









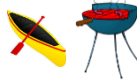





JUNIOR LANGUAGE, GOLF AND LEISURE PROGRAMME

SAMPLE TIMETABLE

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><u>Arrival to Atlantic S.E.A.L</u></p> <p>Sunday is our normal arrival day at Atlantic S.E.A.L. You will be met at the airport and driven directly to your host family. Once you arrive to Schull you will meet your Irish brothers and sisters and your new classmates.</p>  	<p>9.30-11.00</p> <p>English Language Lessons</p>	English Language Lessons	English Language Lessons	English Language Lessons	English Language Lessons	English Language Lessons	<p><u>Saturday Excursion</u></p> <p>Meet at the Junior school at approx 10am and go to one of our many Saturday excursions. Trips can include:</p> <ul style="list-style-type: none"> - Glengarriff Nature Reserve - Garnish Island Seal Trip - Smugglers Cove Adventure Park  <p><u>Departure from Atlantic S.E.A.L</u></p> <p>Saturday is our normal departure day from Atlantic S.E.A.L. You will be collected by your driver or taken to your bus if part of a large group and from there you will travel to your airport. If you are staying for more than 1 week you will join our Saturday excursion</p> 	<p>If you are staying at Atlantic S.E.A.L for more than 1 week you will join your Irish family in their normal everyday Sunday routine and spend time with them.</p> 	
	<p>11.00-11.30</p> <p>Supervised break with table tennis, table football, cards, music, pool etc. ENGLISH ONLY TO BE SPOKEN AT ALL TIMES!!</p>								
	<p>11.30-13.00</p> <p>English Language Lessons</p>	English Language Lessons	English Language Lessons	English Language Lessons	English Language Lessons	English Language Lessons			
	<p>13.00-14.00</p> <p>Supervised Lunch time. Older students (15-17) are allowed to go into the town during this time. ENGLISH ONLY TO BE SPOKEN AT ALL TIMES!!</p>								
<p>14.30-16.30</p>	<p><u>Golf Lessons*</u></p> <p>Take Lessons or practise your golf game with our local Pro teacher.</p> 	<p></p> <p>Beach and Body Boarding</p>	<p></p> <p>Arts and Crafts</p>	<p></p> <p>Movie Stunt Workshop</p>	<p></p>	<p></p> <p>Kayaking and BBQ</p>	<p></p> <p>Baking</p>	<p></p> <p>Team games and Multi Sports</p>	<p></p>

* Golf afternoons are subject to change due to weather.

