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SUMMER HOLIDAY ADVENTURES 2017!



WEEKS 1 & 3	<u>Monday 10th July</u> <u>Monday 24th July</u>	<u>Tuesday 11th July</u> <u>Tuesday 25th July</u>	<u>Wednesday 12th July</u> <u>Wednesday 26th July</u>	<u>Thursday 13th July</u> <u>Thursday 27th July</u>	<u>Friday 14th July</u> <u>Friday 28th July</u>
<p><u>Bumble Bees</u></p> <p><u>&</u></p> <p><u>Otters</u></p>	<p><u>HIGH ROPE HEROES!</u></p> <p>After a morning building trust and teamwork in our Adventure Wood and on our new Low Ropes Course, the team will head to our Climbing Wall for some High Level Challenges:</p> <ul style="list-style-type: none"> • Bumble Bees will have a taste of high adventure whilst exploring the theme of Superheroes! • Otters will build from basic skills into races and time trials. <p><u>Key Skills:</u> Climbing Techniques, Safety Belaying, Trust, Team Building, Communication & Fun!</p>	<p><u>TRIBAL TUESDAYS!</u></p> <p>The teams will head to the Wild Wiston Woods and learn all the skills needed for Tribal Initiation:</p> <ul style="list-style-type: none"> • Bumble Bees will undertake an Archery session & Drum Circle, alongside developing a range of Survival Skills • Otters will also undertake an Archery session & Drum Circle, alongside developing a range of Survival Skills, at a more advanced level. <p><u>Key Skills:</u> Archery, Safety Awareness, Drumming, Storytelling, Outdoor Arts / Crafts, Tracking & Fun!</p>	<p><u>WET WEDNESDAYS!</u></p> <p>Our every popular Wet and Wild days include:</p> <ul style="list-style-type: none"> • Bumble Bees will test out canoeing (rafted for new / cautious participants) through the theme of Pirates, whilst exploring for buried Treasure! • Otters will warm up on the Welly & Waterfall Walk. Then Canoeing to Raft Build design, build, paddle, and plant the flag to claim victory! <p><u>Key Skills:</u> Paddlestart Syllabus, Rope Work, Team Work, Orienteering & Fun!</p>	<p><u>TEAMTASTIC THURSDAYS!</u></p> <p>Thursdays this year are all about Teamwork! All groups will be tasked with working together to complete challenges at the activity base and/or at various locations around the Lodge Grounds. Part of the challenge will be orientation around the site, with clues and tasks to complete by the end of the day! The theme for this week is:</p> <p style="text-align: center;">Silly Highland Games!</p> <p>Traditional Scottish Sports with a twist to challenges the team for glory and prizes!</p> <p><u>Key Skills:</u> Team Challenges against the clock, Problem Solving, Motivation & Fun!</p>	<p><u>FREEDOM FRIDAYS!</u></p> <p>Today gives the children the opportunity to explore beyond the limits of the Lodge, through the Wonky Wood and up onto the flank of Tinto:</p> <ul style="list-style-type: none"> • Bumble Bees will undertake Pond Dipping, Foraging and Fairy Hunting through the theme of Enchanted Wood before Dragon Questing on the hillside (lower level) • Otters will navigate towards Wallaces' Seat &, where conditions allow, to the summit of Tinto Hill. <p><u>Key Skills:</u> Expedition Planning, Country Code, Map & Compass Work, Team Work, Personal Challenge & Fun!</p>
	<p>OVERNIGHT CAMP!</p>	<p>Additional Optional Extra THURSDAY 27th July ONLY Camp, Cook up & Eve Activity!</p>			



