

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00am	Wake up call						
8.35am	Morning meeting with Leader						
8.45am	Breakfast in main Dining Hall						
9.15am	English Language Tuition (45 min per class) A1 to C1 levels					Full Day Excursion includes <ul style="list-style-type: none"> • Cliffs of Moher • Aran Islands • Galway City • Bunratty Castle • Killarney • Lahinch Beach • Doolin Cave and Fanore Beach • Chocolate Making 	
1.00pm – 2.00pm	Lunch time meal						
2.00pm – 5.30pm	Afternoon Activities						
	Adventure	Sports	Arts	Calm & Leisure	Culture		
	Kayaking Archery Wall Climbing Team games on land or water	Soccer Basketball Tag Rugby Volleyball Hockey Golf/Pitch&Putt	Pottery Painting Crafts Cooking Knitting Print Making	Shopping in Limerick Free time to relax Yoga Picnic Nature Walk	Walking tour King John's Castle Museum Tour Milk Market		
6.00pm – 7.00pm	Dinner in Main Dining Hall						
7.30pm-9.30pm	Evening Electives and social activities: Includes cookery classes, Irish culture classes including dance and music, arts and crafts, games, table tennis, table quiz, bingo, yoga, extra English class, guest speakers, practical science class, cinema, bowling						
9.30pm	Evening Snack						
10.00pm	Return to sleeping quarters and prepare for sleep						
10.30pm	Lights out						