



TUESDAY 23 OCTOBER 2018

TIME	ACTIVITY
8.30 - 9.00	Triathlon pumpkin designing, Halloween activities
9.00 – 9.15	Welcome/Active Ice-breaker Games
9.15 – 10.00	Spooky Circuits
10.00 – 12.00	Camp to be split into two (1hr doing each activity): <ol style="list-style-type: none"> 1. A range of heart raising activities: <ol style="list-style-type: none"> a. Mounting/Dismounting practice b. Cycling endurance 2. Technical swim session – diving/tumble turns and more!
12.00 – 13.00	Packed Lunch
13.0 – 14.30	Treasure Hunt & Capture The Pumpkin
14.30 – 15.00	Break
15.00 – 16.00	Individual & Relay Triathlon
16.00 – 17.00	Transition obstacle course & games

