

Active Bootcamp

Fast Facts...

Duration: 5 Days/4 Nights

Location: Easter - Camp Waratah Bay

Winter - Camp Rumbug

Spring - Camp Waratah Bay

What's Active Bootcamp all ABOUT?

Do you want to get fit and active and have fun at the same time? Why not join up to Active Bootcamp. Your activities may be a little strenuous, but we promise you will still have lots of fun for the duration of the camp! Bike riding will be incorporated into selected training sessions. We aim for the healthy and active habits followed on camp to extend to your everyday living.

Activity List Options...

Activities include: Abseiling, Archery, Beach Activities and Games, Ball Sports, Beach Volleyball, Bouldering Wall, Canoeing Giant Swing, Swimming and more.



No specialist equipment required. All training equipment, bikes and helmets will be supplied.



Sample Program:

- 7.30am:** Training Session
- 8.30am:** Breakfast
- 9.45pm:** Training Session - Rotation
- 12.00pm:** Lunch
- 1.15pm:** Training Session - Rotation
- 3.15pm:** Archery & Giant Swing (example)
- 5.00pm:** Showers and Free Time
- 6.00pm:** Dinner
- 7.15pm:** Free Time
- 7.45pm:** Night Activities
- 10.00pm:** Bedtime