

Public booking sessions Winter 2009/10

Sessions to run from 6.30 – 8.00 weekday evenings

(If there are 4 people or less booked onto a session, the session will only run for 1 hour)

The idea is simple

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

| Week 1 | | | | | |
|-----------|-------------------------|-------------------|-----------|-----------------|-----------------|
| Day | Activity | Location | Age range | Price per Adult | Price per Child |
| Monday | Archery | A Frame (indoors) | 5 yrs + | £6.00 | £5.00 |
| Tuesday | Abseiling | High Ropes Course | 8 yrs + | £6.00 | £5.00 |
| Wednesday | Aerial Trek or Zip Line | High Ropes Course | 8 yrs + | £10.00 | £9.00 |
| Thursday | Air Rifles | A Frame (indoors) | 8 Yrs + | £6.00 | £5.00 |
| Friday | Canoeing* | River (outdoors) | 8 yrs + | £7.50 | £6.00 |

| Week 2 | | | | | |
|-----------|---------------|-------------------|-----------|-----------------|-----------------|
| Day | Activity | Location | Age range | Price per Adult | Price per Child |
| Monday | Archery | A Frame (indoors) | 5 yrs + | £6.00 | £5.00 |
| Tuesday | Climbing | High Ropes Course | 5 yrs + | £6.00 | £5.00 |
| Wednesday | Leap of Faith | High Ropes Course | 8 yrs + | £7.50 | £6.00 |
| Thursday | Fencing | A Frame (indoors) | 8 Yrs + | £6.00 | £5.00 |
| Friday | Kayaking* | River (outdoors) | 8 yrs + | £7.50 | £6.00 |

(Adults accompanying children will be charged at the child rate)

| Week 1 | Week 2 |
|---|---|
| W/C Monday 2 nd November 2009 | W/C Monday 9 th November 2009 |
| W/C Monday 16 th November 2009 | W/C Monday 23 rd November 2009 |
| W/C Monday 30 th November 2009 | W/C Monday 7 th December 2009 |
| W/C Monday 14 th December 2009 | W/C Monday 4 th January 2010 |
| W/C Monday 11 th January 2010 | W/C Monday 18 th January 2010 |
| W/C Monday 25 th January 2010 | W/C Monday 1 st February 2010 |
| W/C Monday 8 th February 2010 | W/C Monday 15 th February 2010 |
| W/C Monday 22 nd February 2010 | W/C Monday 1 st March 2010 |
| W/C Monday 8 th March 2010 | W/C Monday 15 th March 2010 |
| W/C Monday 22 nd March 2010 | W/C Monday 29 th March 2010 |

* Start date February 2010 (water sessions are available at Saturday morning club)

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 (fall in), please 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. Gloves for outdoor sessions.