

Proposed Program

Sunday

- 3.00pm: Arrival
- 4.00pm: Fitness Session
- 6.30pm: Dinner
- 7.00pm: Fun Activities

Kris Kringle Present Giving

Please bring a novelty Kris Kringle Christmas Gift (valued at no more than \$10), wrapped & labelled for "boy", "girl" or "boy/girl".

NB: Due to allergy considerations, NO food products are to be given as presents includes chocolates and lollies!!!

Monday

- 7.30: Breakfast
- 9.00: Training Session—Cross Country, Walks, Sprints, Throws & Jumps
- 11.00am: Pool (TBC)
- 12.30pm: Lunch
- 1.00pm: High Ropes activity
- 5.00pm: Workshop
- 6.30pm: Dinner
- 7.00pm: Activities (Kris Kringle)



Tuesday

- 7.30am: Breakfast
- 8.00am: Pack your bags
- 9.00am: Training Session—Cross Country, Walks, Sprints, Throws & Jumps
- 11.00am: Pool (TBC)
- 12.30pm: Lunch
- 1.00pm: Departure

