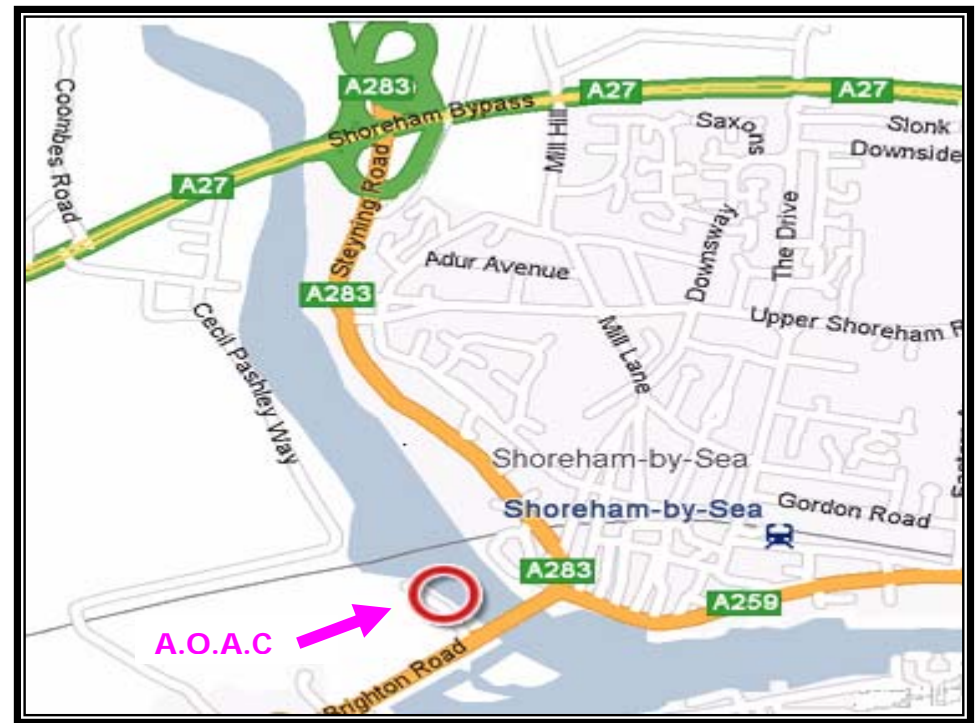




# GROUP BOOKINGS 2010



**All Sessions are delivered by appropriately qualified instructors/coaches**

### **HOW TO BOOK:**

Please contact the centre (see details below) to check availability for the dates required and to reserve a place. You then have 7 days to send in the booking form and 50% deposit to secure your booking. (Appropriate forms can be downloaded from the website or picked up from reception).

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

Brighton Road, Shoreham-by-Sea, BN43 5LT

**Tel: 01273 462928**

Fax: 01273 441990

[www.aoac.org.uk](http://www.aoac.org.uk)

adur.outdoor@westsussex.gov.uk



## INDOOR ROCK CLIMBING

With an artificial indoor wall of 10M (30ft) high, AOAC offers the perfect place to learn to climb.

There is a ratio of 1 fully qualified instructor to a maximum of 9 participants. (If there is any more than 9 in a group, then a second instructor will be needed at the same price again)

We can run 'one-off' 2 hour sessions where the participants get an introduction to climbing, or we run a progressive programme called NICAS, which is accredited (see below). The minimum age for our climbing wall is 8.

*Groups can come in with their own instructor, subject to providing evidence of; current first aid certificate; current insurance certificate and valid qualification such as SPA or CWA. (All original copies)*

	Cost of 2 hour Climbing session	
	Own Instructor	AOAC Instructor
West Sussex	£65	£88
Out of County	£75	£99
Adult	£110	£130



The National Indoor Climbing Achievement Scheme (NICAS) is a UK wide scheme designed to promote climbing development and accredit individual achievement on artificial climbing structures. It can be used as a starting point for people wishing to take up climbing and mountaineering. It is open to all candidates aged 8 and upward. ([www.nicas.co.uk](http://www.nicas.co.uk))

## OUTDOOR ROCK CLIMBING



We can also facilitate day trips to local sandstone outcrops near to TunbridgeWells. This offers a whole different experience to the indoor climbing. (Photo opposite)

Only our SPA (Single Pitch Award) qualified instructors are able to take groups climbing on sand stone (Same ratios as indoor climbing). The ratio is still 1 instructor to 9 participants.

