




WEDNESDAY	THURSDAY	FRIDAY
<p><b>9.30am</b> Depart School(own transport)</p> <p><b>11.00am</b> Arrive at Douglas Park (Nepean Adventure Centre) Settle In Safety Briefing Group Allocation</p> <p><b>MORNING TEA</b> </p> <p><b>12.00pm</b> LUNCH</p> <p><b>1.00pm</b> Activity 1 1 Canoeing 2 Survivor Challenge 3 Sky Cycle 4 Quick Jump Free Fall 5 Gorge Swing 6 Abseiling</p> <p><b>2.45pm</b> AFTERNOON TEA</p> <p><b>3.15pm</b> Activity 2 1 Survivor Challenge 2 Canoeing 3 Quick Jump Free Fall 4 Sky Cycle 5 Abseiling 6 Gorge Swing</p> <p><b>5.00pm</b> SHOWERS Boys/ DINNER Girls</p> <p><b>6.00pm</b> DINNER Boys/ SHOWER Girls</p> <p><b>7.00pm</b> Night Activity  Challenge Night</p> <p><b>9.00pm</b> Supper / Campfire</p>	<p><b>7.00am</b> Rise and Shine </p> <p><b>7.30am</b> BREAKFAST</p> <p><b>8.30am</b> Activity 3 1 Sky Cycle 2 Adventure Ropes 3 Canoeing 4 Survivor Challenge 5 Maxi Zips 6 Quick Jump Free Fall</p> <p><b>10.10am</b> MORNING TEA</p> <p><b>10.30am</b> Activity 4 1 Adventure Ropes 2 Sky Cycle 3 Survivor Challenge 4 Canoeing 5 Quick Jump Free Fall 6 Maxi Zips</p> <p><b>12.15pm</b> LUNCH</p> <p><b>1.15pm</b> Activity 5 1 Gorge Swing 2 Abseiling 3 Adventure Ropes 4 Maxi Zips 5 Canoeing 6 Survivor Challenge</p> <p><b>3.00pm</b> AFTERNOON TEA</p> <p><b>3.20pm</b> Activity 6 1 Abseiling 2 Maxi Zips 3 Gorge Swing 4 Adventure Ropes 5 Survivor Challenge 6 Canoeing</p> <p><b>5.00pm</b> SHOWERS Boys/ DINNER Girls</p> <p><b>6.00pm</b> DINNER Boys/ SHOWER Girls</p> <p><b>7.00pm</b> Night Activity Trivia / Games Night</p> <p><b>9.00pm</b> Supper / Campfire</p>	<p><b>6.00am</b> Rise and Shine Pack Up / Clean Up</p> <p><b>7.30am</b> BREAKFAST</p> <p><b>8.30am</b> Activity 7 1 Maxi Zips 2 Quick Jump Free Fall 3 Abseiling 4 Gorge Swing 5 Sky Cycle 6 Adventure Ropes</p> <p><b>10.10am</b> MORNING TEA</p> <p><b>10.30am</b> Activity 8 1 Quick Jump Free Fall 2 Gorge Swing 3 Maxi Zips 4 Abseiling 5 Adventure Ropes 6 Sky Cycle</p> <p><b>12.15pm</b> LUNCH Debrief</p> <p><b>1.00pm</b> Depart NACentre</p> <p></p> <p><b>See You Later!!!</b></p>