

# Multi activity 5 day programme



	8:30	Morning	12:30	Afternoon	17:30	Evening
MON	<b>B R E A K F A S T</b>	Group 1 Kayaking Group 2 Windsurfing Group 3 Dinghy sailing	<b>L U N C H</b>	Group 1 Kayaking Group 2 Windsurfing Group 3 Dinghy sailing	<b>D I N N E R</b>	Orienteering  DVD Film
TUE		Group 1 Dinghy sailing Group 2 Kayaking Group 3 Windsurfing		Group 1 Dinghy sailing Group 2 Kayaking Group 3 Windsurfing		Round the island cycle  Table tennis tournament
WED		Group 1 Windsurfing Group 2 Dinghy sailing Group 3 Kayaking		Group 1 Windsurfing Group 2 Dinghy sailing Group 3 Kayaking		Football and rounders  DVD Film
THU		Students select to do more of the activity they enjoyed most working towards gaining Governing body Certificate in; Kayaking Windsurfing Dinghy sailing		Kayaking Windsurfing Dinghy sailing		Cumbrae Quiz  DVD Film
FRI		Kayaking Windsurfing Dinghy sailing		Kayaking Windsurfing Dinghy sailing  Award of certificates What next?		