

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

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Icebreakers <i>Play a variety of ice breaker games to get to know classmates and teachers</i>	Circle Time & Free Exploration <i>Engage and explore in a variety of activities set up in the classroom e.g. Legos, puzzles, sensory, creative art & drawing</i>	Circle Time & Free Exploration <i>Engage and explore in a variety of activities set up in the classroom e.g. Legos, puzzles, sensory, creative art & drawing</i>	Circle Time & Free Exploration <i>Engage and explore in a variety of activities set up in the classroom e.g. Legos, puzzles, sensory, creative art & drawing</i>	Public Holiday
10:00 – 10:30	AM Break				
10:30 – 12:00	Pom Pom Spring Flowers <i>Use creativity to make pretty spring flowers with pom-poms and pipe cleaners</i>	Ladybug! Ladybug! <i>Get hands on together for a craft to make a cute ladybug</i>	Splash and Play <i>Gather at the child-friendly pool to swim, splash and play!</i>	Umbrella Dancing in the Rain <i>Decorate playful umbrellas dancing in the rain</i>	Public Holiday
12:00 – 12:30	Lunch				
12:30 – 13:45	Easter Fruit Pizza Cookie <i>Create a colorful and healthy fruit pizza cookie inspired by Easter</i>	Bunny on a Biscuit! <i>Design a fun bunny biscuit to celebrate Easter</i>	Fluttering Butteries in the Air <i>Design your own beautiful 2d butterflies with different coloured paints</i>	Magical Rainbow Marshmallow <i>Make magical rainbow marshmallows, a timeless favourite snack, to end the Spring Camp!</i>	Public Holiday
13:45 – 14:45	Story Telling The Girl who makes a Million Mistakes! <i>A heartwarming story about learning from mistakes, building courage and growing stronger with every try</i> Bunny Hop Dance for Kids <i>An energetic bunny hop dance full of movement, stretching and fun</i>	Story Telling The Snail Goes on a Mission <i>Follow a small but brave snail on a mission filled with patience, kindness and determination</i> Spring Run Brain Break <i>Race to find the golden carrot while dodging obstacles and outsmarting cheeky crows</i>	Story Telling Up in the Garden; Down in the Dirt <i>Discover how life above and below the soil works together to help a garden grow</i> Exercise Workout for Kids <i>Stretch, move and float through space with a fun alien-themed workout</i>	Story Telling Where does Kitty go in the Rain? <i>Follow an exciting rainy-day adventure of a girl and her mother, to find a missing kitty and discover how animals stay dry</i> Dance with DJ Raphi <i>Enjoy a high-energy Red Light, Green Light dance party with DJ Raphi</i>	
14:45 – 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	Nature Match-Up Adventure <i>Match nature cards featuring leaves, animals, flowers, or insects and introduce names while sharpening observation and social interaction</i>	Garden Explorers Adventure at Gardens by the Bay <i>Transportation to Gardens by the Bay for the day's activities. Upon arrival, another headcount and safety reminder briefing will be conducted</i>	Outdoor Carnival Moves <i>Roll special dice to reveal playful movements like hopping, spinning, and wiggling in a lively outdoor game full of laughter and energetic action</i>	Designing our Wind Riders <i>Design and decorate a unique kite using bright colours and creative drawings to prepare for a sky-high flying adventure</i>	Public Holiday
09:30 – 10:00	Trailside Popcorn Treats <i>Mix freshly popped popcorn with colourful toppings to create a crunchy snack while exploring textures and playful food combinations</i>		Garden Rainbow Skewers <i>Assemble vibrant veggie skewers by stacking colourful ingredients into an edible rainbow while exploring creativity and simple food preparation</i>		
10:00 – 10:30	AM Break				
