

Example weekly timetable

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8.00	Arrivals	Wake up Breakfast						
9.15		Sports coaching				Tournament	Departures	
13.00		Lunch						
14.15		English lessons or Multi-Sport or Academy sport						
17.15		Swimming				Prize-giving		
18.00		Supper						
19.30	Welcome tour - play sports	Casino night - Highland games - Karaoke - Cabaret etc				Disco		
21.30	Bedtime (times vary depending on ages)							

Saturday	Sunday
Wake up Breakfast	
All day excursion (theme park)	All day excursion (cultural/ sport venue)
Barbecue	Supper
Film night	Play sports
Bedtime	

Please note that times and events may vary slightly depending on availability and the weather.