LAL Action Camp 2009

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.15		Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
08.00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09.00 - 12.30	**Arrive at 16.00** Introduction Up to cabins Orientation Swimming test	**A: BEACH** Surfing, Kayaking, Body Boarding, Beach Art, Knee Boarding, Body Surfing, Beach games etc. **B: ENGLISH LESSONS**	**A: ADVENTURE** Musselling, Raft building, Snorkelling, Fishing, Dreamcatcher and Friendship bracelets. **B: ENGLISH LESSONS**	**LAND/BEACH TEAM BUILDING** A series of problem solving initiatives that require teamwork and deal with leadership and group dynamics.	**A: BEACH** Surfing, Kayaking, Body Boarding, Beach Art, Knee Boarding, Body Surfing, Beach games etc. **B: ENGLISH LESSONS**	**A: LAND** High ropes, Climbing wall, Tree swing, Paintball, Arts & Crafts, Skating, Water polo, Field games etc. **B: ENGLISH LESSONS**	**BEACH** Surfing, Kayaking, Body Boarding, Beach Art, Knee Boarding, Body Surfing, Beach games etc.	**Depart at 03.30**
12.30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
13.00		Siesta	Siesta	Siesta	Siesta	Siesta	Siesta	
14.00 - 17.00		**A: ENGLISH SESSIONS** **B: BEACH** Surfing, Kayaking, Body Boarding, Beach Art, Knee Boarding, Body Surfing, Beach games etc.	**A: ENGLISH LESSONS** **B: LAND** High ropes, Climbing wall, Tree swing, Paintball, Arts & Crafts, Skating, Water polo, Field games etc.	**LAND** High ropes, Climbing wall, Tree swing, Paintball, Arts & Crafts, Skating, Water polo, Field games etc.	**A: ENGLISH SESSIONS** **B: BEACH** Surfing, Kayaking, Body Boarding, Beach Art, Knee Boarding, Body Surfing, Beach games etc.	**A: ENGLISH LESSONS** **B: ADVENTURE** Musselling, Raft building, Snorkelling, Fishing, Dreamcatcher and Friendship bracelets.	**LAND** High ropes, Climbing wall, Tree swing, Paintball, Arts & Crafts, Skating, Water polo, Field games etc.	
17.00	Shower	Shower	Shower	Shower	Shower	Shower	Shower	
18.00	Supper	Supper	Supper	Supper	Supper	Supper	Supper	
	Opening Night Games A fun night that allows the kids to feel comfortable and gives them a chance to get to know our counsellors by playing a few simple games.	**Karaoke Night**	**Skits and Stunts** The kids put on short skits in their cabin groups. The counsellors also carry out funny stage stunts using kids who volunteer to take part.	**Casino Night** The kids are given Sugar Bay tokens and use the different stations that the counsellors have set up to try to become the student who has won the most.	**Party Night** We play music and dance, ending a off with a Fire Poi show by the counsellors. We can also start the evening with some Karaoke if the kids would like to do so.	**Treasure Hunt** The kids will race around camp performing various team challenges and solving clues to find the treasure.	**Fear Factor** We copy the TV show. The kids make 2 or 3 fairly large teams and compete by having to eat unpleasant things, such as marshmallows with tomato sauce on top. There are also tasks, such as one team member holding up a drum of water longer than another team member.	
21.00	Bed	Bed	Bed	Bed	Bed	Bed	Bed	