



Activity

Duration (hours)

Age

TEAM WORK

LEADERSHIP

PERSONAL CHALLENGE

SELF RESILIENCE

ENVIRONMENTAL AWARENESS

HIGH ADRENALINE

	Activity	Duration (hours)	Age	TEAM WORK	LEADERSHIP	PERSONAL CHALLENGE	SELF RESILIENCE	ENVIRONMENTAL AWARENESS	HIGH ADRENALINE
LAND ACTIVITIES	Abseil Tower	1.5	8-adult	✓		✓	✓		✓
	Archery	1.5	8-adult			✓			
	Blue Tubes	1.5	8-11			✓			
	Bush Craft	1.5	8-adult				✓	✓	
	Campfire	1.5	8-13	✓		✓		✓	
	Challenge Course	1.5	12-adult	✓	✓	✓			
	Climb and Abseil	3	8-adult	✓		✓	✓		✓
	Climbing Wall	1.5	8-adult	✓		✓	✓		✓
	Cook Out	6	8-adult	✓			✓	✓	
	Crate Stack	1.5 or 3	12-adult	✓	✓	✓			✓
	Earth Walk	1.5 or 3	8-adult	✓				✓	
	Field Games	1.5 or 3	8-adult	✓					
	Half Day Project	3	8-adult	✓	✓	✓			
	High Ropes	3	14-adult	✓		✓	✓		✓
	Initiatives	1.5 or 3	8-adult	✓	✓	✓			
	King Swing	1.5	8-adult	✓		✓			✓
	Local Fell Walk	1.5 or 3	8-adult	✓	✓	✓		✓	
	Nightline	1.5	8-adult	✓	✓	✓			
	Obstacle Course	1.5	8-adult	✓		✓			
	Orienteering	1.5 or 3	8-adult	✓		✓	✓		
Pioneering	1.5	8-adult	✓	✓	✓				
Pond Dip	1.5	8-11					✓		
Low Ropes	1.5	8-12	✓		✓				
Runway	1.5	8-adult			✓	✓		✓	
Search and Rescue	1.5	8-adult	✓	✓	✓				
WATER	Canoeing	3	8-adult	✓		✓		✓	
	Kayaking	3	8-adult			✓	✓	✓	
	Group Canoe	1.5	8-adult	✓	✓	✓		✓	
	Raft Building	1.5	8-adult	✓	✓	✓			
	Pico Sailing	3	8-adult	✓		✓	✓	✓	
	Long Boat Sailing	1.5	8-adult	✓				✓	
	Duckies	1.5 or 3	8-11			✓		✓	
	Ghyll Scrambling	4	8-adult	✓		✓		✓	✓
FULL DAY / OVERNIGHT	Bivi (Group Canoe)	8+ overnight	8-adult	✓	✓	✓	✓	✓	✓
	Bivi (Walking)	8+ overnight	8-adult	✓	✓	✓	✓	✓	
	Caving	4.5 - 8	8-adult	✓	✓	✓	✓	✓	✓
	Mountain Day	8	8-adult	✓		✓		✓	
	Off-Site Climb & Abseil	8	8-adult	✓		✓	✓	✓	✓
	Full Day Project	6	8-adult	✓	✓	✓			
	Homing (Walking)	8	14-adult	✓	✓	✓	✓	✓	
	Homing (Group Canoe & Walking)	8	8-adult	✓	✓	✓	✓	✓	

ABSEIL TOWER

Duration: 1.5hr
Season: Day 🌞* Evening 🌞
Ages: 8 - Adult

What does the activity involve?

Group members belay each other up an outdoor man-made climbing wall to a platform. Once at the platform, the climber then abseils or is lowered to the ground.

What are the aims of this activity?

To offer the group the experience of climbing, abseiling and belaying. It is an ideal opportunity for confidence building, teamwork and personal challenge.

ARCHERY

Duration: 1.5hr
Season: Day 🌞* Evening 🌞
Ages: 8 - Adult

What does the activity involve?

Learning basic archery skills in the outdoors and an introduction to using bows and arrows. Once the group has learned the basics there is opportunity for competitions and games.

What are the aims of this activity?

Personal skill development, potential for peer coaching and an opportunity to learn a new skill.

BIVI: WALKING

Duration: 3 hour afternoon, all evening and over night, 3 hour morning
Season: Day 🌞 Evening 🌞
Ages: 8 - Adult

What does the activity involve?

