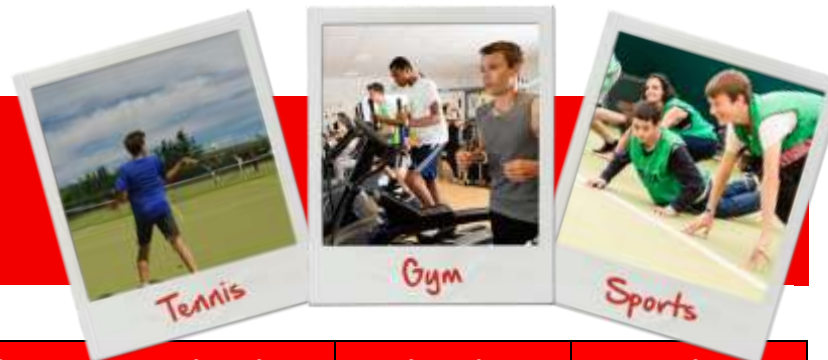




Example Timetable – Week 1

Junior English Plus Sports

incl. Tennis



| | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---------------|--|--|---------------------------|---------------------------|---------------------------|---------------------------|--------------------------|-----------------------|
| 07:30 | Arrival Day PowerPoint Presentation Induction and Orientation | Wake up | Wake up | Wake up | Wake up | Wake up | Wake up | |
| 07:45 – 08:45 | | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | |
| 09:00 – 10:30 | | English test and Information | English Lesson | English Lesson | English Lesson | English Lesson | English Lesson | English Lesson |
| 10:30 – 11:00 | | | | Break | Break | Break | Break | Break |
| 11:00 – 12:30 | | (High Season Only) | English Lesson | English Lesson | English Lesson | English Lesson | English Lesson | |
| 12:30 – 13:45 | | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | |
| 13:45 – 14:30 | | Half-Day Excursion to Bournemouth | Tchoukball | Team Sports | Football | Swimming | Archery | |
| 14:30 – 15:15 | | | Dodgeball | | Basketball | Volleyball | Kwik Cricket | |
| 15:15 – 15:30 | | | Break | Break | Break | Break | Break | |
| 15:30 – 16:15 | | | Tennis | Tennis | Tennis | Tennis | Tennis Tournament | |
| 16:15 – 17:00 | | | Gym Training | Aeroball | Benchball | Badminton | | |
| 17:30 – 18:30 | After School Clubs | | After School Clubs | After School Clubs | After School Clubs | After School Clubs | | |
| 18:30 – 19:15 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | | |
| 20:15 – 22:30 | Evening Activities | Evening Activities | Evening Activities | Evening Activities | Evening Activities | Evening Activities | | |
| 22:30 | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime | | |

- This timetable is based on students living in the College. Students, living in homestay accommodation are required to be at the College by 08:45 and eat dinner at their homestay
- This course rotates on a weekly basis



Example Timetable – Week 2

Junior English Plus Sports

incl. Tennis



| | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---------------------------------------|---|--------------------|--------------------|--------------------|--------------------|-----------------------|
| 07:30 | Wake up | Wake up | Wake up | Wake up | Wake up | Wake up | Wake up |
| 07:45 – 08:45 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 09:00 – 10:30 | Full-Day Excursion e.g. London | Full-Day Excursion e.g. Portsmouth | English Lesson | English Lesson | English Lesson | English Lesson | English Lesson |
| 10:30 – 11:00 | | | Break | Break | Break | Break | Break |
| 11:00 – 12:30 | | | English Lesson | English Lesson | English Lesson | English Lesson | English Lesson |
| 12:30 – 13:45 | | | Lunch | Lunch | Lunch | Lunch | Lunch |
| 13:45 – 14:30 | | | Table Tennis | Netball | Gym Training | Beach Games | Jurassic Coastal Walk |
| 14:30 – 15:15 | | | Team Building | King Pin | Football | | |
| 15:15 – 15:30 | | | Break | Break | Break | Break | Break |
| 15:30 – 16:15 | | | Tennis | Tennis | Tennis | Tennis | Tennis Tournament |
| 16:15 – 17:00 | | | Handball | Mini Golf | Dodgeball | Tag Rugby | |
| 17:30 – 18:30 | | | After School Clubs | After School Clubs | After School Clubs | After School Clubs | After School Clubs |
| 18:30 – 19:15 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | |
| 20:15 – 22:30 | Evening Activities | Evening Activities | Evening Activities | Evening Activities | Evening Activities | Evening Activities | |
| 22:30 | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime |