



## WEEKEND RESIDENTIAL Sample Programme

### FRIDAY

- Evening** Set Up Camp  
Ice Breakers & Teambuilding games

### SATURDAY

- Morning** Tug of War  
'Ready Steady Cook'  
Cycle Orienteering
- Afternoon** Low Level Assault Course  
12 Metre High Level Ropes Course:  
- Jacob's Ladder  
- Balance Beam  
- High All Aboard

- Evening** Archery Competition

### SUNDAY

- Morning** 12 Metre High Level Ropes Course:  
- Crate Stack Challenge  
- Leap of Faith  
- 'The Rack'