

## SUMMER HOLIDAY ACTIVITY CLUB 2014

### PROGRAMME OF EVENTS

<b>DATES</b>	<b>ACTIVITIES</b>
MONDAY 21 JULY	ARCHERY & SURVIVAL
TUESDAY 22 JULY	CANOEING (WANLIP) *
WEDNESDAY 23 JULY	CLIMBING & ABSEILING
THURSDAY 24 JULY	HIGH ROPES**
FRIDAY 25 JULY	ULTIMATE CHALLENGE DAY

<b>DATES</b>	<b>ACTIVITIES</b>
MONDAY 28 JULY	CANOEING (WANLIP) *
TUESDAY 29 JULY	CLIMBING & ABSEILING
WEDNESDAY 30 JULY	HIGH ROPES**
THURSDAY 31 JULY	ARCHERY & SURVIVAL
FRIDAY 1 AUGUST	ULTIMATE CHALLENGE DAY

<b>DATES</b>	<b>ACTIVITIES</b>
MONDAY 4 AUGUST	CLIMBING & ABSEILING
TUESDAY 5 AUGUST	CANOEING (WANLIP) *
WEDNESDAY 6 AUGUST	HIGH ROPES**
THURSDAY 7 AUGUST	ARCHERY & SURVIVAL
FRIDAY 8 AUGUST	ULTIMATE CHALLENGE DAY

<b>DATES</b>	<b>ACTIVITIES</b>
MONDAY 11 AUGUST	HIGH ROPES**
TUESDAY 12 AUGUST	ARCHERY & SURVIVAL
WEDNESDAY 13 AUGUST	CANOEING (WANLIP) *
THURSDAY 14 AUGUST	CLIMBING & ABSEILING
FRIDAY 15 AUGUST	ULTIMATE CHALLENGE DAY

All activities are available to children aged 7 – 14. Descriptions of each activity are given below.

\* *Please bring spare clothing, footwear and a towel in case of need*

\*\* *There is a minimum height requirement of 1.15m for the High Ropes Activity Day*

## Activities in Detail

**All activities are run by experienced and highly qualified staff. The activities are designed to promote team working and to build confidence and to encourage children to try new activities whilst making new friends along the way.**

**Archery and Survival** Using the superb woodland in Beaumanor Park you can learn basic survival skills, build your own woodland shelter and enjoy the warmth of campfire. This is experienced in combination with the thrill of archery where you can test your own 'eye for a target'. We have both indoor and outdoor ranges.

**Canoeing** Situated at the picturesque Watermead Country Park you will take part in a full day of Canoeing activities. The morning will consist of basic strokes on the lake before setting off in either tandem or rafted canoes for a journey on the river. Lunch will be taken at an appropriate stopping point on the way.

**High Ropes Course** A great way for children to work together helping each other over this fun and challenging course. The courses you choose will include a mixture of different elements so please check the descriptions before you book. **For this day children need to be at least 1.15 m tall.**

**Aerial Trek:** Have you got a head for heights? Test your nerve as you walk along ropes and poles 9m above the ground. A great way to challenge your agility and hand/eye co-ordination.

**Crate Stack:** In your small team try to construct the highest possible crate tower beneath you.

**Leap of Faith:** One of the most daring challenges of the High Ropes Course! Climb a 9.5m pole, balance on top of a small platform and launch yourself into the air on a trapeze bar! Face your fears whilst your team members cheer you on.

**Zip Wire:** Enjoy a thrilling ride on a 150m zip wire from the top of an 11.5m tower.

**Ultimate Challenge Day** Come and test your problem solving skills, and become part of a successful team. The day will include a variety of mentally and physically challenging activities, designed to push you to your limit. These may include elements of the High Ropes Course, Climbing & Abseiling, Archery and much more. Finishing with a grand finale activity in the afternoon.

<b>Time</b>	<b>What's happening?</b>	<b>Notes</b>
0830 - 0900	Parents drop children at County Hall (Option 2)	Children will be taken to Beaumanor Hall by bus
0915 - 0930	Parents drop children off at Beaumanor Hall main car park (Option 1) <b>AND</b> Minibus arrives from County Hall	Children will be met by Beaumanor Hall staff. Health & Safety Paperwork / Registers will be completed
0930 - 1230	Activities	Children will enjoy the morning's activities whilst being fully supervised by experienced and fully trained staff
1230 - 1300	Lunch	Children will provide their own packed lunch and may visit the gift shop (as no food or drink is sold it is important that children bring enough food and drink for the day)
1300 - 1600	Activities	Children will enjoy the afternoon's activities whilst being fully supervised by experienced and fully trained staff
1600	Parents collect children from Beaumanor Hall main car park (Option 1) <b>OR</b> Return to County Hall via minibus (Option 2)	Don't forget the token to collect your child!
1630 - 1700	Pick up by parents at County Hall	