Pack and prepare on site before going on a short local fell walk to the bivi location. The group is taught some basic outdoor skills and must choose a suitable site to build their shelters and prepare their food. There is often an opportunity for games or reflection time in the evening before sleeping out. In the morning the group eat breakfast, break camp and walk back to the centre for clean up.

What are the aims of this activity?

Have an overnight experience in the outdoor environment promoting independence, self-resilience and personal challenge. This requires both team and personal organisation and provides a sense of achievement.

BIVI: GROUP CANOE

Duration: 3 hour afternoon, all evening and over night, 3 hour morning
Season: Day 🌞 Evening 🌞
Ages: 8 - Adult

Same as above except you travel to your bivi site in a group canoe or rafted canoe and set up camp by the lake. This option is subject to lakeside bivi sites being available.

BLUE TUBES

Duration: 1.5 hr
Season: Day 🌞* Evening 🌞
Ages: 8 - 11

What does the activity involve?

The group spends the session crawling through tubes, over and under ground. Throughout the activity participant's will help each other through various obstacles including a seesaw and slide.

What are the aims of this activity?

To encourage individual challenge, group co-operation, peer support and communication. An great, fun activity for younger groups.

CAMPFIRE – INSTRUCTOR LED

Duration: 1.5hrs
Season: Evening 🌞*
Ages: 8 - 13

What does the activity involve?

Groups are tasked at the start of the week with inventing a sketch, song, or play to perform at the campfire for the rest of their group.

What are the aims of this activity?

Group experience, reviewing, bonding, confidence building, and public speaking.

BARBECUE – INSTRUCTOR LED

Duration: 1.5 hr
Season: Evening 🌞*
Ages: 8 - 13

What are the aims of this activity?

This can be chosen in conjunction with the campfire a relaxed group experience in the open air. This activity is not recommended as a substitute for the evening meal but as an addition.

CAMPFIRE AND BARBECUE (OWN PROGRAMME)

Duration: 1.5 hours (or longer if requested)
Season: Evening 🌞🌙
Ages: 14-adult

Both activities can be run as an 'own programme' activity. This option will allow you to use one of our 3 campfire areas for your own use. All food, utensils and fuel must be self-provided or booked in advance for an additional charge.

What are the aims of this activity

This can be a great opportunity to deliver some of your own programme content, review or reflection sessions to meet specific aims and objectives.

BUSH CRAFT

Duration: 1.5 or 3 hr
Season: Day 🌞🌙 Evening 🌞
Ages: 8 - Adult

What does the activity involve?

Use a wide range of outdoor skills including choosing a suitable site, building shelters, starting fires for cooking and warmth, preparing and cooking food, games and developing independence. Can include sleeping out; see Bivi

What are the aims of this activity?

Bush Craft includes a mixture of activities including bush-craft, shelter building, bivi skills, fire lighting and outdoor food preparation and cooking. This requires both team and personal organisation. It provides a sense of achievement and an experience in an outdoor environment.

CANOEING

Duration: 3 hr
Season: Day 🌞🌙
Ages: 8 - Adult

What does the activity involve?

Our Canadian/Open canoes are usually paddled by 2 to 3 people. Sessions take place in our Centre bays on Lake Windermere and involve learning and developing paddling techniques, playing games and going on short journeys. It is possible (although quite easy to stay upright) to capsize and get wet and the session can have a 'wet' ending so be prepared!

What are the aims of this activity?

To develop teamwork, communication skills and gain water confidence. This positive experience is a fantastic tool for group development.

CAVING

Duration: ½ day (3hr and over lunchtime/ 3hr and evening) or full day
Season: Day 🌞🌙 Evening 🌞🌙
Ages: 8 - Adult

What does the activity involve?

Transport will be needed to take the group to the Yorkshire Dales to enter into the new and exciting world of caving. Groups will explore the hidden depths and lengths of caves learning about the delicate nature of the UK cave systems. Caving is an adventurous activity that takes groups out of their natural environment and comfort zone.

What are the aims of this activity?

Caving aims to improve communication skills, develop teamwork, group management and support skills. The activity is a great personal challenge offering an amazing sense of achievement and adventure.





CHALLENGE COURSE

Duration: 1.5 hr
Season: Day 🌞🌧️ Evening 🌞🌧️
Ages: 12 – Adult

What does the activity involve?

The team must traverse a series of low level challenges across wires and onto platforms without touching the ground. The course can only be completed with the help of your team mates. Problems involve real and imaginary ground-based obstacles (either natural or constructed) that challenge a group to pool their resources and work together to find solutions. Success is achieved only when all members have contributed to the outcome.

