

Sports Summer Sample Programme Week 1



SAMPLE SUMMER TIMETABLE (SPORTS)									
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	
MEET AT THE SCHOOL AT 09:00							Full day excursion to the Aran Islands Times tbc	Day with Host Family	
9:15-10:45	ARRIVAL Flight number: From: To: Meet host families at approximately *subject to change depending on flight/ transport	Introduction to the programme	Get to know you games	Half day trip to Cliffs of Moher	Tournament Day 1	Tournament Day 2			
10:45-11:15		BREAK			Tournament Day 1	BREAK			
11:15-12:45		Tour of Ennis	Tournament Beginning			Tournament Day 2			
12:45-13:45		LUNCH							
13:45 - 15:15		Class	Class	Class	Class	Class			
15:15-15:45		BREAK							
15:45-17:15		Class	Class	Class	Class	Class			
17:30		Home Time	Home Time		19:45-21:45 Disco in the West County	19:30-21:30 Evening activity at the school	Home Time		
All classes and activities are subject to change at the discretion of Atlas									

Sports Summer Sample Programme Week 2



SAMPLE SUMMER TIMETABLE (SPORTS)								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
MEET AT THE SCHOOL AT 09:00							Full day excursion to Galway City Times tbc	DEPARTURE Flight number: From: To: Leave Ennis at:
9:15-10:45	Day with Host Family	Class	Class	Class	Class	Class		
10:45-11:15		BREAK						
11:15-12:45		Class	Class	Class	Class	Class		
12:45-13:45		LUNCH						
13:45 - 15:15		Self-Defense Workshop	Tournament Day 3	Half day trip to Limerick City	American Style Bowling & Laser Tag	Tournament Finals		
15:15-15:45		BREAK				BREAK		
15:45-17:15		Self-Defense Workshop	Tournament Day 3			Talent Show & Awards		
17:30		Home Time	Home Time		19:45-21:45 Disco in the West County	19:30-21:30 Evening activity at the school		

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