

## **SATURDAY ADVENTURE MORNINGS**

Saturday adventure mornings are all about action and adventure for all. These activities are specifically for disabled young people aged 10-19 years. For these activities this includes any children and young people that have additional needs. This also includes children and young people on the autistic spectrum. Participants can arrive from 9am each morning and we will start each session at 9.30am.

## **WHAT CAN YOU EXPECT?**

Calshot is the south's premier Adventure Centre, owned by Hampshire County Council and approved by the Adventure Activities Licensing Service (AALA Tel: 01222 755715) and we conform to strict guidelines. All Centre staff are highly trained and experienced.

## **WHAT KNOWLEDGE DO THE STAFF HAVE OF DISABILITIES?**

All the instructors working on this programme will have participated in disability awareness training. Qualified care support staff will also be assisting on these sessions.

## **WILL THE ACTIVITIES BE SUITABLE FOR MY CHILD?**

All sessions will be adapted to offer the opportunity for maximum involvement for all. If you would like to talk to someone before making a booking please contact us and we will happily discuss your requirements. Or alternatively email your queries to [calshot.bk@hants.gov.uk](mailto:calshot.bk@hants.gov.uk) and we will get back to you as soon as possible.

## **WILL YOU RUN THE COURSE IN ALL WEATHER?**

Yes, we will run the course every week regardless of the weather. Most of the activities are run indoors. We may make adjustments to the programme if weather requires.

## **PRE VISIT**

If you and your child have not been to Calshot Activities Centre before then you may want to pop in for a visit to see some of the activities in action. Contact our bookings department to organise the best time for this or if you wish to talk to a member of staff to discuss any aspects of the course.

## **DO PARENTS/CARERS NEED TO STAY AT CALSHOT DURING THE SESSIONS?**

No, provided we have contact details you are free to leave, however you are welcome to stay and watch how the young people are getting on for all or part of each session.

## **WHAT SHOULD MY CHILD BRING?**

Make sure you have plenty of layers of warm clothing, including a waterproof jacket. It can be chilly inside our main buildings. Long socks, a long sleeved top, gloves and trousers will be needed for dry slope activities. We provide all specialist equipment and clothing.

## **HOW MUCH WILL IT COST?**

The cost for the course (4 activity sessions) is £59 per person. The cost of the additional staffing, including care support staff, will be paid through the Hampshire Aiming High for Disabled Children funding.

## **PLACES AVAILABLE**

There are 12 places available for this 4 week activity course. Places will be on a first come first served basis. Once the course is full we will keep a waiting list of others interested in case someone has to cancel and so that we can let you know about future courses.

## **CAN WE BOOK FOR INDIVIDUAL SESSIONS?**

For this club we are asking people to book for all 4 sessions so that there is a consistent group of young people across the 4 weeks, rather than new people coming in each week. This is to help young people that require a level of routine and consistency.

## **HOW TO BOOK**

**Bookings must be made in advance, either in person or by phone. All payments must be made at time of booking by cash or card.**

Please complete the detailed booking forms so that we have all the information we need to help those attending get the most out of the sessions. This information will also ensure we have the appropriate number of staff for the sessions.

**NOTE:** All completed booking forms **MUST** be received by Calshot by the 19 February 2010 to ensure enough time for preparation.

**[www.calshot.com](http://www.calshot.com)  
023 8089 2077**

## WHAT ARE THE ACTIVITIES?

### Week 1 - Saturday 27 February

**Problem Solving & Low Ropes:** Have fun solving the adventure problems and check out the activity sites.

**Ringos:** Travel in rubber rings down our dry ski slope. It's great fun! And an excellent way to experience the thrill snowsports can offer.

### Week 2 - Saturday 6 March

**Climbing & Abseiling:** Get to know the ropes on our climbing walls. You will learn how to keep others safe under the close supervision of our instructors. Hang tough and trust the friction as you enjoy climbing the walls. Control the speed of your own descent when abseiling, just like the super heroes!

### Week 3 - Saturday 20 March

**Archery and Shooting:** Test your aiming skills and go for gold! Your chance to have a go and develop your archery and shooting skills.

### Week 4 - Saturday 27 March

**Dry Ski Slope:** Back on the slopes for more adventures. Have a go at one or more of the following:

**Skiing:** There will be the opportunity to try skiing, one of the most exciting sports around.

**Ski Bob:** Master some high-speed manoeuvres on our purpose built ski bob sledges.

**Ringos:** If you enjoyed this in week one then you'll have the opportunity to have another go. You may choose to go higher or faster or simply cruise down the slopes and enjoy the ride.

## WANT TO BOOK A GROUP?

These sessions are for individuals to book on to. If you would like to make a group booking please contact our bookings team to discuss what is available.



## WHAT OTHER ACTIVITIES DOES CALSHOT OFFER?

Calshot offers a wide range of activities for individuals and groups including; Climbing, Skiing, Archery, Dinghy Sailing, Canoeing, Windsurfing and Powerboating.

Options range from individual sessions to residential courses.

Contact our bookings department to discuss your requirements -

**Calshot Activities Centre**

[www.calshot.com](http://www.calshot.com)

**Email:** [calshot.bk@hants.gov.uk](mailto:calshot.bk@hants.gov.uk)

**Calshot Spit, Fawley**

**Southampton**

**SO45 1BR**

**Tel 023 8089 2077**

# Saturday Adventure Mornings

**Part of Hampshire's Aiming High for  
Disabled Children & Young People  
Programme**

**NEW DATES:** 9.30am–12.00noon  
27 Feb, 6, 20, 27 March 2010  
(Note: not on the 13 March)



**CALSHOT**  
ACTIVITIES CENTRE

**Email:** [calshot.bk@hants.gov.uk](mailto:calshot.bk@hants.gov.uk)



*Hampshire County Council*