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WEEKS 2 & 4	<u>Monday 17th July</u> <u>Monday 31st July</u>	<u>Tuesday 18th July</u> <u>Tuesday 1st August</u>	<u>Wednesday 19th July</u> <u>Wednesday 2nd August</u>	<u>Thursday 20th July</u> <u>Thursday 3rd August</u>	<u>Friday 21st July</u> <u>Friday 4th August</u>
Bumble Bees & <u>Otters</u>	<p style="text-align: center;"><u>BUSHCRAFT BUDDIES!</u></p> <p>Based in our purpose-built Tipi Camp and Pioneering Clearing, the children will develop their Bushcraft Skills, learning how to safely make fire, build dens and shelters & develop their environmental awareness, through a range of wide games and activities.</p> <ul style="list-style-type: none"> • Bumble Bees will have the opportunity for supported Natural Play, including exploring some elements of our new Path of the Little People! • Otters will hone their bush craft skills further, exploring techniques such as bowl burning and dutch arrow making. <p>Key Skills: Safe Fire Making (Tinder, Fire Triangle, Nests) & Den Building, Dynamic Risk Assessment, Collaboration</p>	<p style="text-align: center;"><u>TREE TOP TUESDAYS!</u></p> <p>After a morning building trust and teamwork in our Adventure Wood and on our new Low Ropes Course, the team will head to our High Ropes area:</p> <ul style="list-style-type: none"> • Bumble Bees will have a taste of high adventure whilst exploring the theme of Superheroes! E.g. Crate Climb • Otters will explore the techniques required to develop their Climbing and safe Belaying before taking on new challenges at the High Ropes Area: Pole, Vines, Crate Climb, Jacobs's Ladder. <p>Key Skills: Climbing & Belaying Techniques, Trust, Communication, Problem Solving (Crate Climb)</p>	<p style="text-align: center;"><u>WILDERNESS WEDNESDAYS!</u></p> <p>Wednesdays see us strike out beyond the bounds of Wiston Lodge on a Hill/Quest day:</p> <ul style="list-style-type: none"> • Bumble Bees explore the woods beyond the northern limits of the Lodge through fantasy, orienteering, natural play & problem solving. • Otters push themselves further, hiking to the shoulder of Tinto (& beyond) and back via a lochan and a ruined castle, using maps to unlock the landscape and the past! <p>Key Skills: Expedition Planning, Country Code, Navigation, Team Work, Personal Challenge & Fun!</p>	<p style="text-align: center;"><u>TEAMTASTIC THURSDAYS!</u></p> <p>Thursdays this year are all about Teamwork! All groups will be tasked with working together to complete challenges at the activity base and/or at various locations around the Lodge Grounds. Part of the challenge will be orientation around the site, with clues and tasks to complete by the end of the day!</p> <p>The theme for this week is: Operation Code Cracker!</p> <p>The children will work on their spy skills before being tasked with a team challenge against the clock! There will be prizes if the teams are successful and forfeits if not!</p> <p>Key Skills: Orienteering, Team Challenges against the clock, Problem Solving, Motivation, Team Work</p>	<p style="text-align: center;"><u>FREEDOM FRIDAYS!</u></p> <p>Fun and Games on the Pond with our popular...</p> <ul style="list-style-type: none"> ➤ Water Side ➤ Island Hopping ➤ It's a Knockout! ➤ Canoeing ➤ Raftbuilding <ul style="list-style-type: none"> • Bumble Bees will sail the seven seas on a raft they build themselves or supported with the instructor in a canoe! • Otters will face a number of obstacles and challenges the overall question being '<i>Who can get the wettest and the wildest!</i>' <p>Key Skills: Paddlestart Syllabus, Rope work, Team Building, Confidence & Fun!</p> <p style="background-color: yellow; text-align: center;">END OF SUMMER AWARDS!</p> <p style="text-align: center;">Party, Awards & BBQ Optional Extra 15:30 ALL WELCOME!</p>



SUMMER HOLIDAY ADVENTURES 2017!

