

FEBRUARY HALF-TERM 2010



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Date	Time	Activity	Age	Price
15/02/10	2pm-4pm	NICAS Level 1 Introduction to Climbing 5 day course	10yrs-17yrs	£45
16/02/10				
17/02/10				
18/02/10				
19/02/10				

15/02/10	10.30-1.30	PaddlePower For 10yrs-13yrs Star test skills For 14yrs-17yrs 4 day courses	£50
16/02/10	1.30		
17/02/10	11.30-2.30		
18/02/10	2.30		

16/02/10 Tuesday	10-3pm	Activity Day (Climb, low ropes, orienteer & team building)	8yrs-12yrs	£25
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18/02/10 Thursday	10-3pm	Activity Day (Mountain bike, orienteer, climb & team build)	12yrs-17yrs	£25
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19/02/10 Friday	10-3pm	Mountain Bike Day (Turbo training, cycle maintenance, route planning)	10yrs-17yrs	£25
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PLEASE CONTACT RECEPTION TO BOOK

A minimum of 4 participants is required for each activity/course to run. Please refer to kit list on reverse & make sure you are fully equipped for whatever the weather.

FEBRUARY HALF TERM PROGRAMME

NICAS Level 1: Introduction to climbing. This is a 5-day course for complete beginners or those who want to obtain and work through the NICAS (National Indoor Climbing Award Scheme) levels. Ages 10-17yrs only.

PaddlePower: This is a 4-day course for ages 10-13 yrs. It works through the PaddlePower course, which is a BCU recognised award.

Star Test Skills: This is a 4-day course for ages 14-17yrs. It goes through the skills required for 1* and possibly 2* tests. (Assessments not included see paddle sport brochure for Star assessment days)

Activity Days: These days contain a variety of activities for ages 8-12yrs on the Tuesday and 13-17yrs on the Thursday. (Please see other side for activities happening). Please bring a packed lunch.

Mountain Bike Day: This includes cycle skills training & challenges, route planning and a set mountain bike ride over the downs. It also includes turbo training on spinning bikes and some mountain bike maintenance. Please Bring a packed lunch.

SUGGESTED KIT LISTS FOR ACTIVITIES

KAYAKING

- Long sleeve T-shirt
- Sweatshirt, fleece & thermals
- Hat & Gloves
- Towel & wash kit
- Footwear, old trainers or wetsuit boots
- Full change of clothes

Wear clothes appropriate to the weather, i.e. more layers in colder weather. If you wear glasses remember to bring something to secure them with.

MOUNTAIN BIKING

- Small rucksack
- Snack/lunch/drink
- Biking glasses - if available
- Gloves & Scarf
- Waterproof Jacket & Trousers
- Long track suit trousers or similar (no jeans)

Wear clothes appropriate to the weather, i.e. more layers in winter & a complete change of clothes in case you get very muddy.

INDOORS CLIMBING

- Loose clothing - T-shirt & sweatshirt
- Long track suit trousers or similar
- Trainers or rock boots

LOW ROPES

- Wear comfortable clothes
- Bring a complete change of clothes including shoes
- Windproof / waterproof jacket (if it's cold)
- Trainers
- Sun hat (In spring / summer)
- Sun protection cream (in spring / summer)

TEAM GAMES

- Wear comfortable clothes
- Have a full-length body covering (i.e. long sleeved top & trousers)
- Trainers
- Sun hat (in spring / summer) as some games might be outside in good weather)
- Sun protection cream (in spring / summer)