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Public Booking Sessions Summer Holidays 2010

Afternoon Sessions run from 3:15pm-4:45pm
 Evening sessions run from 6:30pm-8:00pm



All Activities running from July 19th to August 27th.

Evening activities also running through September.

The idea is simple, select your activity from the list and call the centre to book your place. There are only 10 spaces available each day so book in advance to avoid disappointment. Full payment is due at time of booking.

Day	Time of Day	Activity	Age Range	Price per Adult	Price Per Child
Monday	Afternoon	Canoe/Kayak	8 yrs +	£7.50	£6.00
	Evening	Aerial Trekking	8 yrs +	£7.50	£6.00
Tuesday	Afternoon	Archery	8 yrs +	£6.00	£5.00
	Evening	Zipline	8 yrs +	£7.50	£6.00
Wednesday	Afternoon	Climbing	8 yrs +	£6.00	£5.00
	Evening	Canoe/Kayak	8 yrs +	£7.50	£6.00
Thursday	Afternoon	Abseiling	8 yrs +	£6.00	£5.00
	Evening	Air Rifles	8 yrs +	£6.00	£5.00
Friday	Afternoon	Canoe/Kayak	8 yrs +	£7.50	£6.00
	Evening	Archery	5 yrs +	£6.00	£5.00

Please note that if there are 5 people or less booked onto an activity the session will only run for 1 hour. All activities take place outside.

What to wear:

For all activities loose fitting trousers such as tracksuit bottoms are advisable. Jeans can get uncomfortable after a while and can restrict movement. In colder weather please bring more layers as you can always take them off. In regards to footwear, we recommend trainers or wet suit boots **not** wellies. Long hair should be tied back and rings/earrings removed.

If you are participating in a water activity then please bring a full change of clothes, including a change of footwear, and a towel.

