home				

Super Gymnastics (Age: 5-12)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	**Arrival**				
09:00 – 10:00	**Ice Breaker Warmups** *Intro to Gymnastics and the team, what to expect throughout camps, and safety in movements*	**Introduction, Floor Drills & Stretching** *Introducing one different training theme-of-the-day, every day. Learn how to stick landing, train safely, be resilient, work with partners, and perform. Start with pre-station warmup and conditioning with drills and floor movements, learning 1 new gymnastics challenge per day*			
10:00 – 10:30	**AM Break**				
10:30 – 11:30	**Apparatus Rotations** *Learn basic to advanced gymnastics movement elements depending on skill levels on 4 different apparatus*		**All New Gymnastics Skills Challenge** *Attempt a list of skills from level 1-4 Australian Level Gymnastics, along with our special Camp Asia challenges, to earn award ribbons. Each level contains 30-44 skills of increasing difficulty which requires physical and mental control to accomplish*		
11:30 – 12:00	**Acrobatics** *Engage in partner and group teamwork, learning balance, cartwheeling over each other, and performing in synchronicity. Create a sequence to perform while developing physical abilities, build friendships, foster teamwork, and acrobatic skills*				
12:00 – 12:30	**Lunch**				
12:30 – 12:45	**Video Reflection/Classroom Time** *Relax and digest in the classroom while learning more about gymnastics, discussing new skills, and training mindsets for the day. Watch gymnastics clips and participate in arts and crafts activities, then briefing on afternoon sessions before heading back to the gym*				
12:45 – 13:30	**Trampolining & Tumbling** *Develop foundational trampoline skills according to their abilities, from simple 'star jump' to front flips. Explore both big and mini trampoline, along with basics floor tumbling skills, developing coordination, strength, and body awareness*				**Final Performance Choreography/Rehearsal** *Get ready and make final preparations before the show*
13:30 – 14:00	**Games & Free Exploration** *Gymnastics based challenges, group games, and exploration of gymnastics apparatus under supervision, learning through play and exploration*		**Performance Choreography/Rehearsal** *Choreograph and prepare for the 'Parents showcase' performance, choosing the best skills to showcase, promoting collaboration, timing, and the importance of celebration*		**Parent's Showcase** *Time to "show-off" the skills learnt and showcase the best skills chosen, promoting collaboration, timing, and the importance of celebration*
14:00 – 14:15					
14:15 – 14:45	**Conditioning, Cooldown Stretches & Group Reflection** *Finish different conditioning sets each day targeting the upper, mid, and lower body, ending with a stretch and a group reflection led by the head coach*				
14:45 – 15:00	**PM Break / Pack up / Home**				

Super Swim (Age: 9-12)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	**Introduction** *Get to know everyone and the rules and regulations* **Dynamic Warmup** **Swim: Freestyle Efficiency** *Refine Distance Per Stroke (DPS), catch mechanics, and body rotation to glide farther with smooth powerful strokes*	**Light Stretch and Journaling** *Unwind with gentle stretching and reflective journaling to relax the body and track progress*	**Resistance Band Routine** *Build strength and mobility with band exercises that target key swimming muscles* **Swim: Backstroke** *Enhance underwater dolphin kicks and improve backstroke technique, strong kicks, streamlined positioning, and powerful push offs*	**Swim Circuits Warm-up** *Rotate through lanes with varied drills to challenge technique, control, and endurance* **Swim: Individual Medley (IM)** *Link all strokes together while building smooth transitions, rhythm, and control across the medley*	**Race Preparation Session: Starts & Breakouts** *Focus on reaction time, dive mechanics, streamline position, underwater dolphin kicks, and breakout timing to maximise speed off the blocks and walls*
10:00 – 10:30	AM Break				
10:30 – 11:00	**Dryland - Core Strength** *Strengthen core stability to support streamline position, balance, and stroke control*	**Classroom - Goal Mapping Race Planning** *Set clear goals and build race strategies that align with personal strengths and performance targets*	**Classroom - Video Analysis** *Analyse swim footage to spot strengths, correct technique, and improve performance*	**Dryland - Power Plyometrics** *Develop explosive power and speed for stronger starts, turns, and fast movements*	**Dryland - Athletic Movement Skills** *Develop balance, coordination, agility, and body awareness to improve swimming performance, movement, and injury prevention*
