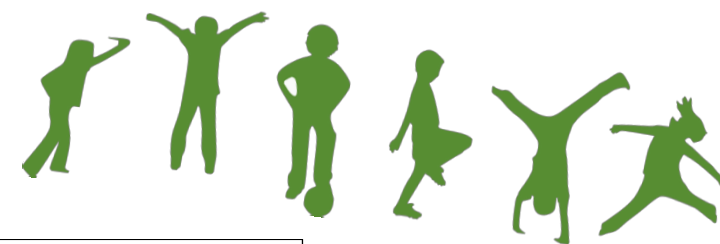


Fresh^f kids

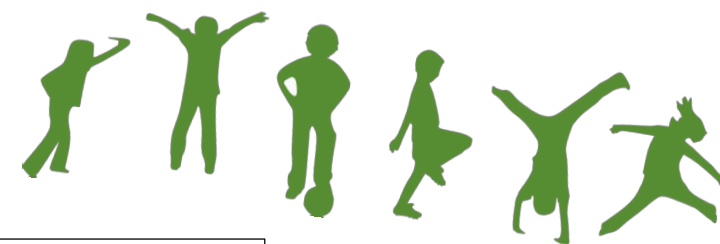
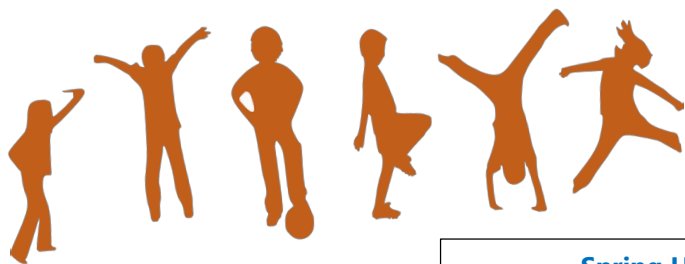
holiday club



Spring Holiday Activity Programme - Mon 3rd April – Fri 7th April 2017

Standard Day 9am – 4pm Extended Day 8:30am – 5:30pm Daily Special Events: 2:45pm-4:00pm
 Morning Fruit break 11:00am Lunch: 12:30pm-1:00pm Afternoon snack: 2:30pm

Day	Description	Additional Activities	
Monday 3 rd April	First day! We can't wait to welcome old friends back and meet new ones. Loads of team-building active games, giving everyone a fun way to get involved - get to know each other a little better and feel welcomed into our holiday team.	Snowball Fight – to help break the ice 'It's All about me' collage Football kick-about	Octopus active team game Dodgeball Balloon Rocket crafts and Rocket Racing
		SPECIAL EVENT: Bouncy Castle & Rope Swing Combo	
Tuesday 4 th April	Lots more team games to enjoy. Some crafts which will provide lots of entertainment long after we have finished making them. Traditional sports along with games which are so much fun we won't realise how active we are.	Make & create your own space slime Crafting paddles for Balloon tennis Balloon tennis	Football Bench Ball Make your own reusable party poppers
		SPECIAL EVENT: Rave the afternoon away in the Roller Disco	
Wednesday 5 th April	We will be getting green fingers with our sunflower craft today. We would love to see how big your giant sunflowers grow, please send us or tag us on your Facebook pics. There will be a special prize for the best sunflower - details on the sunflower care sheet.	Volley Ball with XL balloons Decorate & plant a sunflower pot Quick Kick-about Football	Table Tennis / Octopus team game Design & create straw blow darts 'Whose can fly furthest?'
		SPECIAL EVENT: Bouncy Castle & Rope Swing Combo	
Thursday 6 th April	At Fresh we aim to make getting fit and healthy fun for everyone. Today as well as sports, games & self-esteem building activities there is also a fruity craft to encourage healthy appetites and make a fun stress ball which we can use to help relax for a healthy mind.	Make & decorate your race fish Flapping fish races & Bottle flip off Fruit kebab caterpillars	Crazy faces stress ball craft Football & Badminton 'Pass it on' message game
		SPECIAL EVENT: Rave the afternoon away in the Roller Disco	
Friday 7 th April Super Hero Day	Don't miss this super theme day, full with lots of surprises. Themed active games, sports, crafts and more. Hero photo souvenir, creating hero identities, hero boot training, beating the bad guys to name a few activities this is a day you don't want to miss!	Super hero identity and back story Create costume with cape, cuffs, mask Super Hero Photo shoot Make a mini side kick	Stage Hero Combat scenes Balloon Sword lesson Ninja Balloon Battles Boulder Toss
		SPECIAL EVENT: Hero Training / Boot camp Obstacle Course	



Spring Holiday Activity Programme - Mon 10th April – Thursday 13th April 2017

To Book Call: 01932 253400

Email: info@trainfresh.com Facebook: facebook.com/FreshGym/

Day	Description	Additional Activities	
Monday 10th April	Some extra fun games today to help boost confidence and team building whilst getting us active and some fun twists. Our crafts today make lovely souvenirs - our animated picture craft allows us to make our pictures move; as well as funny clip-on hand accessories to get our imaginations fired up.	Cereal box reverse limbo game Air guitar band face off competition Table Tennis Octopus team game	Pom-pom hand puppets craft Animated spinning picture Crabby Football Rounders
SPECIAL EVENT: Bouncy Castle & Rope Swing Combo			
Tuesday 11th April	We'll be inventing new dance moves, playing traditional sports with a twist, having fun with the new playground craze. Another tasty craft today, these little ladybirds will look almost too good to eat...almost! Get those green fingers out with our cress craft - don't forget to send in photos of any hair styles once they've grown or tag us in your Facebook pics!	Dance teacher group game Bottle flip off Cross over Bench ball Circle Football	Badminton Crazy hair cress head creations Make ladybird fruit 'cookies'
SPECIAL EVENT: Rave the afternoon away in the Roller Disco			
Wednesday 12th April Fresh Adventure Day	Will you choose to accept your mission? You'll get a mission envelope with a personal special secret mission for the day. A highlight of today is a treasure hunt with clues to find and follow and an additional mystery to be solved. Action packed games and an extra Special Event – an Obstacle Course with a Mission Impossible cross Indiana Jones feel.	Receive a secret special mission Relay team games Craft a mini catapult Indiana Jones Dodgeball	Desert Island team game Create secret messages Mini maze craft Treasure hunt
SPECIAL EVENT: Obstacle Course			
Thursday 13th April Party Day	All good things come to an end, but we won't be going without a big party to celebrate our fun-packed spring holiday. Don't fret too much, we'll be back for summer!	Musical frogs game Elbow tag Frisbee bowling	Quick Kick-about Football Frog cup & ball craft & game Design, build & race air powered cars
SPECIAL EVENT: Bouncy castle, Rope Swing, Face Painting, Balloons & games			
Friday 14th April	GOOD FRIDAY APOLOGIES WE ARE CLOSED FOR BANK HOLIDAY		