

Sample Five-Day Schools Programme

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00 08:30	Morning Meeting					
	Breakfast					
	Thought for the day					
	Jobs Groups					
Morning 09:30 11:00 12:30			Team Building Games	Kayaking (½ group)	Archery	Make packed lunch
	Arrive Welcome & Introductions			High Ropes (½ group)		Clear up & Depart
	Lunch	Lunch	Lunch	Lunch	Lunch	
Afternoon 13:30 16:30 17:30	Lightvessel Tour	Introductory Sail	High Ropes (½ group)	Afternoon Sail	Each week is tailored to the aims & objectives of the group. Other activities that could be incorporated, depending on tides & weather, include; <ul style="list-style-type: none"> • Quiz • Kingball/Dodgeball • Climbing • Other High Ropes element 	
	Drinks		Kayaking (½ group)			
	Group Dredge/Powerboat	Dinner		Dinner		
Evening 18:30 19:30 21:00 21:30	Teacher Time	Teacher Time	Teacher Time	Teacher Time		
	Night Walk	Climbing Wall	Games on Rec	Concert		
	Hot Chocolate Bed & Lights Out	Hot Chocolate Bed & Lights Out	Hot Chocolate Bed & Lights Out	Hot Chocolate Bed & Lights Out	Hot Chocolate Bed & Lights Out	

NB: This programme is subject to weather conditions & change