

# 'CENTRE ADVENTURE'

## Summer Programme 2010 at BOWLES

<b>1<sup>st</sup> May</b>	<b>Scrambling &amp; Bouldering</b> A fun and challenging session at Harrison's Rocks, building confidence for moving on rock. Explore the sandstone, tunnels, gullies and boulders. Includes minibus travel from and back to Bowles.
<b>8<sup>th</sup> May</b>	<b>Climbing Clever</b> Getting to grips with basic climbing, knots, belaying & techniques followed by some low grade climbs
<b>15<sup>th</sup> May</b>	<b>Team Challenges &amp; Pool Fun</b> Cunning Team Challenges. Prepare to get mucky and wet.
<b>22<sup>nd</sup> May</b>	<b>Rope Course &amp; Zip Experience</b> Challenging your self on various tree based obstacles, high and low.
<b>29<sup>th</sup> May</b>	<b>Rock Hopper – Abseiling</b> Take command of your own decent, abseiling from the basic to the big!
<b>5<sup>th</sup> June</b>	<b>Snowboarding Dude - <i>Only 10 places available</i></b> A beginner's lesson, includes boots, board and all the business. With a sledging session to finish. Long socks, long sleeved top & gloves essential
<b>12<sup>th</sup> June</b>	<b>Explorer Skills</b> Maps, compasses and an orienteering event with prizes. Wear trainers or good walking footwear.
<b>19<sup>th</sup> June</b>	<b>Skiing – the basic know how</b> A Beginners/Improvers lesson on the nursery ski slope, with some sledging too. Long socks, long sleeved top and gloves essential
<b>26<sup>th</sup> June</b>	<b>Skiing – intermediate &amp; more</b> An Improver level on the main ski slope. Developing control of speed with a Snowplough.
<b>3<sup>rd</sup> July</b>	<b>Forest Hike &amp; Bush Craft</b> Hiking skills and bush craft off site then back to Bowles. Shelter building/camp craft in a woodland venue.
<b>10<sup>th</sup> July</b>	<b>Kayaking &amp; Raft Build</b> A pool based session developing kayak skills with games and a raft build challenge.
<b>17<sup>th</sup> July</b>	<b>Kayak trip on the Medway **</b> A river trip with games and skills <b>** Meet at Tonbridge Pool Car Park 1.30pm. Pick up 4.30pm from same venue. Please arrive in appropriate activity clothing. There are public toilets but no changing facilities near by.</b>
<b>24<sup>th</sup> July</b>	<b>** Biking – hills and thrills</b> Mountain Biking at Bedgebury. <b>Must be</b> a capable and controlled bike rider. <b>Includes hire of bike and helmet. Gloves required.</b> <b>** Meet at Bowles for 1pm.</b>
<b>31<sup>st</sup> July</b>	<b>Team Challengers and Leap of Faith</b> A high impact rope activity followed by cunning challenges - prepare to get mucky.