



# ADVENTURE & WATER SPORTS

Bede’s Adventure & Water Sports Academy entails a variety of different outdoor activities in the local area. The core goal for this Academy is to help improve understanding and technique for different adventure and water activities.

## FURTHER INFORMATION

Activities may include climbing, kitesurfing, abseiling, bouldering, mountain biking, paddleboard, bodyboard, wakeboard, windsurfing, high ropes and archery. Water Sports may be offered across lagoon, river or sea based activities.

## OBJECTIVES

- To exercise students’ own judgement to assess and control risk
- To be aware of own abilities and limitations
- To challenge students to step outside of their comfort zone
- To feel a sense of excitement
- To improve self-confidence
- To enhance students’ fitness level
- To feel satisfaction for achieving a challenge through students’ own effort
- To broaden vocabulary relating specifically to the sports undertaken.

## SUMMARY

CENTRES	Dicker (12–17 years) and Lancing (13–17 years)
VENUE	External venues
HOURS	3 hours per week (2x 1½ hour sessions)
DAYS	Tuesday and Thursday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	In small groups, depending on the sport
FEE	£325 per week
DATES	Dicker – Week 2: 07/07/2024   Week 4: 21/07/2024   Week 6: 04/08/2024 Lancing – Week 1: 30/06/2024   Week 3: 14/07/2024   Week 5: 28/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.