



The Lochgoilhead Centre

MULTI ACTIVITY PROGRAM SAMPLE

		<u>GROUP 1 (15)</u>	<u>GROUP 2 (15)</u>	<u>GROUP 3 (15)</u>
<u>MON</u>	<u>PM</u>	Jacobs Ladder & Archery	Rock Climbing & Abseiling	Kayaking
	<u>EVE</u>	Team Building		
<u>TUE</u>	<u>AM</u>	All Aboard & Orienteering	Boat Trip & Mountain Biking	Jacobs Ladder & Archery
	<u>PM</u>	Kayaking	Burn Run	Rock Climbing & Abseiling
	<u>EVE</u>	Night Walk		
<u>WED</u>	<u>AM</u>	Boat Trip & Mountain Biking	Jacobs Ladder & Archery	Raft Building
	<u>PM</u>	Rock Climbing & Abseiling	All Aboard & Orienteering	Burn Run
	<u>EVE</u>	Egg Drop		
<u>THUR</u>	<u>AM</u>	Sailing	Raft Building	Boat Trip & Mountain Biking
	<u>PM</u>	Raft Building	Sailing	All Aboard & Orienteering
	<u>EVE</u>	Disco		
<u>FRI</u>	<u>AM</u>	Burn Run	Kayaking	Sailing
		<b><u>SESSION TIMES: AM : 09.15 – 12.15 PM: 13.30 – 16.15 EVE: 18.30 – 20.15</u></b>		