

## 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**

<b>13h30 To 18h30</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesda y</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>11-14 years old</b>	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
<b>8-10 years old</b>	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
<b>4-7 years old</b>	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
<b>19h30 To 20h30</b>	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**