

# Spring Outdoor Programme 2018



Introductory	Activity	Age	Times	Ability	Cost
Tues 3rd April	Kayaking	11-18	10am - 4pm	Beginner	£15 *
Wed 4th April	Mountain Biking	11-18	10am - 4pm	Beginner	£15 *
Thurs 5th April	Rock Climbing	11-18	10am - 4pm	Beginner	£15 *
Fri 6th April	Gorge Walking	11-18	10am - 4pm	Beginner	£15 *
Mon 9th April	Scrambling	11-18	10am - 4pm	Beginner	£15 *

Intermediate	Activity	Age	Times	Ability	Cost
Tues 10th April	Kayaking	11-18	10am - 4pm	Intermediate	£15 *
Wed 11th April	Mountain Biking	11-18	10am - 4pm	Intermediate	£15 *
Thurs 12th April	Rock Climbing	11-18	10am - 4pm	Intermediate	£15 *
Fri 13th April	Gorge Walking	11-18	10am - 4pm	Intermediate	£15 *

### \*Price per activity for more than one child

1st Child	£15.00	2nd Child	20% Discount
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### \*Are there discounted rates available?.

A discount is offered to families in receipt of income support or full working tax credits. Therefore each day of the outdoor programme is offered at 30% discount, proof of working tax credits must be provided on when booking.

### I have more than one child attending, do I have to pay full price for all?.

There is a 20% discount for second children attending each day. Discounted rates are for siblings only.

### How do I book?.

Please visit <https://www.renfrewshireleisure.com/sports-services/holiday-programme/> to book your places.

Contact **Scott Macdonald** for more info.

Email: [scott.macdonald@renfrewshire.gov.uk](mailto:scott.macdonald@renfrewshire.gov.uk)

Tel: 0300 300 1362

Post: Sport Services

King George V Pavilion  
Haining road  
RENFREW  
PA4 0AN



Provider Reference number R2267

Renfrewshire Leisure holds a licence for the following categories:

- Climbing
- Trekking
- Watersports



# Outdoor Activities



## Sports Services' Youth Adventure Programme

### Spring 2018



# Spring Outdoor Programme 2018



## Introductory sessions

### Kayaking 3rd April 2017 10am – 4pm

This is a great fun and wet activity come and learn how to kayak or develop your skills. Participants need to be water confident and able to swim 25m.

### Mountain biking 4th April 2017 10am – 4pm

This session offers an introduction to mountain biking skills and techniques and will suit those who can confidently ride a bike but are new to off road and rough terrain.

### Rock Climbing 5th April 2017 10am – 4pm

This session is aimed at beginners to outdoor rock climbing though will suit all individuals regardless of ability and offers different climbs to challenge anyone.

### Gorge Walking 6th April 2017 10am – 4pm

This fun introductory gorge offers lots of fun climbs and waterfalls and is a good starting level for those new to the activity. Although most of the activity takes place in shallow water. There will be times when you will be in water that is chest deep.

### Scrambling 9th April 2017 10am – 4pm

This offers a chance to explore the Succoth boulder field (its kind of like over ground caving) with fun climbs and tight squeezes in the rocks above Arrochar.

## Intermediate sessions

### Kayaking 10th April 2017 10am – 4pm

This session aims to develop your skills and take you on a journey around Loch Ard. Participants should have some experience and need to be water confident and able to swim 25m.

### Mountain biking 11th April 2017 10am – 4pm

This session looks to develop your mountain biking skills and techniques and will suit those who can confidently ride a bike off road and on rough terrain.

### Rock climbing 12th April 2017 10am – 4pm

This activity is ideal for those who have some experience of rock climbing. and will include placing safety gear and introduction to sport lead climbing.

### Gorge Walking 13th April 2017 10am – 4pm

The location of this activity will depend on the weather during the week our aim is to visit the more challenging gorges and may need wetsuits as full immersion is likely in those gorges.

## Frequently Asked Questions

### How old do I need to be?

The programme is for Primary 7 to Secondary year 6 pupils (age 11yrs to 18yrs).

### What if I'm not sure about an activity?.

Some activities involve going on a journey and so need 100% involvement so please do not book a place on this type of activity unless you are 100% confident in your ability to take part..

### What should I bring?.

For each activity you should bring a **complete change of clothes**, including footwear, a towel, a packed lunch and any medication that you may need for the day.

### Where do I go on the day?.

All activities will start at 10am and finish at 4pm at

**Renfrewshire Leisure  
King George V Pavilion  
Haining road  
RENFREW  
PA4 0AN**

