SPORTS CAMP
29 April – 3 May 2024

WEEKLY AGENDA

Monday, 29/04/2024
9:00 Drop off at Stad Popiler parking, Victoria
9:15 –10:15 Sports Games
10:15-10:30 Snack
10:30-11:30 Stretching
11:30-12:00 Water rescue theory
12:00-12:30 Lunch
12:30 Transfer Glacis beach
13:00-14:30 Water rescue Practice
14:30 Beach Games & Free time
16:00 Collection Glacis beach

Tuesday, 30/04/2024
9:00 Drop off at Stad Popiler parking, Victoria
9:15 – 10:15 Athletics
10:15-10:30 Snack
10:30-11:00 Stretching
11:00 -11:15 Dance
11:15-11:30 Nutrition Training
11:30 Walk to Marine Charter Jetty
11:45-12:15 Lunch
12:15 Glass Bottom Boat Trip: Moyenne Island nature walk (45 min), supervised snorkeling in the Marine Park (life vests will be provided)
16:00 Collection from Marine Charter, Victoria

Wednesday, 01/05/2024
9:00 Drop off at Roche Cayman parking
9:15 Transfer
9:45 Visit to Protect Paradise Seychelles, a wildlife rehabilitation center
10:30 Visit to Turquoise Horse Trails horse stables, pet and feed the horses. Optional horseback riding at extra 300 Rs/child/10 mins.
11:00 Transfer
12:00-12:30 Lunch
Hike les trois frères or gymnastics
16:00 Collection point NSC or Paradis des enfants or from the hike

Thursday, 02/05/2024
9:00 Drop off at Stad Popiler parking, Victoria
9:15 – 10:15 Sports Games
10:15-10:30 Snack
10:30-12:00 Combats
12:00-12:30 Stretching
12:30-13:00 Lunch
13:30 National Library First aids
14:45 Board games (National Library)
16:00 Collection from the National Library parking

Friday, 03/05/2024
9:00 Drop off at Cascade
9:15-12:00 Waterfall cascade
12:00-12:30 Lunch
12:30-13:00 Transfer
13:00-15:30 NSC Pool Water Rescue Practice
15:30 Beach Games & Free time
16:00 Collection from NSC swimming Pool

Included

- **Included**: certified sports instructor, lifeguard, equipment, activities, entrance fees, water
- **Not included**: lunch, snacks

BOOK NOW

📞 262-0199

🌐 https://scienceetsport.com

Organized by the Science & Sport Association and Empower Learning Centre.
The camp will proceed rain or shine, although the activities may be subject to change depending on conditions.