



Leicestershire  
County Council



# ACTIVITY DAYS & COURSES

# 2010



LEICESTERSHIRE OUTDOOR & RESIDENTIAL LEARNING SERVICE

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The minimum age for all Activity Days and Courses is 8 years old except the National Navigation Award Scheme Bronze Level and the BCU Star Awards where participants must be over the age of 14.

# COME AND GET ACTIVE AT BEAMANOR AND QUORN OUTDOOR LEARNING CENTRES

Leicestershire Outdoor and Residential Learning Service are pleased to introduce our programme of courses and events for 2010. Within this booklet there's something on offer for everyone:

## FUN

Have fun at one of our numerous events for families and young people trying out the activities we have on offer here at Beaumanor and Quorn Outdoor Learning Centres.

## SKILLS

Progress in Rock Climbing or Canoeing with our Skills Courses.

## QUALIFICATIONS

Gain qualifications in Navigation and Canoeing.

## VENUES

Beaumanor Outdoor Learning Centre – based in the village of Woodhouse and home to our artificial climbing walls, high ropes course and 150m long zip wire.

Quorn Outdoor Learning Centre – once home of the famous Quorn hunt, now a fully equipped and accessible canoe centre based on the River Soar.

All the events include hire of safety equipment, use of changing facilities and instruction from our experienced and qualified staff.

**For any enquiries or bookings, call Marcia Bond on 01509 412223.**

# ACTIVITY DAYS

## ADVENTURE DAY

Quorn Outdoor Learning Centre  
£20 for Adults and £15 for Under 16's  
Dads & Lads 20 March - Only Girls Allowed 21 August  
9:30 - 15:30

Come and have a go at our popular land and water based activities. Canoe on the river Soar try your hand at Archery and find your way (hopefully) by Orienteering.

Dads & Lads, Uncles & Nephews, Mums & Daughters or Aunts & Nieces.

Young people must be accompanied by an adult.  
Please bring your own lunch.  
Book in advance by midday before.

## DO IT ALL - 4 DAYS

Quorn and Beaumanor Outdoor Learning Centres  
£120 - for young people aged 8 to 16  
6 - 9 April  
9:30 - 15:30

4 days of fun and challenge trying all the activities on offer at Beaumanor and Quorn Hall, during the Easter School Holiday. Activities include climbing, high ropes, canoeing, team challenges and archery.



# HIGH CHALLENGE DAY

Beaumanor Outdoor Learning Centre

£20 Adults - £15 Under 16's

17 April Family Day or 11 September Dads and Lads

9:30 - 15:30

Scale the heights and reach the peaks on all of our high challenges. Wall climbing, aerial trekking and abseiling; not for the faint hearted but great for anyone up for the challenge.

Young people must be accompanied by an adult.

Please bring your own lunch.

Book in advance by midday on the day before.

# ROCK CLIMBING INTRO

Beaumanor Outdoor Learning Centre & Offsite

£45 Adults and £35 Under 16's

24 April, 1, 8, and 15 May

9:30 - 12:30

A 4 week basic introduction to rock climbing, both on our indoor walls and at local outdoor crags.

During this short course, you will learn about the following:

- Warm-ups
- Standard equipment (harness, helmet, belay devices)
- Movement on rock
- Safe belaying methods



# SURVIVOR

Quorn Outdoor Learning Centre  
£15 for Adults and £10 for Under 16's  
Dads and Lads 22 May - Families 23 October  
9:30 - 15:30

You're stuck in the woods; what should you do first? You'll be shown the skills to build shelters and improvised rafts which will enable you to collect stores and prepare a meal.

Young people must be accompanied by an adult.  
Please bring your own lunch.  
Book in advance by midday before.

# WET AND WILD

Quorn Outdoor Learning Centre  
£20 for Adults and £15 for Under 16's  
26 June Family Day or 24 July Dads and Lads  
9:30 - 15:30

Get wet at Quorn Hall – take part in all our water activities in one day. Pair up in an Open Canoe, go it alone in a kayak and build a raft to support your whole team. Staying dry cannot be guaranteed.

Young people must be accompanied by an adult.  
Please bring your own lunch.  
Book in advance by midday before.



# EXPLORE THE SOAR

Quorn Outdoor Learning Centre  
£20 for Adults and £15 for Under 16's

31 July

9:30 - 16:30

Use our canoes for their original purpose – journeys. Take part in our guided journey from Quorn Hall to explore the Soar valley from a new perspective, having a picnic in a meadow and ending at a family friendly riverside pub. Transport back to Quorn Hall is provided.

Young people must be accompanied by an adult.

Please bring your own lunch.

Book in advance by midday before.



# COURSES

## NATIONAL INDOOR CLIMBING ACHIEVEMENT SCHEME NICAS PART 1

Beaumanor Outdoor Learning Centre  
£45 for Adults and £35 for Under 16's  
23, 30 January, 6 and 13 February  
9:30 - 12:00

A 4 week course working towards Part one of the National Indoor Climbing Achievement Scheme. NICAS is a UK wide scheme designed to promote climbing development and accredit individual achievement on artificial climbing structures. It can be used as a starting point for people wishing to take up climbing and mountaineering. Open to over 8s.

Part 1 covers the first 2 levels of the scheme.

1. Foundation Climber  
An entry level aimed at novices that recognises their ability to climb safely under supervision.
2. Top Rope Climber  
Aimed at promoting good practice in climbing and bouldering unsupervised on an artificial wall.

