

# Saturday Club

The Saturday Club meets every week for land and water based activities and is open to young people from **8 years 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.

	Activity 1	Activity 2	Cost per person
7 <sup>th</sup> Nov '09	Kayak / Canoe	Climbing	£6
14 <sup>th</sup> Nov '09	Kayak / Canoe	Air Rifles	£6
21 <sup>st</sup> Nov '09	Kayak / Canoe	Fencing	£6
28 <sup>th</sup> Nov '09	Kayak / Canoe	Archery	£6
5 <sup>th</sup> Dec '09	Kayak / Canoe	Abseil	£6
12 <sup>th</sup> Dec '09	Kayak / Canoe	Camp Craft	£6
19 <sup>th</sup> Dec '09	Kayak / Canoe	Leap of Faith	£6

2 <sup>nd</sup> Jan '10	Kayak / Canoe	Climbing	£6
9 <sup>th</sup> Jan '10	Kayak / Canoe	Air Rifles	£6
16 <sup>th</sup> Jan '10	Kayak / Canoe	Fencing	£6
23 <sup>rd</sup> Jan '10	Kayak / Canoe	Archery	£6
30 <sup>th</sup> Jan '10	Kayak / Canoe	Abseil	£6
6 <sup>th</sup> Feb '10	Kayak / Canoe	Camp Craft	£6
13 <sup>th</sup> Feb '10	Kayak / Canoe	Leap of Faith	£6
20 <sup>th</sup> Feb '10	Kayak / Canoe	Climbing	£6
27 <sup>th</sup> Feb '10	Kayak / Canoe	Air Rifles	£6
6 <sup>rd</sup> Mar '10	Kayak / Canoe	Fencing	£6
13 <sup>th</sup> Mar '10	Kayak / Canoe	Archery	£6
20 <sup>th</sup> Mar '10	Kayak / Canoe	Abseil	£6
27 <sup>th</sup> Mar '10	Kayak / Canoe	Camp Craft	£6

(Payment is required in advance and is non refundable & non transferable to different dates)

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

Call **0116 268 1426** to book your place.

It is not necessary for parents to stay on site during the activity, 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 (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.