What are the aims of this activity?

The Challenge Course is designed to explore group interaction, problem-solving, and leadership and to develop trust, communication, co-operation, and planning skills. An excellent activity for slightly older groups.

ONSITE CLIMBING AND ABSEILING - SINGLE PITCH CRAGS

Duration: 3 hr
Season: Day 🌞🌧️
Ages: 8 - Adult

What does the activity involve?

At our on-site natural crags the group is supervised belaying each other whilst climbers are encouraged to go as high as they can before being lowered back to the ground. Abseiling may be included in the session, time permitting.

What are the aims of this activity?

This activity offers both group and individual challenges focusing on trust, support, co-operation and communication.

OFFSITE CLIMBING

Duration: 3 hr + lunch
Season: Day 🌞🌧️
Ages: 8 - Adult

Same as above but climbs are carried out on natural crags in and around the Lake District. Transport is required for this activity.

OFFSITE ABSEILING

Duration: 3 hr + lunch
Season: Day 🌞🌟
Ages: 16 - Adult

Same as above but abseils are carried out on natural crags in and around the Lake District. Transport is required for this activity.

CLIMBING WALL

Duration: 1.5 hr or 3 hr
Season: Day 🌞🌟 Evening 🌞🌟
Ages: 8 - Adult

What does this activity involve?

Participants have the opportunity to climb a variety of routes on the indoor man made climbing wall exploring holds and movements through structured training, challenges and games.

What are the aims of this activity?

This activity offers both group and individual challenges focusing on trust, support, co-operation and communication.

CRATE STACK

Duration: 1.5 hr or 3 hr
Season: Day 🌞🌟 Evening 🌞
Ages: 12 - Adult

What does this activity involve?

Involves building a tower of crates whilst standing on top of it in small teams of two or three people. They are belayed from the ground (under supervision) by the other members of the team. This is a challenging activity where balance, skill and confidence are required.

What are the aims of this activity?

Crate Stack is a high impact activity that offers a high level of team challenge. It gives a great opportunity to develop communication and teamwork.

COOKOUT

Duration: Afternoon and evening session
Season: Day 🌞
Ages: 8 - Adult

What does this activity involve?

A cookout can be incorporated as part of a whole day outing being completed by land (walking), water (group canoe) or both (i.e. group canoe one way and walk the other). As well as the opportunity to experience a day in the great outdoors, the group will cook a hot meal using tranjias either for their lunch or as their evening meal depending on when the activity takes place.

What are the aims of this activity?

Cookouts include outdoor food preparation and cooking whilst raising participant's awareness of the environment and local area. This requires both team and personal organisation whilst providing a sense of achievement and an experience in an outdoor environment.

DUCKIES

Duration: 1.5 or 3 hr
Season: Day 🌞
(Usually mid June to mid September)
Ages: 8 - 9

What does this activity involve?

Paddling inflatable rubber rafts (Duckies). Playing games and having fun on and in the water in a small cordoned off area of the lake.

What are the aims of this activity?

To gain water confidence and introduce groups to basic paddle sports in a fun environment.



EARTH WALK

Duration: 1.5 hr or 3 hr
Season: Day ☀️🌧️ Evening ☀️🌧️
Ages: 8 - 11

What does the activity involve?

Explore the environment using the sense of smell, touch, sight and hearing in a fun way. Experience the natural world from a different perspective.

What are the aims of this activity?

To raise participants' awareness of the environment around them in a novel and innovative way. Develop teamwork, communication and share more spiritual experiences.

FIELD GAMES

Duration: 1.5 hr or 3 hr
Season: Day ☀️🌧️ Evening ☀️
Ages: 8 - 13

What does the activity involve?

Have fun playing various games in our open field areas, usually involving getting from base to base, either collecting things and/or people. This can be run as an own programme activity.

What are the aims of this activity?

To encourage teamwork and fun while being outdoors.

FELL WALK

Duration: 1.5 hr or 3 hr
Season: Day ☀️🌧️ Evening ☀️🌧️
Ages: 8 - Adult

What does the activity involve?

The activity involves low level walking (in and around the centre). This can incorporate navigation, journey skills, decision making, teamwork and commitment. This often allows groups the opportunity to learn more about the environment and local area.

What are the aims of this activity?

Fell walking is an enjoyable activity in its own right. Participants can appreciate the natural beauty of the locality, the local views along with environmental and local history. This can be combined with environmental objectives. Participants may have a chance to develop their navigational and journey skills.

