

SPORTS CAMP

1-5 April 2024

WEEKLY AGENDA



Monday, 01/04/2024

- 8:30 am Drop off at Stad Popiler parking, Victoria
- 8:30 am Athletics & Aroo Boxing (Stad Popiler)
- 10:00 am First Aid & Nutrition Training (National Library)
- 10:45 am Visit to the Art Gallery (Kenwyn House)
- 12:30 pm Hike: Trois Frères Nature Trail
- 3:00 pm Beach sports games and swimming (Glacis Beach)
- 4:30 pm Collection from Glacis Beach



Tuesday, 02/04/2024

- 8:30 am Drop off at Stad Popiler parking, Victoria
- 8:30 am Athletics (Stad Popiler)
- 10:00 am First Aid Training (National Library)
- 10:45 am Visit to the Art Gallery (National Library Art Space)
- 12:00 pm Walk to Marine Charter Jetty
- 1:00 pm Glass Bottom Boat Trip: Moyenne Island nature walk (45 min), supervised snorkelling in the Marine Park (life vests will be provided)
- 4:30 pm Collection from Marine Charter, Victoria



Wednesday, 03/04/2024

- 8:30 am Drop off at Roche Cayman parking
- 9:30 am Visit to Protect Paradise Seychelles, a wildlife rehabilitation center
- 10:30 am Visit to Turquoise Horse Trails horse stables, pet and feed the horses. Optional horseback riding at extra 300 Rs/child/10 mins.
- 12:30 pm Transfer to Port Glaude
- 1:00 pm Visit and swim in the Port Glaude Waterfall
- 2:30 pm Cap Ternau, Port Launau, nature walk (time permitting)
- 4:30 pm Collection from the Roche Cayman parking



Thursday, 04/04/2024

- 8:30 am Drop off at NSC Hall parking, Roche Cayman
- 8:30 am First Aid & Nutrition training (NSC Hall)
- 9:30 Mui Tai (NSC Hall)
- 10:30 Ball games at NSC Hall, Athletics or Outdoor gym
- 1:30 pm Transfer to the National Library
- 2:00 pm Board games (National Library)
- 4:30 pm Collection from the National Library parking



Friday, 05/04/2024

- 8:30 am Drop off at the National Library Parking
- 8:30 am First Aid & Healthy Nutrition Training (National Library)
- 9:45 am Master Class on Traditional Dance (National Arts Council)
- 11:00 am Transfer to Morn Blanc Trail (Sans Sources)
- 11:30 am Morn Blanc Hike
- 1:30 pm Transfer to Glacis Beach
- 2:00 pm Beach sports games and swimming
- 4:30 pm Collection in the afternoon from Glacis Beach

Fees

- 500 Rs/day, or
- 2,000 Rs/5 days
- On pre-payment basis
- Not included: lunch, snacks, water, drinks

BOOK NOW

☎ 262-0199

🌐 empowersdp.com/camp

Organized by the Science & Sport Association and Empower Learning Centre.
The camp will proceed rain or shine, although the activities may be subject to change depending on conditions.

