

















ANTIBES ESSENTIAL SPECIALIZED SPORTS PROGRAM

DANCE & FITNESS

















12-15 & 16-17 YEARS OLD

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30am		 Wake up					
8.00am		 Breakfast					
9.00am - 12.00am		<p>French tests for new arrivals on Mondays</p>		<p>Standard course</p> 			
1.00pm		 Lunch					
2.00pm - 4.00pm	<p>For new arrivals</p> <p>Sports and activities on campus</p>						
5.00pm		 <p>Accompanied beach time with our camp conselors or Free time</p>					
7.00pm	 Dinner						
8.00pm - 10.00pm	 Welcome evening	 Barbeque evening	 Casino evening	 Film evening	 Cabaret	 Disco evening	 Olympics evening

ANTIBES ESSENTIAL SPECIALIZED SPORTS PROGRAM

SAILING PLUS

12-15 & 16-17 YEARS OLD

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30am		 Wake up					
8.00am		 Breakfast					
9.00am - 12.00am		<p style="color: red; font-weight: bold;">French tests for new arrivals on Mondays</p>			<p><i>Standard course</i></p> 		
1.00pm		 Lunch					
2.00pm - 5.00pm	<p style="color: teal; font-weight: bold;">For new arrivals</p> <p><i>Sports and activities on campus</i></p>	<p style="background-color: black; color: white; padding: 2px;">Sailing Plus</p> 					
6.00pm		 <p><i>Accompanied beach time with our camp counselors or Free time</i></p>					
7.00pm	 Dinner						
8.00pm - 10.00pm	 <i>Welcome evening</i>	 <i>Barbeque evening</i>	 <i>Casino evening</i>	 <i>Film evening</i>	 <i>Cabaret</i>	 <i>Disco evening</i>	 <i>Olympics evening</i>