

8th July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30am - 11.00am	English language Lessons	English language Lessons	English language Lessons	English language Lessons	English language Lessons	English language Lessons
11.00am - 11.30am	<i>Supervised break with table tennis, table football, cards, music etc ENGLISH ONLY TO BE SPOKEN AT ALL TIMES!!</i>					
11.30am - 1.00pm	English language Lessons	English language Lessons	English language Lessons	English language Lessons	English language Lessons	English language Lessons
2.00 – 5.30pm  Numbers example '(6)' indicate max number allowed to participate	<b>Kayaking &amp; BBQ (12)</b> <b>Fishing Trip (11)</b> <b>Archery at Loughbeg (16)</b> <b>Multi-Sports (20)</b> <b>Mosaic Glass (8)</b> <b>Sailing (5)</b> <b>Bird Watching (8)</b>	<b>Hip-Hop Dancing (14)</b> <b>Beach &amp; Bodyboarding (19)</b> <b>Horse Riding (12)</b> <b>Snorkelling (8)</b> <b>Long Island Bike/Boat Trip</b> <b>Jewellery Making</b> <b>Baking with Roisín (8)</b> <b>Sailing (5)</b>	<b>Martial Arts (20)</b> <b>Archery at Loughbeg (16)</b> <b>Beach &amp; Bodyboarding (16)</b> <b>T-Shirt Design (15)</b> <b>Sailing (5)</b> <b>Trip to Lough Hyne (8)</b>	<b>Irish Dancing (14)</b> <b>Paddle-boarding (20)</b> <b>Snorkelling (8)</b> <b>Horse Riding (12)</b> <b>Hike &amp; Bike with Mike (8)</b> <b>Baking with Roisín (8)</b> <b>Beach &amp; Bodyboarding (10)</b>	<b>Kayaking &amp; BBQ (12)</b> <b>Fishing Trip (11)</b> <b>T-Shirt Design (16)</b> <b>Irish Sports (20)</b> <b>Beachcombing &amp; Collage</b> <b>Sailing (5)</b> <b>Snorkelling (8)</b>	<b>Saturday Excursion</b> <b>Younger Group</b> Cape Clear Island Adventure by boat and on land <b>Older Group</b> Adventure Challenge Course at historical Lissard Estate Meet at Junior School at 11AM Return to Schull at approx. 4.00PM <b>You will need</b> Warm water/wind proof clothing, comfortable shoes and a packed lunch



Atlantic S.E.A.L. is a small, select English Language school and a certified teacher training centre.

We offer standard and flexible General English courses, as well as Business and Specialist programmes in our year-round adult centre. We also have summer programmes for juniors and teenagers.

South West Cork has been described as "*the most magical place in Ireland.*" It boasts a mix of mountains, moors, wild hills full of lakes, deep river valleys and dramatic cliffs overlooking the Atlantic.

Atlantic S.E.A.L. is based in a charming traditional Irish building at the edge of Schull village in beautiful southwest Cork. We have the best of both worlds—a peaceful location, an ideal learning environment, and both the Atlantic and the village just a minute's walk away.

*Learn the language. Live the life. Love the leisure.*

Atlantic School of English, Cooradarrigan, Schull, West Cork, Ireland.

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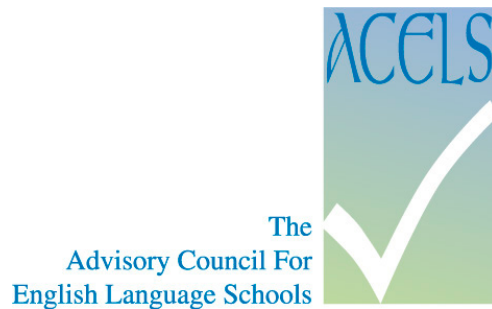
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**Atlantic S.E.A.L. is a fully accredited school operating year round since 1999.  
Private, personal, 100% Irish & family run.**

**The *only* accredited English school in Ireland also approved by Trinity College London as a Teacher training centre.**



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