



## Day Timetable - AQUA X 6-10 July & 27-31 July 2026

|  | 09:30<br>10:00                             |  | 10:00 - 13:00   | 13:00-14:00  | 14:00 - 17:00  | 17:30 -<br>18:00                           | 17:30 –<br>18:00 |
|--|--|--|---|--|--|--|------------------|
| Monday -<br>Introduction to<br>Water<br>Adventures   | Registration for day<br>campers            |  | Group A: Canoeing basics (2-3 kids per canoe<br>with instructor support).<br>Group B: Archery & games<br>Group C: Rafting introduction (gentle rapids on<br>the Saane River). | Lunch break  | Group A: Archery and games<br>Group B: SUP yoga & strength session (core<br>training, advanced poses).<br>Group C: Surf bike         | Shoutouts<br>& info<br>giving &<br>Pick up |                  |
| Tuesday - Flow<br>and Speed<br>Theme:<br>Exploring<br>currents and<br>building<br>teamwork.                    | Drop off,<br>games &<br>equipment<br>check | FULL DAY EXCURSION - LOCAL FISHING FARM & COOKING CLASS WITH THE CHEFS. Learn about trout & alpine<br>aquaculture. All Groups: Cooking workshop with local chefs - prepare regional fish dishes (trout), bread, and<br>mountain herbs. | Lunch break   | Group A: Canyoning<br>Group B: Zipline, monkey bridge & slack line<br>Group C: SUP yoga & strength session (core<br>training, advanced poses). |  |  |                  |
| Wednesday:<br>Theme: Local<br>traditions and<br>food from the<br>lake  |  |  |   |  |  |  |                  |
| Thursday<br>Adventure<br>Challenge Day.<br>Theme:<br>Building skills<br>through<br>teamwork and<br>navigation. |  |  | Group A: Rafting Gstaad-Rougemont<br>Group B: Rafting Gstaad-Rougemont<br>Group C: Rafting Saanen- Chateau d'Oex  | Lunch break  | Group A: Treasure hunt<br>Group B: Treasure hunt<br>Group C: Canyoning la Törnersesse  |  |                  |
| Friday - Grand<br>Finale: Water<br>Olympics<br>Theme: Fun<br>competition,<br>celebration.                      |  |  | Group A: Rafting race<br>Group B: Challenge sportif - group competition:<br>rafting, archery games<br>Group C: Rafting competition (timed<br>maneuvers, teamwork skills).     | Lunch break  | Group A: Challenge sportif - group<br>competition: rafting, archery games<br>Group B: Canoe race on the river<br>Group C: Hydrospeed |  |                  |

### Groups

#### Group A (6–8 yrs) –

Gentle, fun, and fully supervised activities like canoeing basics, archery, and playful rafting on

#### Group B (9–11

ys) –Confidence-building challenges such as SUP yoga, canyoning, and team competitions.

#### Group C (12–16 yrs) –

technical, adventurous sessions including surf biking, advanced rafting, and hydrospeed.