

Week Programme

- for information only and subject to changes -

07h45 Wake up

08h00 Breakfast

08h30 - 10h00 Language courses

- English or French -

10h00-10h30 Break time

10h30-12h00 Language courses

- English or French -

12h00-13h00 Lunch

13h30 To 18h30	Monday	Tuesday	Wednesda y	Thursday	Friday	Saturday	Sunday
11-14 years old	Water Sports Activities	Mountain Expeditions & Horse-riding Club	Telephone, Skype Internet, Games (13h30– 15h00) & Shopping Or Foam Party	Clubs (Golf, nature, recording, robotics, cooking, horse-riding & tennis)	Mountain Adventures	Mountain Adventures or Water Ski & "Olympiads"	Telephones, Skype & Fun Games
8-10 years old	Mountain Expeditions	Clubs (Golf, nature, recording, robotics, cooking, horse- riding & tennis)		Water Activities, Adventure & Tennis / Horse- riding Club	Mountain Adventures	Cultural Visits & Olympiads	Telephones, Skype & Water Activities
4-7 years old	Clubs (Nature - bush craft - or Cooking)	Fun Activities, Cultural Visits & Horse-riding Club		Fun Activities, Cultural Visits & Tennis / Horse-riding Clubs	Mountain Adventures	Fun Games & Olympiads	Telephones, Skype & Fun Games
19h30 To 20h30	Themed evenings (Fluo, White Hawaii parties), Disco, FC Valencia special option, football, tennis, games and free time						

Other activities

Mountain bike, cycling, climbing, ice-skating, water sports (banana boat, water ski, paddle board) cultural visits, trekking, excursions and expeditions, recreational centers such as *Aquaparc*, *Laser Game*, *Signal de Bougy*, *Swiss Vapeur Parc*, *Accrobranch*, museums, etc. (activities are organised according to the weather forecast and children are grouped by age).

16h00 Snack

18h45-19h30 Dinner

soups, pasta, Swiss specialties « fondue & raclette », hot-cold buffet, yogurt, fruit selection and homemade cakes

19h30-20h30 Recreational or sport activities (refer to the above schedule)

20h30-21h15 Shower / Free time / Games / Reading

20h30 Lights out for the 4-7 years old

21h15 Lights out for the 8-10 years old

21h45 Lights out for the 11-14 years old