











ACTIVE SPORTS

“Age is no barrier. It’s a limitation you put on your mind”

JACKIE JOYNER-KERSEE

WEEK ONE		
	MORNING	AFTERNOON
MON	9.00 - 12.20 English Class 12:30 - 14:00 Networking Lunch (included)	 Tour of Torquay. Accompanied Walk: Coastal Path
TUE	9.00 - 12.20 English Class 12:30 - 14:00 Networking Lunch (included)	Introduction to Yoga for Health and Flexibility 
WED	9.00 - 12.20 English Class 12:30 - 14:00 Networking Lunch (included)	FREE TIME
THU	9.00 - 12.20 English Class 12:30 - 14:00 Networking Lunch (included)	 Indoor Rock Climbing
FRI	9.00 - 12.20 English Class	FREE TIME
SAT	Full-Day Excursion (included) Surf School 	
SUN	Full-Day Excursion (optional) Clay Shooting 	

WEEK TWO		
	MORNING	AFTERNOON
MON	9.00 - 12.20 English Class 12:30 - 14:00 Networking Lunch (included)	 Sea Kayaking
TUE	9.00 - 12.20 English Class 12:30 - 14:00 Networking Lunch (included)	Accompanied Run/Jog. Coastal Path Brixham to Paignton 
WED	9.00 - 12.20 English Class 12:30 - 14:00 Networking Lunch (included)	FREE TIME
THU	9.00 - 12.20 English Class 12:30 - 14:00 Networking Lunch (included)	 Jet Ski Safari
FRI	9.00 - 12.20 English Class	FREE TIME
SAT	DEPARTURE DAY	

