

ENGLISH LANGUAGE AND ACTIVITY CAMP IN FRANCE JULY 2021

RugbyandFrench.com

**SURFING, SAILING, KAYAKING, ROWING AND BIKING
LANGUAGE CLASSES, GOOD FOOD, NATURE, DISCIPLINE WILL ALL HELP GET
OUR TEENAGE BOY AND GIRLS BACK ON TRACK.**



2021

We are 22 years providing language and sport programmes for teenagers. This year due to the covid 19 pandemic, we are coming to mainland Europe to offer our services.

OUR MISSION is to help our young people get back to good habits after what has been a very stressful time.

We want to help and encourage them to:

- Turn the screens off •
- Immerse themselves in nature •
 - Eat well •
 - Sleep well •

- challenging disciplined, full days of learning, competition and fun •



Our programme provides week long immersion in the English language, all of our staff are Irish and daily English language classes (2.5 hours per day) are provided by a well known and accredited English Language School.

Your afternoon is a choice of lessons in the following activities:

Surfing • Sailing • Kayaking • Bicycling • Rowing

We start each day with a fitness class based on the principles of the crossfit training programme.

Evenings will include:

Workshops on nutrition • Sleep • Movement and the importance of forming good habits

TYPICAL DAY

0700 - EXERCISE CLASS
0815 - BREAKFAST
0930 - ENGLISH CLASS
1230 - LUNCH
1430 - AFTERNOON ACTIVITY
1900 - DINNER
2030 - EVENING WORKSHOP

PLEASE CHOOSE ACTIVITIES

SAILING ☐
KAYAKING ☐
BIKE RIDE ☐
ROWING ☐
SURF ☐

DATES

SUN 4TH JULY - SAT 10TH JULY ☐

SUN 11TH JULY - SAT 17TH JULY ☐

SAT 17TH JULY - SUN 24TH JULY ☐

For a price, please select your preferred 5 afternoon activities, we will then confirm your price which will then be inclusive of all language classes, activities and on a full board basis in our tented village from time of arrival and registration on day 1, 1800 hours till departure on day 7 at 11.00 am.

PLEASE VISIT WWW.RUGBYANDFRENCH.COM | LANGUAGE AND ACTIVITY CAMP