

Week 1

31st July - 4th AUGUST		TUESDAY 1st Aug	THURSDAY 3rd Aug	REMARKS
9.30AM - 1PM	HIGH ROPES <small>LEAP OF FAITH/ JACOBS LADDER/HIGH ALL ABOARD</small>	ZIP WIRES <small>INCLUDES ZIP GAMES AND COMPETITIONS</small>	1. Tuesday Assault Course to bring change of clothes, run assault course in loose old clothes(track suit), covering knees & elbows. Boots Or Trainers.	
1PM - 1.30PM	LUNCH	LUNCH		
1.30PM - 4PM	ASSAULT COURSE <small>KRYPTON FACTOR LEVEL 1</small>	PAINTBALL <small>INCLUSIVE OF 200 PAINTBALLS</small>		

Week 2

7th - 11th AUGUST		TUESDAY 8th Aug	THURSDAY 10th Aug	REMARKS
9.30AM - 1PM	HIGH ROPES <small>LEAP OF FAITH/ JACOBS LADDER/HIGH ALL ABOARD</small>	ABSEILING	1. Tuesday Assault Course to bring change of clothes, run assault course in loose old clothes(track suit), covering knees & elbows. Boots Or Trainers.	
1PM - 1.30PM	LUNCH	LUNCH		
1.30PM - 4PM	ASSAULT COURSE <small>KRYPTON FACTOR LEVEL 1</small>	SURVIVAL TRAINING <small>BUILDING SHELTERS</small>		

Week 3

14th - 18th AUGUST		TUESDAY 15th Aug	THURSDAY 17th Aug	REMARKS
9.30AM - 1PM	HIGH ROPES <small>LEAP OF FAITH/ JACOBS LADDER/HIGH ALL ABOARD</small>	CLIMBING WALL <small>INCLUDES GAMES & COMPETITIONS</small>	1. Tuesday Assault Course to bring change of clothes, run assault course in loose old clothes(track suit), covering knees & elbows. Boots Or Trainers.	
1PM - 1.30PM	LUNCH	LUNCH		
1.30PM - 4PM	ASSAULT COURSE <small>KRYPTON FACTOR LEVEL 1</small>	PAINTBALL <small>INCLUSIVE OF 200 PAINTBALLS</small>		

Week 4

21st - 25th AUGUST		TUESDAY 22nd Aug	THURSDAY 24th Aug	REMARKS
9.30AM - 1PM	HIGH ROPES <small>LEAP OF FAITH/ JACOBS LADDER/HIGH ALL ABOARD</small>	AIR WEAPONS RANGE <small>PISTOL & RIFLE</small>	1. Tuesday Assault Course to bring change of clothes, run assault course in loose old clothes(track suit), covering knees & elbows. Boots Or Trainers.	
1PM - 1.30PM	LUNCH	LUNCH		
1.30PM - 4PM	ASSAULT COURSE <small>KRYPTON FACTOR LEVEL 1</small>	SURVIVAL TRAINING <small>TRAPS</small>		

Week 5

28th AUG - 1st SEPT	TUESDAY 29th Aug	THURSDAY 31st Aug	REMARKS
9.30AM - 1PM	HIGH ROPES <small>LEAP OF FAITH/ JACOBS LADDER/HIGH ALL ABOARD</small>	THE BRAIN STRAIN <small>LOW ROPES CONUNDRUM</small>	1. Tuesday Assault Course to bring change of clothes, run assault course in loose old clothes(track suit), covering knees & elbows. Boots Or Trainers.
1PM - 1.30PM	LUNCH	LUNCH	
1.30PM - 4PM	ASSAULT COURSE <small>KRYPTON FACTOR LEVEL 1</small>	PAINTBALL <small>INCLUSIVE OF 200 PAINTBALLS</small>	