

Sept – December 2009

	Activity 1	Activity 2	Cost per person
5 th Sept	Kayak / Canoe	Abseil	£6
12 th Sept	Kayak / Canoe	Leap of Faith	£6
19 th Sept	Kayak / Canoe	Climbing	£6
26 th Sept	Kayak / Canoe	Air Rifles	£6
3 rd Oct	Kayak / Canoe	Fencing	£6
10 th Oct	Kayak / Canoe	Archery	£6
17 th Oct	Kayak / Canoe	Abseil	£6
24 th Oct	Kayak / Canoe	Camp Craft	£6
31 st Oct	Kayak / Canoe	Leap of Faith	£6
7 th Nov	Kayak / Canoe	Climbing	£6
14 th Nov	Kayak / Canoe	Air Rifles	£6
21 st Nov	Kayak / Canoe	Fencing	£6
28 th Nov	Kayak / Canoe	Archery	£6
5 th Dec	Kayak / Canoe	Abseil	£6
12 th Dec	Kayak / Canoe	Camp Craft	£6
19 th Dec	Kayak / Canoe	Leap of Faith	£6

The Saturday Club meets every week for land and water based activities and is open to young people from **8years upwards**. The idea of the club is for young people and parents to come and try some activities to burn off a bit of energy.

The idea is simple:

- Decide when you want to come.
- Select an activity from our list.
- Call **0116 268 1426** to book your place.

Places are limited every week so it is advisable to book in advance to make sure you are not disappointed.

Prices: £6pp (non refundable & non transferable to different dates)

Times: Register in 9.15am
Start: 9.30am
Finish: 11.00am

Parents /Carers It is not necessary for parents to stay on site, but we would encourage parents to book on as well. If it's not your cup of tea then please make sure you are waiting to collect your child by 11.00am.

What to bring: **Water activities** - Good weather - light weight clothing and shoes (trainers or wet suit shoes - not wellies or hiking boots). Remember sun tan cream when it's sunny. Poor weather - a number of layers of clothing with, if possible, a windproof jacket and fleece is most suitable.

In the case that you go for a swim bring a change of footwear, spare clothes and shower kit including towel.

Land Activities - Close fitting clothing is recommended, particularly on the upper body and arms. Trousers and lightweight shoes are also recommended. Long hair should be tied back.