



Music & Festivals

SUNDAY 12th July	MONDAY 13th July	TUESDAY 14th July	WEDNESDAY 15th July	THURSDAY 16th July	FRIDAY 17th July	SATURDAY 18th July		
	8-9am Breakfast							
	Lessons 9:00 – 13:00				Lessons 9:00 – 13:00			
Arrivals	1 pm - 2 pm Lunch			MANCHESTER DAY TRIP	1 pm - 2 pm Lunch			
ALTIVUES				Etihad Stadium Tour & Heaton Park Funfair				
		Football Coaching			Football Coaching			
	6 pn	n Dinner		7 pm Dinner	6 pm Dinner			
	Induction & Indoor	BBQ & Rounders			Scape Gravity Rocks & Free			
Capture The Flag	Swimming	Tournament	Tactical Training Seminar	Pizza Night	Time	Graduation Party		
9.30 pm Room Time								
10 pm Lights Out								





Health & Wellbeing

SUNDAY 19th July	MONDAY 20th July	TUESDAY 21st July	WEDNESDAY 22nd July	THURSDAY 23rd July	FRIDAY 24th July	SATURDAY 25th July	
Arrivals/Departures	Lessons 9:00 – 13:00				Lessons 9:0	00 - 13:00	
<u> </u>		1 pm - 2 pm Lunch		DAY TRIP	1 pm - 2 pm Lunch		
Mother Shipton's Cave &				York Chocolate Story & the Shambles			
Knaresborough		Football Coaching			Football	Coaching	
6 pm Dinner				7 pm Dinner	6 pm Dinner		
	Induction & Indoor		Nutrition & Fitness for Athletes		Xscape Go Karting & Free		
Quick Cricket	Swimming	BBQ & Basketball	Workshop	Pizza Night	Time	Graduation Party	
9.30 pm Room Time							
10 pm Lights Out							





Sports & Recreation

SUNDAY 26th July	MONDAY 27th July	TUESDAY 28th July	WEDNESDAY 29th July	THURSDAY 30th July	FRIDAY 31st July	SATURDAY 1st August	
8-9am Breakfast							
Arrivals/Departures	Lessons 9:00 – 13:00				Lessons 9:00 – 13:00		
点大点	1 pm - 2 pm Lunch				1 pm - 2 pm Lunch		
Leeds Royal Armoury Museum & City Visit				Anfield Stadium Tour & Albert Docks			
l'iuseum & Cily Visil		Football Coaching			Football	Coaching	
6 pm Dinner				7 pm Dinner	6 pm Dinner		
0)	Induction & Indoor		Sports Psychology & Mental		Scape Laser Zone & Free		
Tennis	Swimming	BBQ & Volleyball	Resilience Session	Pizza Night	Time	Graduation Party	
9.30 pm Room Time							
10 pm Lights Out							





Science & Technology

SUNDAY 2nd August	MONDAY 3rd August	TUESDAY 4th August	WEDNESDAY 5th August	THURSDAY 6th August	FRIDAY 7th August	SATURDAY 8th August	
Arrivals/Departures	Lessons 9:00 – 13:00				Lessons 9:00 – 13:00		
		1 pm - 2 pm Lunch			1 pm - 2 pm Lunch		
Manchester Football Museum & Arndale Centre	Football Coaching			DAY TRIP York Railway Museum & Roman Walls	Football Coaching		
6 pm Dinner				7 pm Dinner	6 pm Dinner		
	Induction & Indoor		Injury Prevention & Recovery		Xscape Urban Climbing &		
Basketball	Swimming	BBQ & Table Tennis	Workshop	Pizza Night	Free Time	Graduation Party	
9.30 pm Room Time							
10 pm Lights Out							





Stage & Screen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
9th August	10th August	11th August	12th August	13th August	14th August	15th August		
8-9am Breakfast								
Arrivals/Departures	Lessons 9:00 – 13:00				Lessons 9:00 – 13:00			
(A) -:0;-		1 pm - 2 pm Lunch		MANCHESTER DAY TRIP	1 pm - 2 pm Lunch			
Scarborough Peasholme				Manchester Etihad Stadium Tour & the Trafford Centre				
LALK & DEACH		Football Coaching			Football Coaching			
	6 pm Dinner				6 pm Dinner			
B	Induction & Indoor		Leadership & Teamwork		Xscape Volcano Falls Golf &			
Rounders Tournament	Swimming	BBQ & Capture the Flag	Development Seminar	Pizza Night	Free Time	Graduation Party		
9.30 pm Room Time								
10 pm Llghts Out								