

Fun & Fitness

Fast Facts...

Duration: 5 Days/4 Nights

Location: Easter - Camp Waratah Bay

Winter - Camp Rumberg

Spring - Camp Waratah Bay

What's Fun & Fitness all ABOUT?

Do you want to get fit and active and have fun at the same time? Why not join our Fun & Fitness program. You'll participate in half a day fitness activities and half a day of Activity List options. 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.

Sample Program:

- 8.00am:** Fitness Activity
- 8.30am:** Breakfast
- 9.45pm:** Fitness Session - Rotation
- 12.00pm:** Lunch
- 1.15pm:** Fitness Session - Rotation
- 3.15pm:** Canoeing (example)
- 5.00pm:** Showers and Free Time
- 6.00pm:** Dinner
- 7.15pm:** Night Activities
- 9.30pm:** Bedtime



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



Activity List Options...

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



"I really liked the whole camp. The best was the giant swing. It was the best camp I have ever been to."

Karen, 9 years old.

