



AGE 5-13
YEARS

30th June -
11th July

SCHOOL HOLIDAYS



DAILY SCHEDULE:

8-9.30: Intro and Games
9.30-10.30: Gym Sport Skills
10.30-11.00: Morning tea break
11.00-11.30: Free Play
11.30-2.30: Daily activity & lunch
break
2.30-3.00: Quiet games (SHORT
DAY ends)
3.15-5.15: Afternoon tea and play

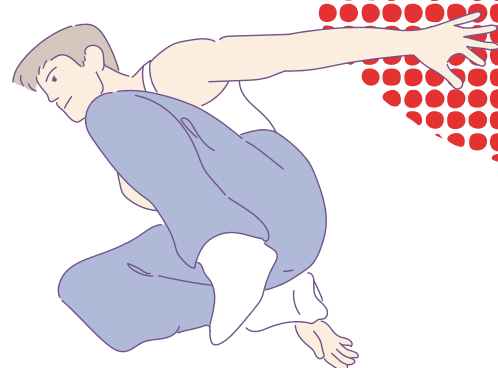
ACTIVITIES:

GYMNASTICS
CIRCUITS & GAMES
COOKING
CRAFT
TRAMPOLINE
CHALLENGES
AND MORE



M.I.G.S.
TE NGAE ROAD
ROTORUA

BOOK ONLINE
WWW.MIGS.CO.NZ



Bookings via www.migs.co.nz

email: migsholidayprogramme@outlook.co.nz

**DAILY COSTS: 8AM-3PM \$45
8AM-5.15PM \$55**

Week 1

Monday 30th June: Circuits -using all the equipment

Tuesday 1st July: Fun in the Kitchen -will it be savoury or sweet?

Wednesday 2nd July: B Day -Balance, Bars, Bounce.....

Thursday 3rd July: Craft Day

Friday 4th July: Teams & Challenges Day

Week 2

Monday 7th July: Equipment Day

Tuesday 8th July: 'Minute to Win It' games

Wednesday 9th July: Fun in the Kitchen- will it be savoury or sweet?

Thursday 10th July: Jumping Day

Friday 11th July: Shared Lunch and Movie Day- bring a plate of food to share

**EACH DAY INCLUDES AN HOUR OF LEARNING SPECIFIC
GYM SPORT SKILLS**

DAILY REQUIREMENTS:

Children need to be dressed in appropriate clothing for active play. They are to bring their morning tea & lunch, some afternoon tea for the Full Day bookings, a named water bottle and socks for trampoline use.

We reserve the right to alter the daily schedule depending on the enrolled numbers.

**Terms and Conditions apply, see them at
www.migs.co.nz**

**OSCAR FORMS ARE REQUIRED TO BE INTO THE OFFICE, 2
WEEKS PRIOR TO HOLIDAYS START DATE.**

email: admin@migs.co.nz

MID-ISLAND GYM SPORTS