Registration, log books and certificates are included in the cost. For more details see the NICAS website [www.nicas.co.uk](http://www.nicas.co.uk)

# NATIONAL NAVIGATION AWARD SCHEME BRONZE LEVEL

Beaumanor Outdoor Learning Centre

£50

27 February

9:00 - 17:00

NNAS is a nationally recognised, structured and certificated navigation awards scheme for all ages. It's great for those who are totally new to the use of a map and compass as well as those who are already fairly competent. The courses are also ideal for teachers and youth group leaders who may be assisting with the supervision of groups in lowland areas.

On completing this level of the award scheme you will receive a certificate and badge.

Suitable for over 14s.



# BCU 3★ AWARDS OPEN CANOE OR WHITE WATER KAYAK

Quorn Outdoor Learning Centre & Matlock  
£80 includes travel

Open Canoe 13-14 March ~ 9:00 - 17:00

White-Water Kayak 27-28 March ~ 9:00 - 17:00

A 3★ award holder can call themselves an intermediate paddler, having the skills and knowledge to paddle on moving water up to grade 2 (and open water in an open canoe).

The weekend will consist of a day concentrating on flat water skills and a day's river trip at Matlock. Personal feedback will be given throughout and after the 2 days with awards given to those who have reached the standard required.

The 3★ is one of the pre-requisites for the UKCC BCU Level 2 Certificate in Coaching Paddlesport.

The cost does not include BCU membership or certificates.



# BCU 2★ AWARD TRAINING & ASSESSMENT

Quorn Outdoor Learning Centre  
£35 ~ 10 - 11 April ~ 9:00 - 17:00

The BCU Two Star is an improvement award that helps paddlers develop fundamental paddlesport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding of how the paddle, boat and water interact.

The award is obtained by undertaking the assessment in both closed cockpit and open cockpit craft (e.g. canoe & kayak).

The 2★ is one of the pre-requisites for the UKCC BCU Level 1 Certificate in Coaching Paddlesport. Candidates should already hold the 1★ award, Paddlepower Passport, or be of that ability.

If you have your own group that would like to take 2★ training / assessment using our well equipped canoe centre, contact us to book a course at your convenience. (£300 for up to 10 people)

The cost does not include BCU membership or certificates.

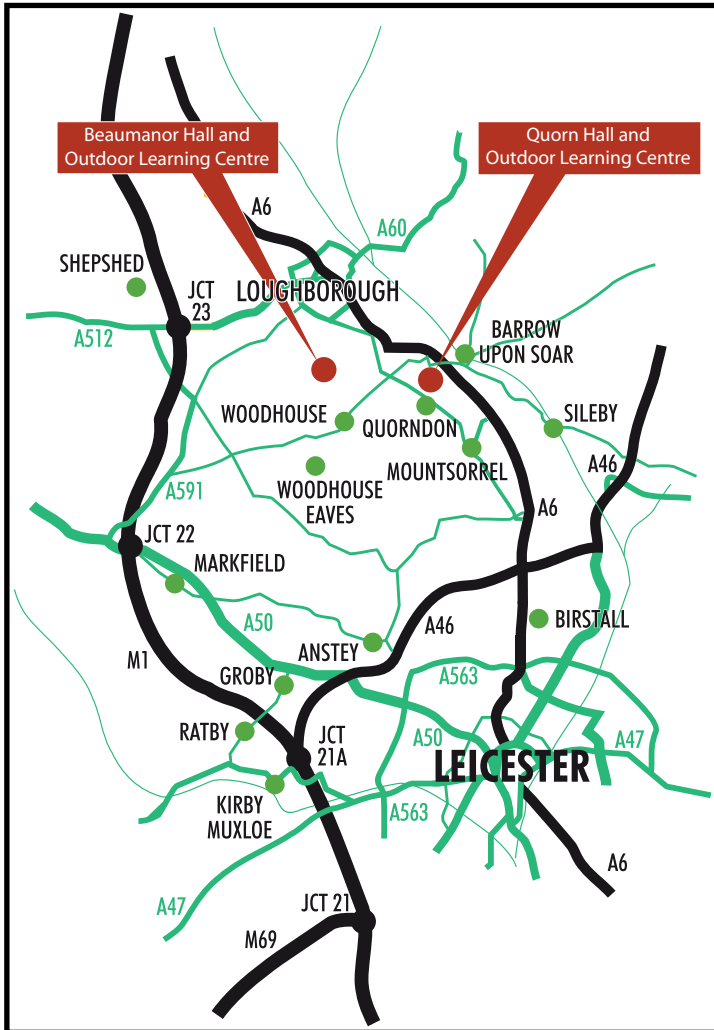
# BCU FOUNDATION SAFETY & RESCUE TRAINING

Quorn Outdoor Learning Centre  
£25 ~ 8 May - 9:00 - 17:00

F.S.R.T. gives participants the key safety and rescue skills to operate in a basic paddlesport environment and deal with some common emergencies.

The training will cover all common types of paddlesport craft. Due to the boat control required, participants should be paddling at a 2\* standard, although the course is suitable for bank based coaches (you will be required to take part in practical water sessions).

The F.S.R.T. is a pre-requisite for joining the BCU/UKCC coaching scheme and is suitable for over 14's.



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Leicestershire Outdoor and Residential Learning Service  
[www.leics.gov.uk/outdoorlearn](http://www.leics.gov.uk/outdoorlearn)

Beaumanor Hall and Outdoor  
Learning Centre  
Woodhouse  
Leicestershire  
LE12 8TX

01509 890119

Quorn Hall and Outdoor  
Learning Centre  
Meynell Road  
Quorn  
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