

Example activity programme timings:

Based on 4 x 1½ hour activities	Based on 3 x 2 hour activities
<p>07:00 Wake up</p> <p>08:00 Breakfast</p> <p>09:00 Activity 1</p> <p>10:30 Morning tea</p> <p>10:45 Activity 2</p> <p>12:15 Lunch</p> <p>13:00 Activity 3</p> <p>14:30 Activity 4</p> <p>16:00 Afternoon tea</p> <p>16:15 afternoon games / relaxing time</p> <p>17:30 Dinner</p> <p>18:30 evening programme</p> <p>20:00 showers</p> <p>21:00 Bed</p>	<p>07:00 Wake up</p> <p>08:00 Breakfast</p> <p>09:00 Activity 1</p> <p>11:00 Morning tea</p> <p>11:15 Activity 2</p> <p>13:15 Lunch</p> <p>14:00 Activity 3</p> <p>16:00 Afternoon tea</p> <p>16:15 afternoon games / relaxing time</p> <p>17:30 Dinner</p> <p>18:30 evening programme</p> <p>20:00 showers</p> <p>21:00 Bed</p>
<p>Both these timetables equate to a full day of instructor time</p>	