



# TEENS

## 12 - 16 YEARS

SAMPLE PROGRAMME TIMETABLE

Teens 12 - 16 years	Monday	Tuesday	Wednesday	Thursday	Friday
Activity 1	Ice Breakers	The Cube	Slip 'n' Slide	Circus Skills	Nightline
Activity 2	Buggy Building	Chill & Choose	Papier Mache Piñatas	Movie Maker	Water Wars
Activity 3	Beaumont's Got Talent	Bat & Ball Sports	Wide Games	Archery	Vlog It
Lunch					
Activity 4	Capture the Flag	Chipping Golf Challenge	Smoothie Making	Hand & Ball Sports	Archery
Activity 5	Swimming	Archery	CSI	Teens Festival	Body Zorbs
Activity 6	Intro to Yoga	Tech DJ	Foot & Ball Sports	Clay Workshop	Beaumont Birthday Bash

Challenge Yourself	Get Outdoors	Get Connected	Get Active	Relax & Unwind	Express Yourself
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