

Example Weekly Intermediate Timetable at Clacton Summer Centre - Week One

There may be slight variations in different years ILH reserves the right to offer similar programmes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00 - 9.00	<i>Breakfast with families - students can make a choice but will have a substantial breakfast. Students make their own way to Clacton Summer Centre which is on the sea-front. Some students can walk ~ others take a bus with a small bus fare .</i>						
09.00 -10.30	Welcome to Clacton Test Introduction	GENERAL LANGUAGE PROGRAMME: Students work with a modern textbook: the programme they follow depends on their level				ALL DAY EXCURSION TO LONDON Walking tour of London	Clacton Market
10.30 - 11.00	<i>Mid-morning coffee break</i>				Visit and see		
11.00 - 11.45	Useful language <i>Living with an English Family</i>	Writing 'First Impressions of Clacton'	Reading History of Colchester Map-reading	Speaking Discussion class	Background Reading London Excursion		West Indian Market and Parade
11.45 - 12.30	Pop songs	Making a video	Discussion Class	Quiz	Using the London Underground		
12.30 - 13.15	<i>Lunch in restaurants nearby or packed lunch [not included in the basic course fees]</i>					Tower of London Buckingham Palace Trafalgar Square	Studio Strength Workout at the Leisure Centre
13.00 - 13.30	Guided tour of Clacton [new students] Volley Ball Table Tennis Badminton	Tennis Volley Ball at the Leisure Centre	EXCURSION COLCHESTER <i>England's oldest town</i> Castle Roman Wall	Table tennis, tennis, volley-ball, Football, Basket-ball	Five a side football. Support your team!	Whitehall Downing Street Westminster	
13.30 - 15.30							Bingo with prizes!
13.30 - 15.30	Body Conditioning					Westminster Abbey	
18.00 - 18.45							
<i>Dinner with Clacton families</i>							
19.00 - 22.00	Visit Cinema in Clacton Meet up with other students	Beach Games with your teachers	Barbecue and Disco ROGER'S ROAD SHOW at Colchester English Study Centre. Families usually pick at Clacton Fire Station	Aerobics at the Leisure Centre Evening Treasure Hunt in Clacton	Disco at the Waverly Hotel Come and dance to the latest sounds No alcohol	Free time	Free time

Is the social programme free?

The basic social programme is free and there is a lot to do. Sometimes students like to do other things and we try to help arrange some interesting events. There is always a small charge for these events and they are *shaded*. It does not include entrance to museums or similar.