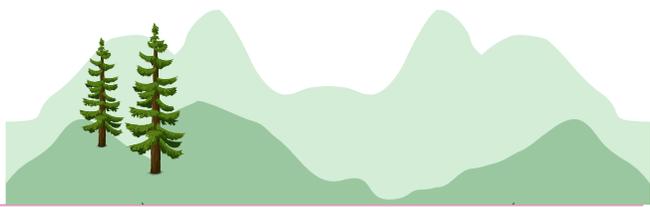


# Aventure 11-13 ans - semaine 1

Mon	Tue	Wed	
<p>Swim Test</p> <p>Test d'aisance Aquatique</p> <p>Swimwear, goggles (optional)</p>	<p>Canyoning</p> <p>Canyoning</p> <p>Hat, swimwear, water bottle</p>	<p>Climbing</p> <p>Escalade en salle</p> <p>Hat, trainers, water bottle</p>	
Thu	Fri	NOTES	
<p>Rafting</p> <p>Rafting</p> <p>Hat, trainers, swimwear, water bottle</p>	<p>Paddleboarding</p> <p>Paddle</p> <p>Hat, trainers, swimwear, water bottle</p>	<p>Comfy clothes suitable for activities (that can get dirty or wet)</p> <ul style="list-style-type: none"> <li>• A jumper or fleece depending on the weather conditions</li> <li>• Trainers or walking shoes (that can get dirty or wet)</li> <li>• A waterproof jacket</li> </ul> <ul style="list-style-type: none"> <li>• Vêtements qui ne craignent ni l'eau ni la boue</li> <li>• Sweat ou polaire selon la météo</li> <li>• Tennis ou chaussures de marche qui ne craignent ni l'eau ni la boue</li> <li>• K-way</li> </ul>	

# Aventure 11-13 ans - semaine 2

Mon	Tue	Wed	  
Swim Test  Test d'aisance Aquatique  Swimwear, goggles (optional)	Treetop Adventure Course  Parcours Accrobranche  Hat, trainers, water bottle	Biathlon  Biathlon  Hat, trainers, water bottle	
Thu	Fri	NOTES	
Rafting  Rafting  Hat, trainers, swimwear, water bottle	Paddleboarding  Paddle  Hat, trainers, swimwear, water bottle	<p>Comfy clothes suitable for activities (that can get dirty or wet)</p> <ul style="list-style-type: none"><li>• A jumper or fleece depending on the weather conditions</li><li>• Trainers or walking shoes (that can get dirty or wet)</li><li>• A waterproof jacket</li></ul> <ul style="list-style-type: none"><li>• Vêtements qui ne craignent ni l'eau ni la boue</li><li>• Sweat ou polaire selon la météo</li><li>• Tennis ou chaussures de marche qui ne craignent ni l'eau ni la boue</li><li>• K-way</li></ul>	