





## **LAL Cape Town Young Learner Programme 2011**



### **Activities to include a selection from:**

#### **Sports**

Football, Basketball, Volleyball, Tennis, Squash, Cricket, Rugby, Bowling, Indoor Hockey, Swimming (indoors and outdoors), Table Tennis, Pool/Billiards, Dodgeball, Olympics

#### **Non-Sports**

Movie Night, Karaoke, Barbecue, Class on South African History, Theatre, Dinner at a local restaurant, Poker Night, Drumming Circle, Leather work class, Xhosa lesson, Board Games, Pottery, Cooking class, beadwork

#### **Included Excursions/Activities**

City Tour, V&A Waterfront, South African National Museum, Castle of Good Hope, Two Oceans Aquarium, Kirstenbosch Botanical Gardens, Table Mountain, Ratanga Junction, Access Park, Hermanus, Canal Walk, Sea Island, Lion's Head, Ostrich Farm, Grand West Entertainment Complex, Freedom Tour - Robben Island, Township Tour, Cape Town's ghost tour, Stellenbosch, Franschoek, West Coast National Park, Cape Point, Monkey Town, Cheetah and Lion Park, Bloubergstrand, Bo-Kaap

#### **Optional Excursions/Activities**

Camps Bay, Sandboarding, Old Biscuit Mill, Rugby Match, Quad Biking, Shark diving, Paintball

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### LAL Cape Town Young Learner Programme Explanatory Notes:

**This document is a sample programme showing a typical two weeks.**

The first Sunday relates to the arrival or departure day for all students.

Where a student is not arriving/leaving on this day they will be doing an Excursion in during the day and activities in the evening.

Students can arrive on any Sunday during the course and stay for 1, 2, 3 or 4 consecutive weeks within the 8 week Programme.

Students will receive induction and a level test on their first day of lessons.

Lessons = 16 x 45 minute classes. Students will therefore receive 12 hours of lessons per week.

On their first Monday, students will receive a thorough tour of the School before joining the lessons.

Evening activities described are only the main choice. Alternatives will be offered.

Excursions (unless Optional) are included in the cost of the course and must be attended unless illness or injury prevents.

A packed meal is provided for all included Excursions and pre-booked Optional Excursions.

Optional Excursions/Activities are half-day or full-day at an additional cost, and must be booked and paid for by the student prior to their commencement. Please see our Excursion Schedule for more details.

On students' final Saturday, they will be asked to complete documentation and pack their luggage. Activities will proceed as normal for all other students.

Optional Excursions can be taken instead of included excursions by prior arrangement with LAL Cape Town only.