10:30 – 11:30	Wiggly Clay <i>Shape squishy clay into imaginative creatures such as snakes, bunnies, or octopuses while bringing creative ideas to life through hands-on sculpting</i>	Garden Explorers Adventure at Gardens by the Bay <i>Journey through Gardens by the Bay to discover towering Supertrees, vibrant blooms, and fascinating plants from around the world while learning how nature supports the planet</i>	Rocket Straw Racers <i>Send paper rockets racing along a string using straw-powered air bursts while exploring motion, force, and speed</i>	Wind Riders Construction <i>Build a custom kite using sticks, paper, and string to transform creative designs into colourful flying wings</i>	Good Friday
11:30 – 12:30	Giant Parachute Adventure <i>Bounce, toss, and fly the balls on a giant parachute! A fun outdoor game full of teamwork, energy, and laughter!</i>		Slip n Slide <i>Slip, slide, splash through a super slippery water lane! It's fast, silly, and full of giggles! Perfect for warm weather while improving coordination, balance, and encouraging active play</i>	Wind Riders Taking Flight <i>Head outdoors to launch colourful kites and watch them glide, soar, and dance with the wind</i>	
12:30 – 13:00	Lunch				
13:00 – 14:00	Secret Nature Messages <i>Create hidden outdoor messages using simple invisible ink techniques that spark curiosity, mystery, and discovery</i>	Garden Explorers Adventure at Gardens by the Bay <i>Journey through Gardens by the Bay to discover towering Supertrees, vibrant blooms, and fascinating plants from around the world while learning how nature supports the planet</i>	Little Forest Friends <i>Fold paper into charming woodland animals and bring a miniature forest world to life through creative crafting</i>	Soaring Skies: Paper Plane Creation <i>Fold and launch paper planes while experimenting with flight angles, distance, and aerodynamic designs</i>	Public Holiday
14:00 – 14:45	Nature Sketch & Guess <i>Draw outdoor-themed clues while teammates race to guess the answers in a lively creativity and teamwork challenge</i>		Alphabet Animal Game <i>Race through the alphabet by naming animals for every letter in a fast-paced thinking and memory challenge</i>	Wildlife Freeze Dance Party <i>Dance to lively music and freeze in funny wildlife poses the moment the music stops</i>	
14:45 – 15:00	PM Break / Pack up / Home				

Multi-Activity Group 9 (Age: 7-8)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 9:30	<p>Introduction</p> <p><i>A quick introduction of the instructors, program, and camp rules</i></p>	<p>Recycled Spring Flower Crafts</p> <p><i>Roll, stick, and design colourful flowers using crepe paper and recycled materials while exploring creativity and fine motor skills</i></p>	<p>Tug - Of War Challenge</p> <p><i>Bring out the competitiveness and inculcating values like teamwork and sportsmanship, through play</i></p>	<p>Choco Balls</p> <p><i>Crush, mix, and shape chocolate treats using simple ingredients in a fun hands-on snack-making activity</i></p>	Public Holiday
09:30 – 10:00	<p>Ice Breaker Activity</p> <p><i>Fun ice-breaker games to get to know each other and creating initial bond, to aid forming groups for activities</i></p>				
10:00 – 10:30	AM Break				
10:30 – 11:30	<p>Parachute (Variations)</p> <p><i>Bounce, lift, and wiggle! A lively game full of laughter and movement, promoting teamwork, timing, and social skills while having fun with all the different game variations</i></p>	<p>Straw Airplane</p> <p><i>Build and launch simple straw airplanes while exploring flight, motion, and basic aerodynamics</i></p>	<p>Marshmallow Tower Challenge</p> <p><i>Stack and balance marshmallows and sticks to build the tallest and strongest tower through creative problem solving</i></p>	<p>Archery</p> <p><i>Take aim, pull back, and let your arrow fly! This activity challenges focus, build precision, and master hand-eye coordination</i></p>	Public Holiday
11:30 – 12:30	<p>Fruit Jelly</p> <p><i>Cut, mix, and observe ingredients transform into a refreshing jelly through simple setting techniques</i></p>	<p>Rainbow Rice Krispies Treat</p> <p><i>Mix, press, and set colourful cereal treats while exploring texture and hands-on food creation</i></p>	<p>Waffle Fruit Ice Cream Cone</p> <p><i>Stack and fill waffle cones with vibrant fruits to create a playful and refreshing snack</i></p>	<p>Fun with Playdough</p> <p><i>Shape, roll, and create freely while exploring textures, imagination, and sensory play</i></p>	
