

Alford Adventure Activities Club

Saturday 2nd April – Sailing

Come and enjoy a taster sailing session at Knockburn Loch.

Saturday 7th May – Rock Climbing

Try rock climbing and abseiling at the sea cliffs at Cove.

Saturday 4th June – Mountain Biking

Come and explore the local mountain bike trails and learn a trick or two!

Saturday 2nd July – Canoeing

Enjoy a fun filled paddle on the Don in a 2 person canoe and play some games on the way.

Saturday 6th August – Gorge Walking

This is a full day event walking at the Lui gorge in Braemar

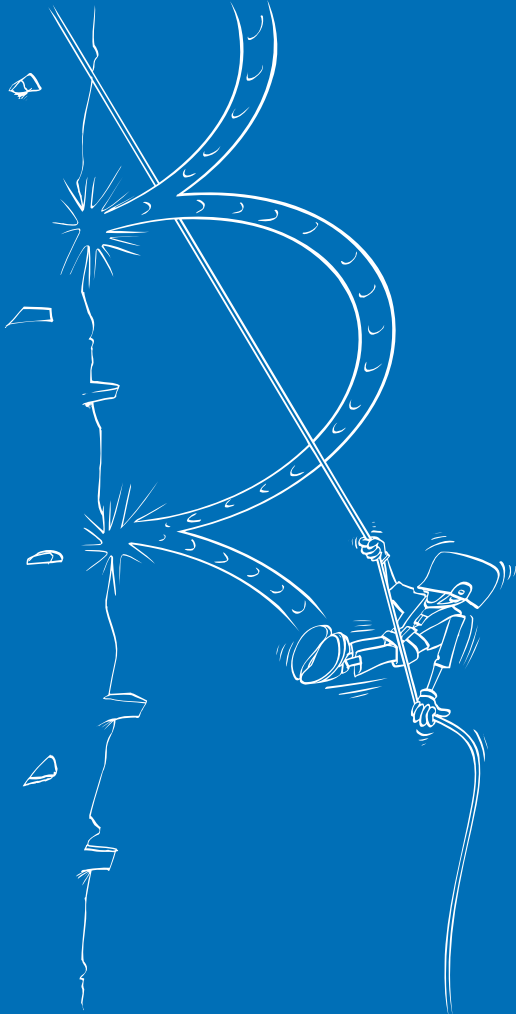
Saturday 3rd September – Coasteering

For all activities, all necessary equipment will be provided.

For gorgewalking & coasteering wetsuits will also be provided.

Abigail Hay Active Schools Coordinator

Tel: 07823 536227 Email: abigail.hay@aberdeenshire.gov.uk



Further Information

These adventure activities are open to all pupils in P4-7. Each day will consist of two sessions. The morning session will run from 0900 – 1200 and is open to children and their parents. Participants should meet at the activity location at 0900 sharp. Exact meeting locations will be sent out closer to the time.

The afternoon sessions will run from 1300 – 1600. These sessions are for children only. Transport may be available and will leave from Alford School car park. Pick up and drop off times will be confirmed closer to the time. Parents can, if they wish transport their child to the afternoon sessions and if this is the preferred option children should meet at the venue at 1300 sharp.

All equipment will be supplied and the activities are being run by Adventure First in partnership with Active Schools Aberdeenshire.

The cost of these sessions is £20 per activity.

Sailing

Learn to sail on the laser funs at Knockburn Loch! Spend the day with 2 Royal Yachting Association instructors on the water, learning to sail, in a very safe environment

Rock Climbing

Come and try rock climbing and abseiling at the sea cliffs at Cove, just south of Aberdeen.

Mountain Biking

Come and explore the local mountain bike trails and learn a trick or two. This will involve exploring the forest tracks as well as finding some good downhill tracks for those who like adventure. There will be something for everyone!



Further Information

Canoeing

Enjoy a fun filled paddle on the Don in a two person Canoe. This will involve a small journey on slow moving water suitable for complete beginners. You will take in the scenery while exploring the local river and playing some games on the way.

Gorge Walking

Get wet and have a great time! The gorge is one of the best kept secrets in the north east, swim in the pools, slide down the flume or jump into the deep pools. This is a full day event from 0900 - 1600.

Coasteering

This is a fantastic activity that involves scrambling around the coastline, swimming and jumping into deep water. This is a great activity for those who are up for a challenge and want to try something new. It is a fun and unique way to explore the coastline.

Please register your interest by completing the attached form. Approx 6 weeks before the activity you will be sent further information, an application form and details on how to make a payment.



Application Form for Active Schools Activities

Name:
School & Class:
Parent Name:
Telephone:

I am interested in the following activities (please tick):

Rock climbing	<input type="checkbox"/>	Gorgewalking	<input type="checkbox"/>
Mountain Biking	<input type="checkbox"/>	Sailing	<input type="checkbox"/>
Coasteering	<input type="checkbox"/>	Canoeing	<input type="checkbox"/>
I am interested in the children only session			<input type="checkbox"/>
I am interested in the parent & child session. Number of parents/adults			<input type="checkbox"/>
I would consider using the transport provided for the afternoon session			<input type="checkbox"/>
Signature of Parent / Guardian			

For all activities, all necessary equipment will be provided.

Please register your interest by completing the above form.
On receipt of your form, you will be sent further information detailing meeting places and times etc, an application form and details on how to make a payment.
Please return applications to Abigail Hay (ASC), The Bothy, Inverurie Town Hall, Inverurie, AB51 3SN