This activity is suitable for those with basic skills and experience in climbing, i.e. following at least 2 sessions at the wall.

	Cost
West Sussex	£224
Out of County	£250
Adult	£291

Lunch is not provided.



Own Transport can be used; alternatively hire of our minibus can be arranged at an extra cost (please see mini bus hire page for full prices)

## KAYAK/OPEN CANOE

**Kayaking:** A craft generally with a deck and paddled in a sitting position with a double-bladed paddle. Majority of the time they are single paddlers.



**Open Canoeing:** (Sometimes referred to as a Canadian Canoe) Can be paddled from a sitting or kneeling position with a single-bladed paddle. Sometimes 2 or 3 people paddle it.



These sessions are run to the group's ability and requirements, and can range from a fun/splash session to progressive skill based sessions (All must take place during a high tide and therefore restricted as to when they can be programmed/booked).



Progressive Sessions are run in conjunction with the BCU Paddlepower or Star tests award schemes.

All sessions include some basic skills coaching. The ratio is 1 instructor to 8 kayakers and 1 instructor to 12 Canoeists.

The minimum age is 9 for all water activities.

	Cost of 2 hour session	
	Own Instructor	AOAC Instructor
West Sussex	£65	£88
Out of County	£75	£99
Adult	£110	£130

As a water sport, remember you may get WET!

## RAFT BUILDING



Raft building is an activity that combines team building with water-based skills and is run as a 2 ½ hour session for groups of young people or adults.

The objective is to build a raft from logs, barrels and ropes, to support your group as you paddle a set course and face challenges along the way on the river.



This combination of design skills, rope work and knots, team co-operation and paddling skills is a great way to develop the potential of a group. It is also a lot of fun.

The ratio is 1 instructor to 12 participants.

	2 & ½ hour
West Sussex	£102
Out of County	£115
Adult	£155

Raft Building Sessions are subject to appropriate high tides.

## **MOUNTAIN BIKING**

(Off-Road Cycling)

The Centre is adjacent to the Downslink Cycle Route, which provides ideal access to the extensive bridleway system, leading across the Downs (including the South Downs Way).

We use a variety of different routes in the area, which vary in difficulty from fairly flat countryside to the more challenging slopes of the South Downs.

Sessions can be varied in length from a 2-hour session to a more demanding all-day session of 6 hours, including a lunch stop *en route*.

The ratio is 1 instructor to 10 participants. A group leader **MUST** be with the group at all times on this activity. Please note-Group leaders participate as part of the stated ratio.

	2 hours	3 hours	6 hours
West Sussex	£82	£101	£163
Out of County	£93	£129	£185
Adult	£126	£163	£239

*The Centre runs a Mountain Bike Leaders Training Course for Teachers, Youth workers/ leaders and others who wish to lead groups off-road locally on mountain bikes.*

*Please see our 'Outdoor Education Training & Development Opportunities for Leaders' brochure for more information*



## **LOW ROPES**

The Low Ropes Course is a great challenge for groups aged 8yrs +.

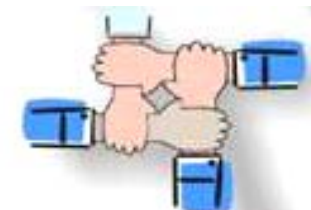
The tasks set by the instructor will extend the capabilities of all, requiring and developing teamwork, leadership and communication skills.

