

ANTIBES ESSENTIAL ACTIVITY PROGRAM

12-17 YEARS OLD

	Sunday	Monday	Tuesday*	Wednesday	Thursday*	Friday	Saturday				
7.30am	Arrivals: Welcome on board!	Wake up									
8.00am	Welcome of Board.	French tests Visit of Monaco									
9.00am - 12.00am	CENTRE INTERNATIONAL ANTIBES	for new arrivals on Mondays		Standard course			Visit of Monaco				
1.00pm	© Lunch										
2.00pm - 5.00pm	For new arrivals Sports and activities	Visit of Antibes	Free afternoon	Sailing afternoon	Tree top adventure park	Sports afternoon					
6.00pm	on campus	Volleyball	Circus	Dance	Basketball	Water games	Football				
7.00pm	□ Dinner										
8.00pm - 10.00pm	Welcome evening	Barbeque evening	Casino evening	Film evening	Cabaret	Disco evening	Olympics evening				



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7.30am	₩ake up											
8.00am		© Breakfast										
00am - 12.00am	Free day Standard course La Carrier Course											
1.00pm				Lunch		Sunday						
2.00pm - 5.00pm		Visit of Antibes or free afternoon	Free afternoon	Sailing afternoon	Visit of Monaco	Sports afternoon						
6.00pm	Sports and activities on campus	Waiters' race	Footballtennis	Zumba	Sports tournament	Dodgeball						
7.00pm				Dinner								
3.00pm - 10.00pm	Welcome evening	Barbeque evening	×)° X Treasure hunt	Karaoke	Cabaret	Pool party						