






ACTIVE SPORTS




“Age is no barrier. It’s a limitation you put on your mind”

JACKIE JOYNER-KERSEE

WEEK ONE	
MORNING	AFTERNOON
MON 9.00 - 12.20 English Class	 Tour of Torquay. Accompanied Walk: Coastal Path
TUE 9.00 - 12.20 English Class	Introduction to Yoga for Health and Flexibility 
WED 9.00 - 12.20 English Class	FREE TIME
THU 9.00 - 12.20 English Class	 Indoor Rock Climbing
FRI 9.00 - 12.20 English Class	FREE TIME
SAT	Full-Day Excursion (included) Surf School 
SUN	Full-Day Excursion (optional) Clay Shooting 

It’s time to get active in body and mind. Exercise your mind in the morning, as you study hard to improve your English. In the afternoon, it’s time to challenge yourself to work on your strength, coordination and flexibility. Our teachers are with you in the mornings and our qualified experienced instructors are there to help and guide you during afternoon activities.

Have fun, get fit, and always go at your own pace. We are with you all the way.

WEEK TWO	
MORNING	AFTERNOON
MON 9.00 - 12.20 English Class	 Sea Kayaking
TUE 9.00 - 12.20 English Class	Accompanied Run/Jog. Coastal Path Brixham to Paignton 
WED 9.00 - 12.20 English Class	FREE TIME
THU 9.00 - 12.20 English Class	 Jet Ski Safari
FRI 9.00 - 12.20 English Class	FREE TIME
SAT	DEPARTURE DAY