WEEK 3 ONLY	<u>Monday 24th July</u>	<u>Tuesday 25th July</u>	<u>Wednesday 26th July</u>	<u>Thursday 27th July</u>	<u>Friday 28th July</u>
<p>WOLVES:</p> <p>AGED 13 – 15 years</p> 	<p style="text-align: center;"><u>ON YOUR MARKS!</u></p> <p>Day 1 sees the Wolf team come together for the first time. There will be the opportunity to get to know one another through icebreaker games and team challenges, particularly in our Adventure Wood & Low Ropes Area.</p> <p>The team will get the opportunity in the afternoon to undertake some Advanced Archery:</p> <ul style="list-style-type: none"> • Sight shooting • ‘Trick shots’ • Further coaching to hone and improve skills. <p>If time allows, the team will explore the grounds, culminating with a fire at the Tipi site</p> <p>Key Skills: Trust, Communication, Problem Solving & technical Archery Skills. Fire Lighting.</p>	<p style="text-align: center;"><u>TREE TOP TUESDAY!</u></p> <p>After a morning building trust and teamwork in our Adventure Wood and on our new Low Ropes Course, the Wolves will head to our High Ropes area:</p> <p>They will explore the techniques required to develop their Climbing and safe Belaying before taking on challenges at the High Ropes Area: Climbing Wall, Pole, Vines, Crate Climb, Jacobs’s Ladder.</p> <p>Key Skills: Climbing & Belaying Techniques, Trust, Communication, Problem Solving (Crate Climb)</p>	<p style="text-align: center;"><u>WILDERNESS WEDNESDAYS!</u></p> <p>Wednesdays see us strike out beyond the bounds of Wiston Lodge on a Hill Challenge Day:</p> <p>Wolves will navigate towards Wallaces’ Seat &, where conditions allow, to the summit of Tinto Hill.</p> <p>They will practice scenarios to deal with all situations that may arise!</p> <p>Key Skills: Expedition Planning, Country Code, Map & Compass Work, Team Work, Crisis Management, including First Aid, Personal Challenge & Fun!</p>	<p style="text-align: center;"><u>TEAMTASTIC THURSDAYS!</u></p> <p>Thursdays this year are all about Teamwork! All groups will be tasked with working together to complete challenges at the activity base and/or at various locations around the Lodge Grounds. The theme for this week is:</p> <p style="text-align: center;">Silly Highland Games!</p> <p>Traditional Scottish Sports with a twist to challenges the team for glory and prizes!</p> <p>Key Skills: Team Challenges against the clock, Problem Solving, Motivation & Fun!</p> <p style="text-align: center;">OVERNIGHT CAMP!</p> <p style="text-align: center;">Additional Optional Extra</p> <p style="text-align: center;">THURSDAY 27th July ONLY</p> <p style="text-align: center;">Camp, Cook up & Eve Activity! E.g. Night Navigation</p>	<p style="text-align: center;"><u>WET & WILD!</u></p> <p>Our every popular Wet and Wild days include:</p> <ul style="list-style-type: none"> • Canoeing Skills • Capsizes • Rescues • Raft-Building • It’s a Knockout Fun! <p>Key Skills:</p> <p>Paddlestart Syllabus Paddle Strokes Rescue Techniques Raft Building Techniques Rope Work Team Work Fun</p>



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ADDITIONAL INFORMATION:

We aim to run two parallel programmes on weeks 1, 2 and 4 with three programmes running for each separate age group on week 3.

Please note that this is based on bookings and viability of group numbers and we reserve the right, where necessary, to merge the groups, although we will endeavour at all times to challenge and support the children appropriately, according to their age, experience and confidence levels.

Age Ranges: Bumble Bees must be Aged 5 and in Primary 1 before they can attend.

Otters must be aged 8 years + but can attend well into their teens.

Wolves has been set up to cater for older teenagers, ideally 13 – 15 years, but if you have a slightly younger 'wolfling', speak to us at the time of booking!

Once booking is made, payment is required and is non-refundable as we book instruction on the basis of your booking.

As a charity we offer the Holiday Programme in addition to our Core activities and value your support and understanding regarding cancellations.

Should we need to cancel a day's activity (4 or less participating), we will give you at least 2 days notice and a full refund / opportunity to transfer the date over to another suitable occasion.