

ADVENTURE PLUS (SAMPLE) PROGRAMME

	7.55	8.15	8.45	9.15	4.30	6.00	7.00	8.15	9.00	9.45	
SATURDAY	Arrive for 4.00pm					Dinner	Assault Course	The Mix	Hot-Dog Supper		
SUNDAY	Quiet Time	Breakfast	Church & Activities		Swim		Free Time		Supper	Night Activities	
MONDAY			Shop	Activities			Water Slide			Night Activities	
TUESDAY							Free Time			Ceilidh	
WEDNESDAY							Nukem Ball			Night Activities	
THURSDAY							Free time			Live Lounge	
FRIDAY							Gorge Plunge			Beach Party!	
SATURDAY	Quiet Time	Breakfast		Depart from 2pm							