



# SAMPLE ACTIVITY SCHEDULE



## Creative Zone

Creative sessions that encourage children to express themselves and explore their senses & creativity



## Learn Zone

Child led discovery sessions that encourage children to learn through play, energise their interests and develop friendships



## Wellness Zone

Wellbeing sessions that educate and engage children in the benefit of leading a well-balanced healthy lifestyle.



## Fit Factor

Fun movement-based sessions that inspire, educate, engage and motivate children to move more.



## Thrive Time

Life skill sessions that gives children the opportunity to learn, thrive and take part in structured fun & practical sessions



## Super Sports

Action packed, high energy multi-sport sessions designed to engage children through physical activity and encourage participation



## Extended Day Fun Factory

Get creative with themed drawing, crafts and painting

|                   | MONDAY                   | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                   |
|-------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 8:30am - 10am     | Extended Day Fun Factory | Extended Day Fun Factory | Extended Day Fun Factory | Extended Day Fun Factory | Extended Day Fun Factory |
| 10am - 10:45am    | Learn Zone               | Fit Factor               | Creative Zone            | Wellness Zone            | Super Sports             |
| 11am - 11:45am    | Super Sports             | Super Sports             | Fit Factor               | Super Sports             | Learn Zone               |
| 11:45am - 12:30pm | Fit Factor               | Wellness Zone            | Super Sports             | Creative Zone            | Thrive Time              |
| 1pm - 1:45pm      | Creative Zone            | Fit Factor               | Super Sports             | Learn Zone               | Fit Factor               |
| 1:45pm - 2:30pm   | Wellness Zone            | Creative Zone            | Thrive Time              | Fit Factor               | Super Sports             |
| 2:45pm - 3:30pm   | Super Sports             | Thrive Time              | Fit Factor               | Super Sports             | Wellness Zone            |
| 3:30pm - 4:30pm   | Fit Factor               | Super Sports             | Wellness Zone            | Fit Factor               | Fit Factor               |
| 4:30pm - 5:30pm   | Extended Day Fun Factory | Extended Day Fun Factory | Extended Day Fun Factory | Extended Day Fun Factory | Extended Day Fun Factory |

\*all activities subject to change.