The challenges used may be varied according to the age ability and needs of the group and will demand both mental and physical ability to complete.

## **TEAM BUILDING/PROBLEM SOLVING**

We have a selection of problems and tasks that can challenge and develop any group, helping to bring out the various qualities of individuals.

The tasks will help encourage development of those essential team and group skills, requiring co-operation with other individuals to solve and complete the tasks set.



	Low ropes	Team building
West Sussex	£82	£59
Out of County	£93	£72
Adult	£126	

Both Low Ropes and Team Building are run as a 2-hour session. Sessions can be based on group's needs and requirements fulfilling specific outcomes if requested

The ratio is 1 instructor to 12 participants

## ENVIRONMENTAL STUDIES /MUD MATTERS

Environmental studies are aimed at school classes or groups who are studying or interested in the affects of tidal rivers, or maybe studying marine life/biology.



Mud Matters is a fun session for the younger age group of 8-12yrs to have an introduction to nature and maybe get a little muddy with Wellington boots on

It is a 2-hour session run at low tide on the mud banks and rock pools of the River Adur adjacent to the centre. Therefore this activity is restricted to when it can take place.

Sessions can be expanded to explore the wider Adur estuary on request.

The ratio is 1 instructor to a class. The teacher/group leader must be present at all times.

	Environment St.
West Sussex	£59
Out of County	£72

Please contact the centre to discuss your needs.

## ORIENTEERING

One of the most useful skills used in many outdoor activities or situations is competency with map skills. Being able to combine the use of a compass with map reading at speed are essential skills in the sport of Orienteering.



At the Adur Outdoor Activities Centre we have some local courses set out around the Centre, using the adjacent fields and the recreation ground. We use these to introduce beginners to the sport.

There is a permanent course only 2 miles away from the Centre that we use to develop the skills required for Orienteering to a higher level. This can be used for the slightly higher ability levels on request and will be a longer session.

Orienteering is usually run as a 2-hour session. The ratio is 1 instructor to 12 participants. The instructor will base the level of the session in accordance to the group's needs and requirements.

	Orienteering
West Sussex	£59
Out of County	£72
Adult	£95

Please contact the centre to discuss your needs.

## FOREST SCHOOLS

'A Forest School is an innovative educational approach to outdoor play and learning.'

The philosophy of Forest Schools is to encourage and inspire individuals of any age through positive outdoor experiences.



Forest Schools will aim to develop:

- Self Awareness
- Self Regulation
- Intrinsic motivation
- Empathy
- Good social communication skills
- Independence
- A positive mental attitude, self-esteem and confidence

Please visit [www.forestschools.com](http://www.forestschools.com) for more information.



For more information or to discuss this activity and express and interest, please contact the centre.

## BIRTHDAY PARTIES

These are aimed mainly at 8-12yrs old but can be catered for the older age groups. You can choose from any of the activities below for a birthday party. (Minimum ages are 8yrs for land-based and 9 for mountain biking & water based activities)

All activities are run as introductory sessions and lasts for 2 hours (except raft building which is 2 ½ hrs long). The instructor will cater for the individual groups needs.

You will find a kit list at the back of this brochure of what we recommend is best to wear for each activity.

If the group is larger than the numbers below then you will need a second instructor at the same price again.

Activity	Max participant	Price
Climbing	9	£99
Kayak/Canoe (Apr-Oct)	8/12	£93
Raft Build-2 ½ hrs (Apr-Oct)	12	£115
Mountain Biking	10	£93
Low Ropes	12	£93
Team Games	12	£93

The function room upstairs can be hired out for £15 an hour to compliment the activity.

It has a fully refurbished (2008) kitchen with a large cooker and dishwasher and a large dining area and is self catering

## THE RESIDENTIAL BLOCK

### (SELF-CATERING)

The newly decorated (winter '09 / '10) 16 bed residential block is a great place to stay. Ideal for a 1<sup>st</sup> time experience away from home, or a mid-way point on an expedition or better still combined with the centre's activities a great week or weekend away for schools or youth groups!

