



















JUNIOR LANGUAGE AND LEISURE PROGRAMME

SAMPLE TIMETABLE

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<u>Arrival to Atlantic S.E.A.L</u> 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.  	9.30-11.00	English Language Lessons	English Language Lessons	English Language Lessons	English Language Lessons	English Language Lessons	<u>Saturday Excursion</u> Meet at the Junior school at approx 10am and go to one of our many Saturday excursions. Trips can include: - Glengarriff Nature Reserve - Garnish Island Seal Trip - Smugglers Cove Adventure Park  <u>Departure from Atlantic S.E.A.L</u> 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 	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. 	
	11.00-11.30	Supervised break with table tennis, table football, cards, music, pool etc. ENGLISH ONLY TO BE SPOKEN AT ALL TIMES!!							
	11.30-13.00	English Language Lessons	English Language Lessons	English Language Lessons	English Language Lessons	English Language Lessons			
	13.00-14.00	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!!							
	14.00-17.00	 Kayaking and BBQ	 T-Shirt Design	 Make your own Teddy	 Sailing	 Aqua Aerobics			
	 Team games and Multi Sports	 Mountain Hike	 Tag Archery	 Baking					
	 Beach and Body Boarding	 Film Production	 Movie Stunt Workshop					 Arts and Crafts	