12:30 – 13:00	Lunch				
13:00 – 13:30	<p>Lemonade Popsicle</p> <p><i>Pour, freeze, and observe liquid turning into solid while exploring simple states of matter</i></p>	<p>Get Ready!</p> <p><i>Quick rest after lunch while they being briefed on the safety rules of the upcoming activity, and changing into their water play outfits</i></p>		<p>Playdough Maze</p> <p><i>Roll and shape pathways to build a creative maze and guide objects through twisting routes</i></p>	Public Holiday
13:30 – 14:00		<p>Slip 'N' Slide</p> <p><i>Slip, slide, splash through a super slippery water lane! It's fast, silly, and full of giggles! Perfect for warm weather while improving coordination, balance, and encouraging active play</i></p>		<p>3D Budgie Pattern Art</p> <p><i>Cut, fold, and assemble layered pieces to build a colourful 3D bird while exploring shapes and creative design</i></p>	
14:00 – 14:30	<p>Butterfly Spinner Paper Craft</p> <p><i>Paint, layer, and spin to reveal colourful butterfly patterns through movement and visual effects</i></p>			<p>Nature Paint Print</p> <p><i>Dip and press natural materials like leaves and flowers to create textured prints inspired by nature</i></p>	
14:30 – 14:45		<p>Wellness Yoga</p> <p><i>Stretch, balance, and breathe through simple movements that promote relaxation and body awareness</i></p>			
14:45 – 15:00	PM Break / Pack up / Home				



Passion for Art (Age: 6-8)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 09:30	Introduction <i>Learn about the camp, materials and classroom agreements</i>	Introduction to the day <i>Learn about the day's Technique - ink!</i>	Introduction <i>Outdoor Excursion Preparation</i>	Introduction <i>Learn about the technique of PRINTING</i>	Public Holiday
09:30 – 10:00	Icebreaker <i>Learn about each other and groups</i>	Introduction <i>Learn about the genre of NATURE and the medium of INK</i>	Travel Time <i>Safely Walk to Bidadari Park and learn about en plein air painting</i>	Scissors Safety <i>Learn about the technique of cutting paper safely</i>	
10:00 – 10:30	AM Break				
10:30 – 11:00	Oil Pastel Techniques <i>Create a mini-artwork using the techniques learnt</i>	Ink Techniques <i>Learn some tonal techniques for ink paintings</i>	En Plein Air Painting (1hr) <i>Learn about nature around you as you paint with watercolour</i>	Cutting Doilies <i>Campers practice cutting shapes out of paper to create decorative lace patterns</i>	Public Holiday
11:00 – 11:30	Oil Pastel Techniques <i>Learn some blending techniques to using oil pastels</i>	Ink Techniques <i>Create a mini-artwork based on all the techniques learnt</i>	Travel Time (@11:30am) <i>Safely Walk to back to SAIS</i>	Test Print <i>Campers test out basic printing techniques on drawing paper</i>	
12:00 – 12:30	Lunch				
12:30 – 13:00	En Plein Air – Sand Pit Space <i>Walk to the outdoor space and translate what you see into a drawing</i>	En Plein Air - Nature in Real Life (Trees) <i>Walk to the outdoor space and translate what you see into an ink painting</i>	Watercolour Techniques <i>Learn some brush techniques for watercolour painting</i>	Final Bag Print <i>Campers practice all their learnt techniques as they create their final artwork</i>	Public Holiday
13:00 – 13:30					
13:30 – 14:30	Open Studio <i>Developing the day into an art piece!</i>	Open Studio <i>Developing the day into an art piece!</i>	Open Studio <i>Developing the day into an art piece!</i>	Parent's Showcase <i>Celebrate the week's accomplishments with our friends and family!</i>	
14:30 – 14:45	Pack Up the Space	Pack Up the Space	Pack Up the Space	Pack Up the Space	
14:45 – 15:00	PM Break / Pack up / Home				



Music Explorers (Age: 6-8)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Welcome Jam & Ice Breakers <i>Rhythm & movement activities, name games</i>	Ice Breakers & Pass The Beat <i>Musical activities + Rhythm activities to help warm up musical instincts</i>	Rhythm Challenges & Exploration <i>Rhythm challenges and more hands-on time for instrument exploration</i>	Band Rehearsal <i>Rehearsing in bands for the showcase</i>	Public Holiday
