

Weekly programme (This is a sample schedule and is subject to change)

Day	Morning	Afternoon	Evening
Monday	lessons	Basketball, Volleyball, Football, Fitness, Ping-pong, Minigolf, Rock Climbing.	Welcome evening
Tuesday	lessons	Unihockey, Dirty-scoot, Mountain biking, Squash, Tennis, Tchoukball	Cinema
Wednesday	Lessons + mini test	Excursion to Aquaparc or Chillon castle	Barbecue evening beside the lake
Thursday	lessons	Badminton, Football, Paragliding, Fitness, Swimming, Ice skating.	Disco evening Disco evening
Friday	Lessons + weekly test	Horse riding or hiking	Free evening
Saturday	Free time	Excursion to Lausanne or free time in Leysin	Sports tournament
Sunday	Brunch	Excursion to Geneva - visit to the ICRC	Olympic evening

Activities included in program:

Volleyball / Beachvolley Basketball / Handball / ping-pong
Badminton / Uni-Hockey Vita-Route / Swimming / Skating Table-tennis / Walking / Football

Evening entertainment: Disco / Cinema / Barbecue ESL - party / Special evenings Beach-Evening

Excursions: Chillon castle / Gruyère / Vevey Lausanne

Optional activities: Aquaparc / curling / Mini golf Fitness / Ice skating / pedalo Mountain biking / "Parc Aventure" Horse riding / snow schoeing Tobogganing / yoga / squash

"Adventure" activities: Big banana Dirty-scoot / Mud biking
Indoor rock climbing Kayak / catamaran Paragliding (tandem flight) "Via Ferrata" Water skiing / Windsurfing