11:00 – 11:30	**Mini Set - Pull Focus** *Improve swim techniques, enhance water feel and upper body strength through controlled pulling and sculling drills and paddle works*	**Video Feedback - Peer Review** *Review swim footage and exchange feedback to sharpen technique awareness and communication*	**Skill - Kicking Progression** *Build leg strength, kick endurance, and core stability through progressive vertical kicking drills*	**Mini Set - IM Ladder** *Progressively increase and decrease the distance of IM swim to build endurance, stroke transition skills, and mental focus under fatigue*	**Swim Skills - Race Pace Challenge** *Hold target race pace over short repeats while maintaining stroke technique and efficiency, building pacing skills for competition success*
11:30 – 12:00	**Snorkel + Streamline** *Removes breathing distractions to focus on posture, balance, relaxed movement, improving streamline, controlled breathing, and stroke efficiency*	**Relay Changeovers** *Practice fast and precise relay exchanges in a fun and competitive team setting*	**Swim Quiz Challenge** *Test knowledge of stroke rules and techniques through an interactive quiz challenge*	**Fin Set - Resistance vs Sprint** *Uses fins to alternate between resisted swimming and sprints bursts to boost leg power, speed, and anaerobic capacity*	**Recovery Swim & Mobility** *Easy swim with mobility exercises for shoulders, hips, and ankles to support recovery and flexibility*
12:00 – 12:30	Lunch				
12:30 – 13:00	**Active Recovery Walk** *Enjoy a light walk outdoors to promote recovery, reduce soreness, and reset after training*	**Dryland Games - Partner Challenges** *In pairs, complete challenges that builds coordination, core strength, and teamwork*	**Classroom - Nutrition** *Learn how to fuel, hydrate, and recover effectively for better performance and growth*	**Yoga For Swimmers** *Improve flexibility, breathing, and recovery while supporting mobility and injury prevention*	**Active Recovery Walk** *Light walk around campus to promote circulation and recovery after morning swim block*
13:00 – 13:30	**Classroom - Race Strategy** *Learn to build customised race plans and break down race phases to build personalised strategies for pacing, turns, and finishes*	**Breathing Control - Hypoxic Sets** *Train lung capacity, breath discipline, and mental toughness by reducing breathing frequency to improve swim efficiency*	**Swim Drill - Breaststroke** *Refine timing, kick technique, and streamline for a smooth, legal stroke with minimal resistance and maximum glide*	**Team Challenge Planning** *Work together to solve swimming challenges and relay tasks, building communication, leadership, and teamwork skills*	**Reflections and Certification Awards** *Celebrate progress, reflect on achievements, and recognise milestones*
13:30 – 14:00	**Skill Lab - Flip Turns and Sprint Finisher** *Refine freestyle and backstroke flip turns focused on turn timing, posture, breathing, and a tight and fast push off into streamline*	**Stroke Review - Choice Fix** *Select weakest or most strategic stroke for personalised correction and refinement*	**Relay Planning** *Work together to plan team order, strategies, and exchanges to develop leadership skills, strengthen teamwork and race execution*	**Kick Power Circuit** *Stations include vertical kicking, streamline kicking, fin kicking and kickboard sprints, designed to improve leg strength, endurance and propulsion across all strokes*	**Free and Easy Showcase Preparation** *Enjoy relaxed pool time with light practice, free play, and space to mentally prepare for the showcase*
14:00 – 14:45	**Sprints** *Push speed and endurance with repeated high intensity efforts under fatigue to develop anaerobic capacity, fast recovery, and mental grit*	**Swim - Mini Time Trials** *Simulate race conditions with short timed swims to test performance*	**Swim - Underwater Mastery** *Develop strong underwater control, powerful dolphin kicks, and efficient breakouts to maximise speed and distance of starts and turns*	**Sculling Skills Lab** *PA focused feel-for-water session using front, mid and finish sculling drills, developing stronger catch and better awareness of hand position throughout the stroke*	**Showcase** *50m race session of all 4 strokes and comparing to first time trial by applying skills learned, followed by a 100 IM with race pace to demonstrate skills and progress*
14:45 – 15:00	PM Break / Pack up / Home				