10:00 – 10:30	AM Break				
10:30 – 11:00	Ukulele Design Lab <i>Design the ukulele with paint and markers</i>	Keyboard Tutor <i>Basics of keyboard chord playing and bass notes</i>	Drums Tutor <i>Learn the basic parts of the drums and coordinating a 4-beat pattern</i>	Dress Rehearsal <i>All bands will perform for peers and gather feedback</i>	Public Holiday
11:00 – 11:30		Keyboard Jam <i>Hands-on keyboard experience to play a 3-chord song</i>	Drums Jam <i>Playing and practicing a 4-beat pattern on drums and drum pads</i>	Battling Nerves <i>Exploring techniques to cope with nerves, and strategies to keep the performance going</i>	
11:30 – 12:00					
12:00 – 12:30	Lunch				
12:30 – 13:00	Ukulele Care <i>Tuning and care instructions</i>	Bucket Drums <i>Rhythm exploration, learning a basic beat to go along with a popular hit</i>	Band Line-Up <i>Placement into bands and selection of songs</i>	Team Build: Guess the Leader <i>Every band will select a leader that controls the tempo/dynamics, and the audience member must guess who the leader is</i>	Public Holiday
13:00 – 13:30	Ukulele Tutor <i>Basic 3 chords and strumming patterns on the uke</i>	Ukulele Jam <i>Tune up; Basic 3 chords and strumming patterns on the uke</i>			
13:30 – 14:00	Bucket Drums <i>Rhythm exploration, learning a basic beat to go along with a popular hit</i>	Band Jam <i>Planning roles and start practicing the song</i>			
14:00 – 14:45	Don't Forget The Lyrics! <i>Choosing the song item and singing together + Reflection on the day + Points</i>	Don't Forget The Lyrics! <i>Singing together & Reflection on the day + Points</i>	Don't Forget The Lyrics! <i>Singing together & Reflection on the day + Points</i>	Certificate Presentation & Parent Showcase <i>Presented a certificate upon completion of the whole program</i>	
14:45 – 15:00	PM Break / Pack up / Home				



Music Explorers (Age: 9-12)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Welcome Jam & Ice Breakers <i>Rhythm & movement activities, name games</i>	Ice Breakers & Pass The Beat <i>Musical activities + Rhythm activities to help warm up musical instincts</i>	Rhythm Challenges & Exploration <i>Rhythm challenges and more hands-on time for instrument exploration</i>	Band Rehearsal <i>Rehearsing in bands for their showcase</i>	Public Holiday
10:00 – 10:30	AM Break				
10:30 – 11:00	Ukulele Design Lab <i>Design the ukulele with paint and markers</i>	Drums Tutor <i>Learn the basic parts of the drums and coordinating a 4-beat pattern</i>	Keyboard Tutor <i>Basics of keyboard chord playing and bass notes</i>	Dress Rehearsal <i>All bands will perform for peers and gather feedback</i>	Public Holiday
11:00 – 11:30		Drums Jam <i>Playing and practicing a 4-beat pattern on drums and drum pads</i>	Keyboard Jam <i>Hands-on keyboard experience to play a 4-chord song</i>		
11:30 – 12:00				Battling Nerves <i>Exploring techniques to cope with nerves, and strategies to keep the performance going</i>	
12:00 – 12:30	Lunch				
12:30 – 13:00	Ukulele Care <i>Tuning and care instructions</i>	Ukulele Jam <i>Tune up; Basic 4 chords and strumming patterns on the uke</i>	Band Line-Up <i>Placement into bands and selection of songs</i>	Team Build: Guess the Leader <i>Every band will select a leader that controls the tempo/dynamics, and the audience member must guess who the leader is</i>	Public Holiday
13:00 – 13:30	Ukulele Tutor <i>Basic 4 chords and strumming patterns on the uke</i>				
13:30 – 14:00	Bucket Drums <i>Rhythm exploration, learning a basic beat to go along with a popular hit</i>	Bucket Drums <i>Rhythm exploration, learning a basic beat to go along with a popular hit</i>	Team Build: Techniques <i>Exploring band techniques like teamwork, eye contact and listening skills</i>	Band Rehearsal <i>Final rehearsal before the showcase</i>	
14:00 – 14:45	Don't Forget The Lyrics! <i>Choosing the song item and singing together + Reflection on the day + Points</i>	Don't Forget The Lyrics! <i>Singing together & Reflection on the day + Points</i>	Don't Forget The Lyrics! <i>Singing together & Reflection on the day + Points</i>	Certificate Presentation & Parent Showcase <i>Presented a certificate upon completion of the whole program</i>	