GHYLL SCRAMBLING

Duration: ½ day (3hr and over lunchtime / packed lunch and 3hr)
Season: Day ☀️
Ages: 13 - Adult

What does the activity involve?

Transport will be needed to bring the group to the site. Ghyll scrambling is a mixture of rock climbing and caving using the stream bed. It provides an ideal opportunity and setting to mix people and water to create a natural adventure playground. Groups will take a packed lunch with them to eat on the bus or at the site. This activity is very weather dependent and may require changing last minute depending on water levels.

What are the aims of this activity?

Ghyll scrambling is an activity that combines personal challenge with teamwork, giving the group the chance to support each other physically and emotionally. The group may discover their own self reliance and set personal challenges within a created atmosphere of adventure and education with an opportunity to improve communication skills.



GROUP CANOE

Duration: 1.5 hr or 3 hr
Season: Day ☀️❄️ Evening ☀️
Ages: 8 - Adult

What does the activity involve?

Groups work in teams of up to 15 in our large group canoes. Learn about paddling and steering skills & techniques. You could also take part in Group Canoe orienteering. Since the boat will not tip as much as other boats it is particularly good for introducing younger ones to paddling or those very nervous about the water. (It is a good activity if you want to go out on the lake without getting wet.)

What are the aims of this activity?

Build teamwork and co-ordination amongst the group. Appreciate the natural beauty of Windermere.

HIGH ROPES COURSE

Duration: 3 hr
Season: Day ☀️❄️
Ages: 14 - Adult

What does the activity involve?

The High Ropes Course is a pre-fabricated course, built of poles, cables, and bolts. Participants are connected to a rope, with another (supervised) group member on the ground holding onto and belaying the participant on the course. Balance, skill and confidence are required for this challenging activity

What are the aims of this activity?

The High Ropes Course is a high impact activity that offers a high level of both individual and team challenge. It is certainly fun and gives a great opportunity for developing communication and teamwork. It can be used to focus on personal achievements and asks participants to confront their personal fears and anxieties. Challenges may be physical and/or emotional. High Ropes involves the development of technical skills to manage rope belay systems which are used to secure other climbers as they move through the course. The activity is designed to develop trust and co-operation and improve self confidence and a sense of achievement.



HOMING: LAND HOMING

Duration: Full Day (over lunchtime) + evening before for preparation
Season: Day ☀️❄️
Ages: 14 - Adult

What does this activity involve?

This activity is a full day expedition where the group is responsible for all aspects of the day from journey planning, navigation and decision making. The homing day can be completed by land (walking), water (group canoe/canoes) or both (canoe one way and walk the other). As the aim of the homing day is to promote independence and self-reliance safety by instructional staff can be provided at two levels, either by direct supervision or shadowing.

What are the aims of this activity?

A Homing is a challenging activity promoting independence, empowerment, personal and team achievement and development of journey skills. Team interaction is a key component which is integral to a successful outcome.

HOMING: WATER

Duration: Full Day (over lunchtime) + evening before for preparation
Season: Day ☀️ *
Ages: 14 – Adult

Same as above however the journey is carried out in a group canoe or rafted canoe.

HOMING: LAND AND WATER

Duration: Full Day (over lunchtime) + evening before for preparation
Season: Day ☀️ *
Ages: 14 – Adult

Same as above however half the journey is completed in a group canoe and the other half walking.

INITIATIVES

Duration: 1.5 hr or 3 hr
Season: Day ☀️ * Evening *
Ages: 8 - Adult

What does the activity involve?

A variety of physical and mental activities that get the group bonding together and getting to know one another and their instructor. The initiatives can be tailored to meet specific learning objectives and outcomes to suit the individual needs of the group.

What are the aims of this activity?

These exercises focus primarily on teamwork skills such as communication, problem solving, team roles, leadership styles, etc. They can be used to break down barriers, build trust and understanding and mould the group into a team.

FULL OR HALF DAY PROJECT

Duration: Full Day or Half Day (3Hr)
Season: Day ☀️ *
Ages: 8 - Adult

What does the activity involve?

A more focused approach to initiatives, culminating in a group finale. Often the group have to choose which initiatives to do or play Lakeopoly and let the dice decide where to go! The team often earn points to "buy" kit to complete one final challenge.

What are the aims of this activity?

To develop specific team goals through a series of progressive tasks.

KAYAKING

Duration: 3 hr
Season: Day ☀️
Ages: 8 - Adult

What does the activity involve?

