

Week 1

30th July - 3rd Aug	TUESDAY 31st July	THURSDAY 2nd 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. 2. Thursday: Under 11yrs, will conduct Crate Climb & Abseil instead of Paintball
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

6th - 10th AUGUST	TUESDAY 7th Aug	THURSDAY 9th 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

13th - 17th AUGUST	TUESDAY 14th Aug	THURSDAY 16th Aug	REMARKS
9.30AM - 1PM	AIR WEAPONS RANGE <small>PISTOL & RIFLE</small>	CLIMBING WALL <small>INCLUDES GAMES & COMPETITIONS</small>	1. Thursday: Under 11yrs, will conduct Crate Climb & Abseil instead of Paintball
1PM - 1.30PM	LUNCH	LUNCH	
1.30PM - 4PM	SURVIVAL TRAINING <small>TRAPS</small>	PAINTBALL <small>INCLUSIVE OF 200 PAINTBALLS</small>	

Week 4

20th - 24th AUGUST	TUESDAY 21st Aug	THURSDAY 23rd 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), cover- ing knees & elbows. Boots Or Train- ers.
1PM - 1.30PM	LUNCH	LUNCH	
1.30PM - 4PM	ASSAULT COURSE <small>KRYPTON FACTOR LEVEL 1</small>	SURVIVAL TRAINING <small>Lighting Fires</small>	

Week 5

28th AUG - 1st SEPT	TUESDAY 29th Aug	THURSDAY 31st Aug	REMARKS
9.30AM - 1PM	AIR WEAPONS RANGE <small>PISTOL & RIFLE</small>	ZIP WIRES <small>INCLUDES ZIP GAMES AND COMPETITIONS</small>	1. Thursday: Under 11yrs, will conduct Crate Climb & Abseil instead of Paintball
1PM - 1.30PM	LUNCH	LUNCH	
1.30PM - 4PM	HIGH ROPES <small>LEAP OF FAITH/ JACOBS LADDER/HIGH ALL ABOARD</small>	PAINTBALL <small>INCLUSIVE OF 200 PAINTBALLS</small>	