14:45 – 15:00	PM Break / Pack up / Home				

Super Chef (Age: 6-16)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 09:30	Welcome Greeting & Kitchen Safety Briefing <i>Discover the kitchen as junior chefs meet new friends, play fun icebreaker games, and learn important kitchen safety before the cooking adventure begins</i>	Sweet Egg Rolls (Tamagoyaki) <i>Learn egg cracking, whisking, and seasoning while preparing the egg mixture and discovering how balance of flavors creates a sweet Japanese-style omelette</i>	Spring Chopped Salad <i>Learn knife skills and ingredient preparation while chopping fresh seasonal vegetables and tossing them into a bright, crisp, and refreshing salad</i>	Kitchen Briefing & Team Huddle <i>Discover teamwork as junior chefs meet with the Head Chef, review the menu they helped create, and prepare their mise en place before cooking begins</i>	Public Holiday
09:30 – 10:00	Sweet Potato Mushroom Soup <i>Learn peeling, chopping, and sautéing while discovering how vegetables release delicious flavors and transform into a warm comforting soup</i>	Fresh Orange Jelly <i>Explore measuring, mixing, and gel-setting techniques while turning fresh orange juice into a smooth and refreshing citrus jelly</i>			
10:00 – 10:30	AM Break				
10:30 – 11:30	Baked Potatoes Stuffed with Chickpeas – <i>Learn baking and stuffing techniques while creating fluffy baked potatoes filled with a flavorful chickpea mixture</i>	Sweet Egg Rolls (Tamagoyaki) <i>Experience cooking thin layers of egg in the pan while practicing careful folding and rolling techniques to create a soft layered tamagoyaki</i>	Mini Pizza <i>Learn dough shaping, topping, and baking techniques while creating mini pizzas with golden crusts and bubbly melted cheese</i>	Kitchen Preparation <i>Experience real kitchen teamwork as junior chefs assemble dishes, prepare food tags, and creatively set up their food stations</i>	Public Holiday
11:30 – 12:30	Lemon Spiced Chicken Skewers <i>Learn marinating, skewering, and grilling techniques while creating juicy chicken skewers with bright citrus flavors</i>	Apple Edamame Salad <i>Explore ingredient preparation and mixing techniques while combining crisp apples and tender edamame into a colorful fresh salad</i>			
12:30 – 13:00	Lunch				
13:00 – 14:00	Rainbow Chocolate Cake <i>Learn measuring, mixing, and batter preparation while combining ingredients to create a smooth chocolate cake base ready for colorful layers</i>	Sushi Roll <i>Learn rice seasoning and filling preparation while spreading sushi rice and arranging delicious ingredients</i>	Fish en Papillote <i>Explore wrapping and baking techniques while cooking fish with herbs and vegetables in parchment to create tender flavorful parcels</i>	Preparation Before Service <i>Experience the excitement of a real kitchen as junior chefs add final garnishes, perfect their plating, and prepare dishes for guests. Presentation matters!</i>	Public Holiday
14:00 – 14:45	Rainbow Chocolate Cake <i>Experience layering, baking, and decorating techniques while assembling vibrant rainbow layers and finishing the cake with a fun colorful design</i>	Sushi Roll <i>Practice rolling and slicing techniques, using a bamboo mat to form neat sushi rolls and cutting them into bite-sized pieces</i>	Yogurt Fruit Parfait <i>Discover chopping, layering, combining, preparation and presentation techniques while creating colorful parfaits with yogurt, fresh fruit, and crunchy toppings</i>	Restaurant Lunch Service <i>Experience the excitement of restaurant service as junior chefs welcome guests, present their dishes, and celebrate their delicious creations</i>	
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 <i>Discover parkour fundamentals, camp expectations and safe movement basics</i>	Vault Line Drills <i>Practice vault techniques while building coordination and obstacle confidence</i>		Vaults & Games <i>Experience parkour games including speed runs and exciting chase tag challenges</i>	Public Holiday
