
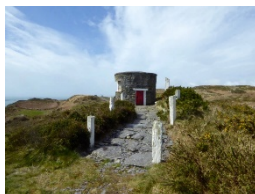



PACKAGE OPTION 1 (20 MICRO-GROUP GENERAL ENGLISH LESSONS, 3 AFTERNOONS OF LEISURE AND 1 FULL DAY EXCURSION)

SAMPLE TIMETABLE

| | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|--------------------|--|--|---|--|--|--|---|
| 9.30-11.00 | Group Lessons | Group Lessons | Group Lessons | Group Lessons | Group Lessons | <u>Departure from Atlantic S.E.A.L</u> | <u>Family Day</u> |
| 11.00-11.30 | ----- Complementary Coffee/Tea & Snacks ----- | | | | | 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. | Join your Irish family in their normal everyday Sunday routine and spend time with them. |
| 11.30-13.30 | Group Lessons | Group Lessons | Group Lessons | Group Lessons | Group Lessons | | |
| 13.30-14.30 | Lunch | | | | | | |
| 14.30-17.00 | Afternoon Leisure Excursion | | Afternoon Leisure Excursion | | Afternoon Leisure Excursion | <u>Optional Saturday Excursion</u> | Sunday is also our normal arrival day at Atlantic S.E.A.L so you may be getting some new class mates joining you in your host family. |
| | Join our exciting leisure programme which combines relaxation with cultural and historical outings.  | ----- Free afternoon for independent leisure, self-study or additional ‘one to one’ lessons* ----- | Join our exciting leisure programme which combines relaxation with cultural and historical outings.  | ----- Free afternoon for independent leisure, self-study or additional ‘one to one’ lessons* ----- | Join our exciting leisure programme which combines relaxation with cultural and historical outings.  | Meet at the Adult school and go to one of our many Saturday excursions. Trips can include: - Glengarriff Nature Reserve - Garnish Island Seal Trip | |

* Additional lessons can be booked via the Academic Manager and are subject to availability.
For more information on our Leisure Programme please see our website [www/atlantic-english.com](http://www.atlantic-english.com)