



ADVENTURE SPORTS

Bede's Adventure Sports Academy entails a lot of different outdoor activities in the local area. These adventure sports may include: Climbing, shooting, raft making and outdoor expeditions.

FURTHER INFORMATION

Activities may include climbing, abseiling, bouldering, mountain biking, high ropes and archery.

OBJECTIVES

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

SUMMARY

CENTRES	Dicker, Lancing and Royal Holloway (11–17 years)
VENUE	External venues
HOURS	4 hours per week (2x 2 hour sessions)
DAYS	Tuesday and Thursday*
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	In small groups, depending on the sport
FEE	£295 per week
DATES	Dicker – Week 2: 09/07/2023 Week 4: 23/07/2023 Lancing – Week 3: 16/07/2023 Week 5: 30/07/2023 Royal Holloway – Week 1: 02/07/2023 Week 3: 16/07/2023

*Please note that for Royal Holloway and Brighton days may differ.

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