

Sample programmes

3 week sample programme – York University

Optional trips available at additional cost. Participation in the activity programme is compulsory for all students under 18 unless accompanied by a Group Leader. Below is a sample programme. Actual programme may vary slightly.

Sample programme

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Welcome Arrivals	Testing, orientation and Lessons	Lessons	Lessons	Lessons	Lessons	Full Day Trip to Niagara Falls
Afternoon	Sports & Games in the Parks / Shopping at Eaton Centre Mall in the City	Tour of Downtown Toronto / Shopping	Visit Toronto Zoo	Explore High Park	Old Toronto / St. Lawrence Market Tour	Visit Casa Loma	
Evening	Welcome Party	York Scavenger Hunt	Various Activities: Choose from Sports, Yoga, Arts & Crafts, Fashion in the City, Capture the Flag	Downtown at Night	Various Activities: Choose from Sports, Yoga, Arts & Crafts, Fashion in the City, Capture the Flag	Graduate Celebration	

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Sports & Games in the Parks / Shopping at Eaton Centre Mall in the City or *Optional trip to Canada's Wonderland	Toronto Aquarium	Visit Royal Ontario Museum	Explore Toronto Island	Distillery District Walking Tour	University of Toronto Tour	Full Day Trip to Downtown Toronto and the CN Tower
Afternoon		Lessons	Lessons	Lessons	Lessons	Lessons	
Evening	Welcome Party	Downtown at Night	Various Activities: Choose from Sports, Yoga, Arts & Crafts, Fashion in the City, Capture the Flag	Trash Bag Fashion Show	Various Activities: Choose from Sports, Yoga, Arts & Crafts, Fashion in the City, Capture the Flag	Dance Party / Graduation	

Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Sports & Games in the Parks / Shopping at Eaton Centre Mall or *Optional trip to Toronto Blue Jays Baseball Game	Lessons	Lessons	Lessons	Lessons	Lessons	Sports / Picnic on the Beach / Shopping Downtown
Afternoon		Scavenger Hunt	Explore Toronto Island	Tour Ryerson University	Art Gallery of Ontario	Capture The Flag	
Evening	Welcome Party	Talent Show	Various Activities: Choose from Sports, Yoga, Arts & Crafts, Fashion in the City	Egg Drop Competition	Various Activities: Choose from Sports, Yoga, Arts & Crafts, Fashion in the City, Capture the Flag	Dance Party / Graduation	