

Adventure Programme (6-10yrs)

Timings	Monday	Tuesday	Wednesday	Thursday	Friday
8.30-8.55	Camp Meeting	Registration			
9.00-10.30	French Lessons				
10.30-11.00	Break + snack				
11.00-12.30	French Lessons				
12.30-13.30	Lunch				
13.30-16.30 Week 1	Badminton	Spartan Course	Hike & Swim finishing at Lake Montriond	Olympic Games	High Ropes Treetop Adventure
Equipment* Week 1	Comfortable clothes and sturdy trainers	Comfortable clothes and sturdy trainers	Comfortable clothes, swimming gear and a towel	Comfortable clothes, sturdy trainers and a water bottle	Comfortable clothes, sturdy trainers and a water bottle
13.30-16.30 Week 2	Tennis	Orienteering	Obstacle courses	Cabin Building & Land Art	Crazy Golf
Equipment* Week 2	Comfortable clothes and sturdy trainers	Comfortable clothes and sturdy trainers	Comfortable clothes and sturdy trainers	Comfortable clothes and sturdy trainers	Comfortable clothes and sturdy trainers

*remember to always pack :

- a jumper in case it gets cold
- a waterproof jack in case it rains
- suncream
- a cap or sunhat
- sunglasses
- a water bottle
- a snack

Adventure Plus Programme (10-17yrs)

Timings	Monday	Tuesday	Wednesday	Thursday	Friday
8.30-8.55	Camp Meeting	Registration			
9.00-10.30	French Lessons				
10.30-11.00	Break + snack				
11.00-12.30	French Lessons				
12.30-13.30	Lunch				
13.30-17.00 Week 1	Swimming* including Swim Test	Via Ferrata in Avoriaz	Canyoning	Modern Biathlon	Paddleboarding
Equipment* Week 1	Comfortable clothes and sturdy trainers	Comfortable clothes and sturdy trainers	Comfortable clothes, swimming gear and a towel	Comfortable clothes, sturdy trainers and a water bottle	Comfortable clothes, sturdy trainers and a water bottle
13.30-17.00 Week 2	Swimming* including Swim Test	Fantasticable in Chatel	White Water Rafting	Group Games	Mountain Biking
Equipment* Week 2	Swimming gear including a towel	Comfortable clothes and sturdy trainers	Comfortable clothes, sturdy trainers and swimming gear including a towel	Comfortable clothes and sturdy trainers	Comfortable clothes and sturdy trainers

*remember to always pack :

a jumper in case it gets cold
a waterproof jack in case it rains
suncream
a cap or sunhat
sunglasses
a water bottle
a snack

*The Swim test is for all water based activities and sports.