### WHAT YOU GET:

#### **Kitchen:**

The kitchen was fully refurbished in the summer of 2008. It has a large (5 hob, 2 fan assisted ovens) cooker, microwave, dishwasher, fridges and freezers. It comes with utensils including plates, cups, cutlery and pots and pans.

#### **Dining room:**

This has 4 fold away tables to create more room, and plenty of chairs to choose from.

#### **Communal area:**

This contains a table tennis table, and a pool table. There is a TV and DVD player and multimedia facilities, ideal for group work or training.

#### **Bedrooms:**

Consisting of 3 bedrooms; 1 with 4 bunk-beds in, 1 with 3 bunk-beds and 1 with 1 bunk-bed. 16 beds in total are available. With an additional leaders room sleeping 2 if required. Pillows, pillowcases and mattress covers are supplied. *You will need to provide the rest e.g. sleeping bags etc.*

#### **Bathrooms/Toilets:**

Separate shower facilities and toilets are available as part of the residential block. Other Centre shower and toilet facilities are also accessible during your stay.



## RESIDENTIAL PRICES:

	West Sussex	Out of County	Adult
Mon-Sun (Whole week)	£410	£475	£550
Mon-Fri (4 night)	£270	£340	£390
1 night Mid-week	£105	£115	£130
Fri-Sun (1 night)	£115	£130	£155
Fri-Sun (2 nights)	£165	£210	£245

## FUNCTION ROOM/MEETING VENUE

The communal area at AOAC can be hired out as a great meeting or training room.

It has the multimedia facilities including a PowerPoint projector, tables and chairs.

Kitchen facilities are accessible and teas and coffee's can be provided at £3 per head (Numbers need to be known in advance).



	Per hour	Half a day	Whole day
Room Hire	£15	£50	£95

***Additional camping arrangements can be considered within the compound on request to accommodate higher numbers.***

## MINI BUS



The Centre has a Peugeot Boxer 17 seater HDI 2.8L Diesel minibus, which can be hired out.

It costs:

£25 half a day (1-4 hours)

£45 whole (4-8 hours)

Additional fuel costs based on 25p per mile, unless adequately re-filled as part of booking. Evidenced by receipt.

To hire the minibus, you must have a full driving licence with D1 category.

*West Sussex minibus permit in addition to licence is also preferable.*

*Copies of licence & permit will be required as part of booking.*

## RECOMMENDED ACTIVITY KIT LIST

### WATER BASED:

- Long sleeve T-Shirt
- Sweatshirt/fleece & Thermals
- Jogging bottoms or shorts-no denim.
- Suitable footwear (not Crocs/open toed shoes or thick soled trainers)
- Sun Protection
- Towel & Wash kit
- Complete change of clothes & Footwear

Wet Suits can be hired for £3 per session

*Remember... **YOU MAY GET WET***

The centre provides specialist equipment such as; Helmets, Buoyancy aids capoules etc

### INDOOR CLIMBING:

- Loose Clothing: T-Shirt/sweatshirt
- Trainers or Climbing shoes (no open toed shoes)
- Tracksuit bottoms etc

Climbing shoes can be hired for £2 a pair

### OUTDOOR CLIMBING:

- Food and drink for the day
- Trainers and Climbing shoes
- Layers (to take off if hot/to put on if cold)
- Protective clothing e.g. waterproofs/sunglasses

### MOUNTAIN BIKING:

- Full change of clothes
- Clothes to possibly get muddy in
- Layers (to take off if hot/to put on if cold)
- Waterproof jacket (& trousers if you have any)

The centre provides the helmets and water bottles.

### LAND BASED (Low ropes etc)

- Loose comfortable clothing (may get muddy)
- Trainers (no open toed shoes)
- Possibly waterproofs.

Please dress appropriately for the weather on the day of your activity.