

# Sample Five-day Schools Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Morning Meeting				
	Breakfast				
08:00 08:30	Thought for the day				
	Job Groups				
Morning	09:30	Team Building Games	Kayaking (½ group) High Ropes (½ group)	Day sail	Make packed lunch Clear up & Depart
	10:30				
	11:00				
	12:30				
	Arrive Welcome Introductions <b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Packed Lunch</b>	
Afternoon	13:30	Introductory Sail	High Ropes (½ group) Kayaking (½ group)	Return to Lightvessel	Each week is tailored to the aims and objectives of the group. Other activities that could be incorporated, depending on tides and weather, include: <ul style="list-style-type: none"> <li>• Benthos session</li> <li>• Archery</li> <li>• Powerboating</li> <li>• Rafting</li> <li>• Rowing</li> </ul>
	14:30				
	15:30				
	16:30				
	17:30				
	18:30				
	Lightvessel Tour	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	
	Drinks				
	Group Dredge				
	<b>Dinner</b>				
Evening	19:30	Teacher time	Teacher time	Teacher time	
	20:00				
	21:00				
	21:30				
	Night Hike	Climbing Wall	Games on Rec	Concert	
	<b>Hot Chocolate &amp; Bed Lights out</b>	<b>Hot Chocolate &amp; Bed Lights out</b>	<b>Hot Chocolate &amp; Bed Lights out</b>	<b>Hot Chocolate &amp; Bed Lights out</b>	

NB: This programme is subject to weather conditions