10:00 – 10:30	AM Break				
10:30 – 11:30	Elements of Movement <i>Train across four stations to develop essential parkour movement skills</i>		All New Skills Challenge <i>Complete progressive skill challenges to earn wristbands and unlock higher levels. Each level features 44 progressively challenging skills requiring physical control and focus</i> <i>WHITE ELEMENTS: Awareness of 44 parkour movement patterns</i> <i>BLACK ELEMENTS: Control of 44 parkour movement patterns</i> <i>RED ELEMENTS: Demonstrate power across 44 additional movement patterns</i> <i>ADVANCED LEVEL: Tackle more physically demanding skills</i>		Public Holiday
11:30 – 12:30			Games & Events <i>Compete in fun parkour challenges including chase tag, time trials and style battles</i>	Performance Choreography/Rehearsal <i>Experience performance rehearsal by practicing routines for the Parents Showcase, focusing on timing, teamwork, and celebration</i>	
12:30 – 13:00	Lunch				
13:00 – 13:30	Video Reflection <i>Explore parkour culture, professional practitioners and training mindsets while learning core values such as “Be Strong to Be Useful” and “Start Together, Finish Together”</i>			Final Performance Choreography/Rehearsal <i>Refine choreography and prepare for the final showcase performance</i>	
13:30 – 14:15	Flips & Tricks <i>Learn exciting acrobatic movements including front and side flips</i>			Parent’s Showcase (1:45PM) <i>Celebrate achievements through a high-energy parkour performance, featuring choreographed routines and favourite parkour skills</i>	
14:15 – 14:45	Conditioning, Cooldown Stretches & Group Reflection <i>Build strength, stretch the body and reflect on the day’s training</i>				
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 <i>Discover gymnastics and meet new friends while learning about camp expectations and safety</i>	Introduction, Floor Drills & Stretching <i>Learn floor drills and stretching to build strength, flexibility, and safe training habits. Learn 1 new gymnastics challenge per day!</i>			Public Holiday	
10:00 – 10:30	AM Break					
10:30 – 11:30	Apparatus Rotations <i>Explore gymnastics apparatus and practice skills on four different stations to improve technique</i>	All New Gymnastics Skills Challenge <i>Experience the All-New Gymnastics Skills Challenge by attempting a list of skills from level 1-4 Australian Level Gymnastics and special Camp Asia challenges to earn ribbons Each level contains 30-44 skills of increasing difficulty</i>			Public Holiday	
11:30 – 12:00	Acrobatics <i>Experience acrobatics by working in pairs and groups to develop balance, coordination, and collaborative sequences</i>					
12:00 – 12:30	Lunch					
12:30 – 12:45	Video Reflection/Classroom Time <i>Learn during video reflection and classroom time by watching gymnastics clips, discussing skills, and planning afternoon activities</i>					
12:45 – 13:30	Trampolining & Tumbling <i>Learn trampolining and tumbling to develop coordination, body awareness, and foundational flipping skills</i>			Final Performance Choreography/Rehearsal <i>Refine choreography and prepare for the final showcase performance</i>		
13:30 – 14:15	Games & Free Exploration <i>Explore gymnastics through games and free exploration by playing challenges and trying apparatus under coach supervision</i>	Performance Choreography/Rehearsal <i>Experience performance rehearsal by practicing routines for the Parents Showcase, focusing on timing, teamwork, and celebration</i>		Public Holiday		
14:15 – 14:45	Conditioning, Cooldown Stretches & Group Reflection <i>Learn conditioning, cooldown stretches, and reflection to strengthen the upper, mid, and lower body while reviewing the day's progress</i>					Parent's Showcase (1:45PM) <i>Celebrate achievements through a high-energy parkour performance, featuring choreographed routines and favourite parkour skills</i>
14:45 – 15:00	PM Break / Pack up / Home					



Super Soccer (Age: 5-6)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Defensive Basics <i>Practice defending stance through games</i>	Receiving & Support <i>Focus on passing through gates</i>	1v1 Attacking <i>Perform 1v1 fun moves</i>	Revision Stations <i>Practice in fun challenges</i>	Public Holiday
