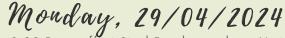
SPORTS CAMP 29 April - 3 May 2024

WEEKLY AGENDA



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



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





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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.