

## IH Teens Sample Programme

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	09.00-10.00	08.00-08.30	08.00-08.30	08.00-08.30	08.00-08.30	08.00-08.30	08.00-08.30
<b>Assembly</b>	N/a	08.45	08.45	08.45	08.45	08.45	08.45
<b>Morning</b>	10.00-13.00	09.00-13.00	09.00-12.00	09.00-12.00	09.00-13.00	09.00-13.00	09.00-17.00
	At Leisure	Kayaking	Waterpolo Games	Paradise Bay	Comino Boat Trip	Valletta Outing	Heart of Malta Tour
<b>Lunch&amp;siesta</b>	13.00-14.00	13.00-14.00	13.00-14.00	13.00-14.00	13.00-14.00	13.00-14.00	Packed lunch
<b>Assembly</b>	14.15	14.15	14.15	14.15	14.15	14.15	N/a
<b>Afternoon</b>	14.30-18.30	14.30-18.00	14.30-18.00	14.30-18.00	14.30-18.00	14.30-18.00	17.00-19.00
	Private Beach	Lessons	Lessons	Lessons	Lessons	Lessons	Rest
<b>Dinner</b>	19.00-19.45	19.00-19.45	19.00-19.45	19.00-19.45	19.00-19.45	19.00-19.45	19.00-19.45
<b>Assembly</b>	20.00	20.00	20.00	20.00	20.00	20.00	20.00
<b>Evening</b>	20.15-22.45	20.15-23.15	20.15-23.15	20.15-23.15	20.15-22.45	20.15-22.45	20.15-23.45
	Ice-Breaker	Welcome Party	Paceville Night	Foam Party	Volleyball Tournament	Night Swim	International Party
<b>Light Out</b>	23.30	23.30	23.30	23.30	23.30	23.30	00.00

\*Programme subject to changes due to circumstances beyond our control (e.g. Weather)