10:00 – 10:30	AM Break				
10:30 – 12:30	Team Defending <i>Engage in 1v1 shadow defending</i>	Possession Play <i>Participate in simple possession games</i>	Combination Play <i>Play 2v1 or 3v1 games</i>	Game Scenarios <i>Compete in small-sided matches</i>	Public Holiday
12:30 – 13:00	Lunch				
13:00 – 14:00	Defensive Games <i>Play "defend together" games (no tackling focus)</i>	Team Build-Up <i>Play "find a friend" games or other group activities</i>	Attacking Movements <i>Celebrate creativity during play</i>	Showcase Rehearsal and Parent's Showcase (1:45PM) <i>Showcase the skills learned for the week, including displays of agility drills, technical drills, and matches</i>	Public Holiday
14:00 – 14:45	Matches <i>Form teams and play friendly matches to apply learned skills and gain opportunities to improve</i>	Matches <i>Form teams and play friendly matches to apply learned skills and gain opportunities to improve</i>	Matches <i>Form teams and play friendly matches to apply learned skills and gain opportunities to improve</i>		
14:45 – 15:00	PM Break / Pack up / Home				



Super Soccer (Age: 7-14)

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 – 09:00	Arrival				
09:00 – 10:00	Defensive Basics Matches <i>Focus on defensive stance, body shape, side-on defending, and delay vs. quick intervention</i>	Receiving & Support <i>Work on scanning, awareness, and first touch under pressure</i>	Attacking Techniques <i>Dribble to beat a defender; practice change of pace, direction, and 1v1 moves</i>	Revision Stations <i>Rotate through defending, passing, and shooting stations</i>	Public Holiday
10:00 – 10:30	AM Break				
10:30 – 12:30	Defending Drills <i>Practice 1v1 defending (pressure), 2v2 (cover & balance), and recovery runs</i>	Possession Play <i>Play Rondos (3v1 / 4v2) and practice playing through the midfield</i>	Attacking Combinations <i>Practice Give & Go, overlaps, and 2v1 or 3v2 attacking</i>	Game Scenarios <i>Practice defending a lead, chasing a goal, and playing with an overload</i>	Public Holiday
12:30 – 13:00	Lunch				
13:00 – 14:00	Team Defending <i>Focus on defending in numbers, compact shape, and when to press vs drop</i>	Team Play Concepts <i>Work on support angles, switching play, and playing forward vs safe passing</i>	Team Attacking <i>Create space, practice movement off the ball, and finish from open play</i>	Showcase Rehearsal and Parent's Showcase (1:45PM) <i>Showcase the skills learned for the week, including displays of agility drills, technical drills, and matches</i>	Public Holiday
14:00 – 14:45	Matches Defensive Focus <i>Apply defensive focus with extra points for clean tackles and team shape</i>	Matches Midfield Rules <i>Follow midfield rules where goals count after 3 passes</i>	Matches Attacking Focus <i>Focus on attacking with bonus points for combination goals</i>		
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	<p>Introduction</p> <p>Get to know everyone and the rules and regulations</p> <p>Dynamic Warmup</p> <p>Swim: Freestyle Efficiency</p> <p>Refine Distance Per Stroke (DPS), catch mechanics, and body rotation to glide farther with smooth powerful strokes</p>	<p>Light Stretch and Journaling</p> <p>Unwind with gentle stretching and reflective journaling to relax the body and track progress</p>	<p>Resistance Band Routine</p> <p>Build strength and mobility with band exercises that target key swimming muscles</p> <p>Swim: Backstroke</p> <p>Enhance underwater dolphin kicks and improve backstroke technique, strong kicks, streamlined positioning, and powerful push offs</p>	<p>Swim Circuits Warm-up</p> <p>Rotate through lanes with varied drills to challenge technique, control, and endurance</p> <p>Swim: Individual Medley (IM)</p> <p>Link all strokes together while building smooth transitions, rhythm, and control across the medley</p>	Public Holiday
10:00 – 10:30	AM Break				
