

## Sample weekly recreation programme

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.05–12.50	Classes	Classes	Classes	Classes	Classes		Free
14.15–15.00	Basketball	Swimming	Half-day excursion  <b>LONDON</b>  <b>British Museum</b>  Shopping in Oxford Street	Football	Squash	Full-day excursion  <b>OXFORD</b>	Organised activities on campus  or  Optional full-day excursion  <b>LONDON</b>
	Art/Craft	Badminton		ICT	Football		
	Tennis	Volleyball		Aerobics/Zumba	ICT		
	Dance/Musical Drama	Squash		Tennis	Volleyball		
	Football	ICT		Art/Craft	Tennis		
	Volleyball	Tennis		Basketball	Basketball		
15.15–16.00	Aerobics/Zumba	Rounders		Volleyball	Swimming		
	Tennis	Volleyball		Squash	Football		
	Football	Swimming		Dance/Musical Drama	ICT		
	Art/Craft	Badminton		Tennis	Badminton		
	Basketball	ICT		Art/Craft	Basketball		
	ICT	Football		Badminton	Tennis		
16.15–17.00	Rounders	Swimming	Football	Swimming			
	Swimming	Tennis	Swimming	Tennis			
	Volleyball	ICT	Volleyball	In Town			
	Tennis	Football	Badminton	Squash			
	Quiet Time	Baseball	Quiet Time	Volleyball			
Evening	Treasure Hunt	Fashion Rocks	Social activities in boarding houses	Disco	Talent Show	Film Night	BBQ

Activities and timings may vary from centre to centre. Morning class times include a mid-morning break 11.05 – 11.30. In the weeks when there are classes on a Saturday, the full day excursion will be on Sunday. In the third afternoon recreation period and on the Disco evenings, there is a 'Quiet Time' option, where appropriate. Students can use this time to relax in a supervised environment. In Town sessions are included in the afternoon for supervised visits into the local town.

The number of activities offered for each session is dependent on student numbers.