

# SAMPLE SUMMER CAMP PROGRAMME - WEEK 1

JUNIORS: 7 - 11 YEARS OLD



Day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
08:00 Breakfast						Early Breakfast	
09:00 - 12:30 Morning Activities	Arrivals Day	Watersports & beach day Lake Geneva	09:00 - 10:30 Language lesson 11:00 - 12:30 Language project	Prepare & depart on overnight expedition	Pack up & return to Camp Suisse	Glacier excursion	09:00 - 10:30 Language lesson 11:00 - 12:30 Language project
12:30 Lunch		Picnic by the lake	Camp Suisse	Mountain picnic	Camp Suisse	Lunch on top of the world	Camp Suisse
13:30 - 17:30 Afternoon Activities	Games & camp orientation	Watersports & beach day Lake Geneva	Archery & Climbing wall lesson	Arrive at Alpine Refuge	13:30 - 15:00 Language lesson 15:30 - 17:00 Language project	Swimming Lake Geneva	Sports coaching
17:30 Shower Hour	Shower & free time	Shower & free time	Shower & free time	Shower & free time	Shower & free time	Shower & free time	Shower & free time
18:30 Dinner	Camp Suisse	Camp Suisse	Camp Suisse	Camping BBQ	Camp Suisse	Camp Suisse	Theme night
20:00 Evening Activities	Get to know your Group Leader games!	Torgona Hunt	Sports	Camp fire & games	Collosal quiz night	Movie night	Karaoke

# SAMPLE SUMMER CAMP PROGRAMME - WEEK 2

JUNIORS: 7 - 11 YEARS OLD



Day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
08:00 Breakfast	Late Breakfast						
09:00 - 12:30 Morning Activities	Sports Montreux excursion	Mountain skills & survival day	09:00 - 10:30 Language lesson 11:00 - 12:30 Language project	Mountain biking	09:00 - 10:30 Language lesson 11:00 - 12:30 Language project	Camp Suisse Olympics	Departure day
12:30 Lunch	Montreux picnic		Camp Suisse		Camp Suisse		
13:30 - 17:30 Afternoon Activities	Montreux excursion	Mountain skills & survival day	Adventure Labyrinth excursion	Outdoor rock climbing	Ghyll scrambling & Team building games		
17:30 Shower Hour	Shower & free time	Shower & free time	Shower & free time	Shower & free time	Shower & free time	Shower & free time	
18:30 Dinner	BBQ	Camp Suisse	Camp Suisse	Camp Suisse	Camp Suisse	Camp Suisse	
20:00 Evening Activities	Murder Mystery night	Street dance	Sports	Torch lit forest fun	Language talent show	Camp Suisse Gala dinner & Disco night!	