



Frontier Centre Programme

28/01/2010

ASNA

16th - 20th August 2010									
All activity sessions run with a minimum of 12 to a maximum of 16 participants per group									
	Breakfast	Lunch			Eve. Meal				
Monday		Arrival: 12pm			3.15 - 4.15pm Walk the Plank		5pm	9 - 10pm Sports Hall	
Tuesday	8am	9.30 - 11.30am Mission Impossible		12.15pm	1 - 3pm Bridge Building	3.15 - 4.15pm Trading Trainers	5pm	7 - 9pm Archery	9 - 10pm Sports Hall
Wednesday	8am			Packed Lunch			Cold Buffet		
Thursday	8am	9.30 - 11.30am Kayaking		12.15pm	1 - 3pm Mountain Biking		5pm	7 - 9pm Search&Rescue	Self-supervised Camp Fire
Friday	8am	Vacate Rooms by 9.30am		12.15pm	Depart: 1pm				
		9.30 - 11.30am High Ropes							
Above is a programme for your group's stay.									
Please book in advance if you would like to have a self-supervised campfire and ensure that you have a qualified first-aider to supervise.									
		Numbers:	16 young people + 7 Adults		Leader:	Sophia Nicholls		Age Range:	11 - 18 years
Extra Notes									

Please note that costs will be incurred if your group cancels or greatly reduces the numbers participating in activities within six weeks of the start of the visit (see booking form for details).