



Adur Outdoor Activities Centre

Half Term Activities



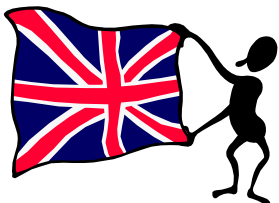
Wed 6th June – Fri 8th June

Day & Date	Time	Activity	Age	Code	Cost
CLOSED MONDAY 4th & TUESDAY 5th					
Wed 6th	11am-4pm	MAD* Wet Spend an action packed day participating in a variety of activities from Low Ropes to Team Building and a session on the water; Raft Building, Kayaking or Canoeing.	9-12yrs 13-17yrs	JMAW1 JMAW2	£35
	12.30pm-2.30pm	Taster Kayak Taster session to include fun and games alongside introducing and developing skills in kayaking.	9-12yrs 13-17yrs	JTP1 JTP2	£12
	10.30am-12pm	Taster Climb These have-a-go sessions are designed to introduce you to the fun of indoor climbing. You will have the chance to try roped climbs and bouldering.	8-12yrs	JTC1	£10
Thurs 7th	11am-4pm	MAD* Dry Spend an action packed day participating in land based activities from Cycle Skills to Climbing, Low Ropes to Team Building and a variety of games and challenges.	8-12yrs 13-17yrs	JMAD1 JMAD2	£35
	1.30pm-3.30pm	Taster Kayak As Above	9-12yrs 13-17yrs	JTP3 JTP4	£12
	10.30am-12pm	Taster Climb As Above	8-12yrs	JTC2	£10
Fri 8th	9.30am-11.30am	Taster Orienteering Learn basic navigation skills whilst running around the centres orienteering course.	8-17yrs	JTO1	£10
	12pm-1.30pm	Taster Climb As Above	13-17yrs	JTC3	£10
	2pm-4pm	Splash Session Come and get wet on this fun session, trying various games and challenges in kayaks and canoes.	9-17yrs	JSP1	£12

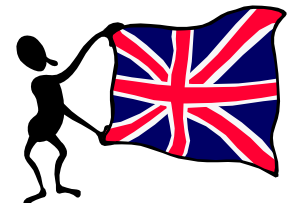
*= Multi Activity Day

ALL COURSES CAN BE BOOKED AT RECEPTION

ALL SPECIALIST EQUIPMENT WILL BE PROVIDED



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SUGGESTED KIT LISTS FOR ACTIVITIES

WATER BASED ACTIVITIES

- Clothes to get wet in!
- Dry/warm clothes to change into after activity (including shoes)
- Towel & wash kit
- Footwear; old trainers or wetsuit boots
- Wear clothes appropriate to the weather, i.e. more layers in cold weather/sun cream, sun hat, sun glasses etc.
- If you wear glasses remember to bring something to secure them with

LAND BASED ACTIVITIES

- Trainers
- Wear clothes appropriate to the weather, i.e. more layers in cold weather/sun cream, sun hat, sun glasses etc.
- Jacket and/or waterproofs

FULL DAY ACTIVITIES (e.g. M.A.D.)

- Small rucksack suitable to wear for mountain bike activities
- Snacks, lunch & plenty of fluids
- Jacket; preferably waterproof & trousers
- Wear clothes appropriate to the weather & activities e.g. a complete change of clothes in case you get muddy or wet!

GENERAL KIT

- Lots of water/drink if weather hot
- Layers if cold day
- No-open toed or slip on shoes
- Sun cream & Hat if hot sunny day



QUEEN ELIZABETH II

A packed lunch is required for full day activities

HOW TO BOOK

Contact the Centre on Tel: 01273 462928 or pop in to check availability for the activities/dates required and to reserve a place. **Please note:** Your place is not secured until full payment & booking form is received. Places will be filled on a first come, first served basis. We will send a confirmation slip once booking & payment is complete. Booking forms can be downloaded from the website or picked up from reception.

Please refer to the terms and conditions on the booking form for more information.

- All sessions are delivered by appropriately qualified instructors/coaches.
- The minimum participants required for each activity is 5.
- Maximum numbers are based on centre ratios and available instructors.

Please note the Centre is closed on Bank Holidays