

**HOWICK
GYMNASTICS
JULY
HOLIDAY
PROGRAMME**

WEEK ONE

**COST: \$50 PER DAY
AGES 5+ WELCOME
NO GYMNASTICS
EXPERIENCE
NECESSARY**

MONDAY

8TH JULY

Arrival Games & Warm Up

BEAMS & BARS

Toasted Sandwich Making

LUNCH

Scavenger Hunt

**AFTERNOON TEA &
FREE TIME**

TUESDAY

9TH JULY

Arrival Games & Warm Up

TRAMPOLINE

Chocolate Chip Muffins

LUNCH

Codes & Riddles

**AFTERNOON TEA &
FREE TIME**

WEDNESDAY

10TH JULY

Arrival Games & Warm Up

FRONT TUCKS

Superhero Training Day

LUNCH

Ninja Warrior Course

**AFTERNOON TEA &
FREE TIME**

THURSDAY

11TH JULY

Arrival Games & Warm Up

WALKOVERS & FLICKS

Hot Chocolate Crafts

LUNCH

Amazing Race

**AFTERNOON TEA &
FREE TIME**

FRIDAY

12TH JULY

Arrival Games & Warm Up

CARTWHEELS

Nerf Challenges

LUNCH

Team Challenges

**AFTERNOON TEA &
FREE TIME**

**HOWICK
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WEEK TWO

**COST: \$50 PER DAY
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EXPERIENCE
NECESSARY**

MONDAY

15TH JULY

Arrival Games & Warm Up

WALKOVERS & FLICKS

Spy Training

LUNCH

Orienteering

**AFTERNOON TEA &
FREE TIME**

TUESDAY

16TH JULY

Arrival Games & Warm Up

ROLLS

Codes & Riddles

LUNCH

Nerf Wars

**AFTERNOON TEA &
FREE TIME**

WEDNESDAY

17TH JULY

Arrival Games & Warm Up

CARTWHEELS

Smoothie Making

LUNCH

Scavenger Hunt

**AFTERNOON TEA &
FREE TIME**

THURSDAY

18TH JULY

Arrival Games & Warm Up

BEAMS & BARS

Mug Cake Making

LUNCH

Ninja Warrior Course

**AFTERNOON TEA &
FREE TIME**

FRIDAY

19TH JULY

Arrival Games & Warm Up

BEAMS & BARS

Olympic Game Crafts

LUNCH

Olympic Games

**AFTERNOON TEA &
FREE TIME**