10:30 – 11:00	<p>Dryland - Core Strength</p> <p>Strengthen core stability to support streamline position, balance, and stroke control</p>	<p>Classroom - Goal Mapping Race Planning</p> <p>Set clear goals and build race strategies that align with personal strengths and performance targets</p>	<p>Classroom - Video Analysis</p> <p>Analyse swim footage to spot strengths, correct technique, and improve performance</p>	<p>Dryland - Power Plyometrics</p> <p>Develop explosive power and speed for stronger starts, turns, and fast movements</p>	Public Holiday
11:00 – 11:30	<p>Mini Set - Pull Focus</p> <p>Improve swim techniques, enhance water feel and upper body strength through controlled pulling and sculling drills and paddle works</p>	<p>Video Feedback - Peer Review</p> <p>Review swim footage and exchange feedback to sharpen technique awareness and communication</p>	<p>Skill - Kicking Progression</p> <p>Build leg strength, kick endurance, and core stability through progressive vertical kicking drills</p>	<p>Mini Set - IM Ladder</p> <p>Progressively increase and decrease the distance of IM swim to build endurance, stroke transition skills, and mental focus under fatigue</p>	
11:30 – 12:00	<p>Snorkel + Streamline</p> <p>Removes breathing distractions to focus on posture, balance, relaxed movement, improving streamline, controlled breathing, and stroke efficiency</p>	<p>Relay Changeovers</p> <p>Practice fast and precise relay exchanges in a fun and competitive team setting</p>	<p>Swim Quiz Challenge</p> <p>Test knowledge of stroke rules and techniques through an interactive quiz challenge</p>	<p>Fin Set - Resistance vs Sprint</p> <p>Uses fins to alternate between resisted swimming and sprints bursts to boost leg power, speed, and anaerobic capacity</p>	
12:00 – 12:30	Lunch				
12:30 – 13:00	<p>Active Recovery Walk</p> <p>Enjoy a light walk outdoors to promote recovery, reduce soreness, and reset after training</p>	<p>Dryland Games - Partner Challenges</p> <p>In pairs, complete challenges that builds coordination, core strength, and teamwork</p>	<p>Classroom - Nutrition</p> <p>Learn how to fuel, hydrate, and recover effectively for better performance and growth</p>	<p>Yoga For Swimmers</p> <p>Improve flexibility, breathing, and recovery while supporting mobility and injury prevention</p>	Public Holiday
13:00 – 13:30	<p>Classroom - Race Strategy</p> <p>Learn to build customised race plans and break down race phases to build personalised strategies for pacing, turns, and finishes</p>	<p>Breathing Control - Hypoxic Sets</p> <p>Train lung capacity, breath discipline, and mental toughness by reducing breathing frequency to improve swim efficiency</p>	<p>Swim Drill - Breaststroke</p> <p>Refine timing, kick technique, and streamline for a smooth, legal stroke with minimal resistance and maximum glide</p>	<p>Reflections and Certification Awards</p> <p>Celebrate progress, reflect on achievements, and recognise milestones</p>	
13:30 – 14:00	<p>Skill Lab - Flip Turns and Sprint Finisher</p> <p>Refine freestyle and backstroke flip turns focused on turn timing, posture, breathing, and a tight and fast push off into streamline</p>	<p>Stroke Review - Choice Fix</p> <p>Select weakest or most strategic stroke for personalised correction and refinement</p>	<p>Relay Planning</p> <p>Work together to plan team order, strategies, and exchanges to develop leadership skills, strengthen teamwork and race execution</p>	<p>Free and Easy Showcase Preparation</p> <p>Enjoy relaxed pool time with light practice, free play, and space to mentally prepare for the showcase</p>	
14:00 – 14:45	<p>Sprints</p> <p>Push speed and endurance with repeated high intensity efforts under fatigue to develop anaerobic capacity, fast recovery, and mental grit</p>	<p>Swim - Mini Time Trials</p> <p>Simulate race conditions with short timed swims to test performance</p>	<p>Swim - Underwater Mastery</p> <p>Develop strong underwater control, powerful dolphin kicks, and efficient breakouts to maximise speed and distance of starts and turns</p>	<p>Parent's Showcase</p> <p>Perform a 100 IM with race pace to demonstrate skills and progress</p>	
14:45 – 15:00	PM Break / Pack up / Home				