Our kayaks are single person crafts with a cockpit area for the paddler to sit in. The session take place in our centre bays on Lake Windermere close to the shore to teach basic skills of paddling and steering. There are many activities and games that can be played on water and a short journey is usually a good aim for a group. There is usually a wet finish with plenty of opportunities for splashing and the odd accidental capsizes during the session.

What are the aims of this activity?

To develop water confidence, skill development, personal challenge, group awareness and fun with an introduction to the lake environment.



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KING SWING

Duration: 1.5 hr
Season: Day ☀️ * Evening ☀️ *
Ages: 14 – Adult

What does the activity involve?

The King Swing is a large swing suspended between two trees. Participants are harnessed in and hauled upwards by the rest of the team until they reach a suitable height, they then release themselves and swing through the trees. King Swing is a huge thrill and great to get the team supporting one another especially with people who are nervous.

What are the aims of this activity?

An activity that combines a personal challenge with teamwork. Challenge by choice is incorporated as the participant decides how high to go before releasing.

LOW ROPES COURSE

Duration: 1.5 hr
Season: Day ☀️ * Evening ☀️
Ages: 8 - 12

What does the activity involve?

The group travels around the course in pairs, spotting each other. The course involves balancing, jumping and swinging on wooden walkways, swinging steps, Burma Bridge, cargo net, beams etc. Low rope elements present tests of physical strength, stamina, agility, balance, and flexibility, and invite participants to push their comfort zones. There is a sense of fun and challenge but also teamwork through the buddy system.

What are the aims of this activity?

A personal challenge which also promotes great teamwork and communication. Develops physical skills and co-ordination and of course is great fun as well!

MOUNTAIN DAY (SUMMER)

Duration: All day
Season: Day ☀️
Ages: 8 - Adult

What does the activity involve?

Transport will be needed to explore on foot the mountain fells & paths of the Lake District National Park. Experience some of the most magnificent scenery in the country and learn about the natural environment. Challenge can be tailored to the group, a full mountain or two for an able group or smaller fells and lowland walks for younger participants or just those who would like a more relaxed day.

What are the aims of this activity?

To provide an ideal environment for adventure and discovery. Opportunities exist for personal and group challenges as well as acquiring and developing skills such as navigation. The mountain environment offers many possibilities for environmental learning or simply enjoying the peace away from today's hectic pace of life.

MOUNTAIN DAY (WINTER)

Duration: All day
Season: Day *
Ages: 12 - Adult

What does the activity involve?

Transportation will be needed to explore on foot the mountain fells & paths of the Lake District National Park. The presence of snow and ice, often stronger winds, colder temperatures and shorter days than in the summer add an extra piquant of beauty, ruggedness and challenge to the mountain experience.

What are the aims of this activity?

A personally rewarding and challenging activity that develops a high degree of communication, teamwork skills and risk assessment. Builds self-esteem and sense of achievement.



MOUNTAIN EXPEDITION

Duration: 2+ days
Season: Day 🌞🌟
Ages: 14 - Adult

What does the activity involve?

An adventure in the mountain environment. Walk with a full expedition rucksack with everything you need. Travel through or over the mountains and have at least one night sleeping out in a tent with no one else for miles around. Expeditions are typically only one or two nights but can be longer if specified.

What are the aims of this activity?

There is a great sense of adventure, challenge and achievement as well as learning about the mountain environment and providing opportunity for emotional and spiritual highs and lows.

NIGHT LINE

Duration: 1.5 hr
Season: Day 🌞🌟 Evening 🌟🌟
Ages: 8 - Adult

What does the activity involve?

Nightline is a high involvement activity requiring the team to negotiate a set course whilst wearing blindfolds. It is an enjoyable activity which appeals to a full range of age and ability levels. The session is about communication and teamwork along with the experience of being deprived of sight.

What are the aims of this activity?

Working as a team to develop skills such as trust and responsibility.

OBSTACLE COURSE

Duration: 1.5 hr
Season: Day 🌞🌟 Evening 🌟
Ages: 8 - Adult

What does the activity involve?

Use teamwork skills to negotiate the obstacles completing tasks and challenges along the way. At the end there is the option to have a go at the swamp traverse – balance along the beams but if you fall you end up in the mud!

What are the aims of this activity?

Personal and group challenge, promotes planning, teamwork and communication.

ORIENTEERING

Duration: 1.5 hr or 3 hr
Season: Day 🌞🌟 Evening 🌟🌟
Ages: 8 - Adult

What does the activity involve?

