



? COURSE GUIDE:

Mountain Biking. Build on existing skills through tasks and challenges before heading out.

Drug & Alcohol Awareness. Find out what's what. And what the world looks like through Beer Goggles!

Abseiling. Come and give it a go and have a bit to eat.

Rock Scrambling. Off down to Brimham Rocks and get to squeeze through those tight gaps.

Canoeing/Kayaking. Develop those skills on the water.

First Aid. Do a Vinny Jones and save a life.

Climbing. Get up to those dizzy heights.

Extreme Circus Skills:- Its fun and interesting and you could even learn how to juggle!

Beach Body: Boys only – come along and find out how to look after yourself. How *you* doin'?

U16 - February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 st First Aid Abseil & Outdoor Cooking	2 nd	3 rd Climbing
MONDAY 6 th Drug & Alcohol	TUESDAY 7 th	WEDNESDAY 8 th Access	THURSDAY 9 th Access	FRIDAY 10 th Weasling
MONDAY 13 th Extreme Circus Skills	TUESDAY 14 th	WEDNESDAY 15 th Access	THURSDAY 16 th Access	FRIDAY 17 th Mountain Biking
MONDAY 20 th Access	TUESDAY 21 st Access Beach Body	WEDNESDAY 22 nd Access Kayaking	THURSDAY 23 rd Football	FRIDAY 24 th Access Drugs & Alcohol
MONDAY 27 th	TUESDAY 28 th	WEDNESDAY 29 th Mountain Biking	THURSDAY	FRIDAY

Conditions of attendance:

- ✓ No exclusive relationships
- ✓ No drugs or alcohol
- ✓ No violence
- ✓ No theft

There are limited places, so book early.

Contact Charlotte or Helen

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WE'RE HERE TO HELP YOU REACH YOUR GOALS