






















ANTIBES ESSENTIAL ACTIVITY PROGRAM

12-17 years old

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7.00am	 <p>Arrivals & Free time</p>	 Wake up					<p>Visit of Monaco</p> 	
8.00am		Breakfast						
9.00-12.20am		<p>French test for new arrivals or standard course</p> <p>Standard course</p> 						
12.30am		Lunch						
2.00-5.30pm Main activity/excursions		<p>Visit of Antibes</p> 	<p>Free afternoon</p>	<p>Sailing afternoon</p> 	<p>Tree top adventure park</p>	<p>Sports afternoon</p> 		
5.30-6.30pm Optional activity		Volleyball	Circus	Role games	Basketball	Water games		
7.00pm		Dinner						
8.30-10.00pm		<p>Welcome evening</p>  BBQ	Casino evening	Film evening	<p>Cabaret</p> 	Disco evening		Olympics evening
10.30pm		 Curfew						

ANTIBES ESSENTIAL ACTIVITY PROGRAM

12-17 years old

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00am	Free day 	Wake up 					Departure 
8.00am		Breakfast					
9.00-12.20am		Standard course 					
12.30am	Lunch						
2.00-5.30pm Main activity/excursions	Visit of Antibes or free afternoon		Free afternoon 	Sailing afternoon 	Visit of Monaco	Sports afternoon 	CENTRE INTERNATIONAL ANTIBES www.cia-france.com 
5.30-6.30pm Optional activity	Waiter's race		Football tennis	Danse and choreography	Sports tournament	Dodgeball	
7.00pm	Dinner						
8.30-10.00pm	Welcome evening	 BBQ	Treasure evening	Karaoke 	Cabaret 	Pool party	See you next year!
10.30pm	Curfew 