

Run Riot at Flitwick Leisure Centre  
Activities for 8-12s  
Monday 4th April to Friday 8th April 2016

		1	2	3		4	5	6
Monday	Booking in Rules	Obstacle Course	Climbing Wall		Lunch and DVD	Trampoline	Painting Techniques	Free Choice
			Clay	Cricket				
Tuesday	Booking in Rules	Swimming		Quiz	Lunch and DVD	Bouncy Castle	Craft	Sport
								Give us a clue
Wednesday	Booking in Rules	Rounders	Swimming		Lunch and DVD	Bouncy Castle	Keeping Safe	Relays
		Team Puzzles						
Thursday	Booking in Rules	Sport Skills	Create and Print	Parachute Games	Lunch and DVD	Trampoline	Swimming	Win lose or draw
Friday	Booking in Rules	Circuits	Cooking	Rounders	Lunch and DVD	Bouncy Castle	Krypton Factor	Team Games

**N.B.** Activities may be subject to change without prior notice as we work with the children and take into account weather conditions on each day, to provide a stimulating and enjoyable experience for all.

If attending on trampoline days please wear or bring with you appropriate clothing, no jeans. zips or buttons to be worn whilst using the trampolines.