Orienteering is 'cunning running'. It marries both running (or walking if you are feeling less energetic!) and navigation skills. Participants use maps to visit specific control points. Learn the skills then compete or work together to get as many controls in a set time.

What are the aims of this activity?

Introduce and develop the use of maps and navigation skills. A fun way to develop self-reliance, fitness and running skills across a variety of terrain and get to know the site.

PIONEERING

Duration: 1.5 hr
Season: Day 🌞🌟 Evening 🌟
Ages: 8 - Adult

What does the activity involve?

Learning and applying the basic skills necessary to build structures such as trebuchets and bridges. This develops the skills needed for raft building and is ideal programmed coupled together into a 3 hour activity.

What are the aims of this activity?

To teach knot tying skills to produce an end product whilst working as a team.

POND DIP

Duration: 1.5 hr
Season: Day 🌞🌟 Evening 🌟
Ages: 8 - 11

What does the activity involve?

This activity is an introduction to using the buckets and nets provided to dip the pond and collect specimens using teaching material and charts to name what has been found and the relationship between animals. This activity is best suited to spring and summer when there is more life in the pond.

What are the aims of this activity?

An introduction to the diversity of aquatic life found at Lakeside including the links between them and a basic understanding of food webs and chains. This can be used to fulfill some elements of the National Curriculum.

RAFT BUILDING

Duration: 1.5 hr
Season: Day 🌞🌊 Evening 🌞
Ages: 8 - Adult

What does the activity involve?

Groups work together to build a raft with wooden poles, barrels and ropes. They must then get their team round a course as a race against another team or to collect something – a rescue mission to a stranded person or a key to unlock a treasure chest. 3 hour sessions will involve plenty of practice, perhaps a little pioneering, to allow groups to really take ownership of their raft. Younger groups may head to the craft room to make adornments for their pirate vessel!

What are the aims of this activity?

Rafting is a dynamic high involvement activity requiring good team working throughout the design, building, paddling and dismantling of the raft. It is an activity which appeals to a full range of age and ability levels. The session is about teamwork and communication skills.

RUNWAY

Duration: 1.5hr
Season: Day 🌞🌊 Evening 🌞
Ages: 8 - Adult

What does the activity involve?

Access to the runway tower is via a belayed ladder climb to a platform. The participants slide down the runway wire one at a time over an inlet in the lake. They are stopped by a gravity braking system at the end. The slider dismounts the wire via a movable trolley.

What are the aims of this activity?

The aerial runway provides a very exciting personal challenge. It also requires group involvement and teamwork to make the task run smoothly. Determination, courage and exceeding limitations are qualities often on display.

PICO SAILING (SINGLE HANDERS)

Duration: 3 hr
Season: Day 🌞🌊
Ages: 8 - Adult

What does the activity involve?

In pairs the group set up and learn to sail a dingy boat in the safe environment of our bays on Lake Windermere. Working independently and with other boats the group will gain confidence and put

basic skills into practice. The session gives a real sense of independence as each pair sail on the lake and race other boats.

What are the aims of this activity?

Introduction to sailing; groups learn the very basic skills required to experience an independent and exciting taste of dinghy sailing. The sessions encourage social interaction and promote confidence. They also increase the demand on their listening and observation skills.

LONG BOAT SAILING

Duration: 1.5 or 3 hr
Season: Day 🌞🌊
Ages: 8 - Adult

What does the activity involve?

Learn to sail in a stable boat with an instructor on board. With up to 8 people per boat this is a sociable experience and with two boats the whole group can take part. These large boats can operate the majority of the year and are ideal for those less mobile or those not confident venturing onto the lake as you do not get wet or go in the water.

What are the aims of this activity?

Encourages teamwork and communication to successfully sail the boat. Listening and observation skills are particularly required. Basic understanding of the skills needed for sailing are also developed.

SEARCH & RESCUE

Duration: 1.5 or 3 hr
Season: Day 🌞🌊 Evening 🌞
Ages: 9 - Adult

What does the activity involve?

The activity involves setting a scenario for the group to solve - this could be recovering missing objects or a missing person. The group needs to learn about search patterns then plan and conduct a search. If a casualty is involved then the group can incorporate first aid skills and help to stretcher them to safety. Overall it's a dynamic and adventurous activity in the great outdoors with plenty of learning through experience.

What are the aims of this activity?

To encourage clear communication and teamwork and to develop map reading skills. To learn about rescue organisation and basic first aid techniques.

YMCA



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