ACTIVITY COURSES
FOR THE
DEVELOPMENT OF YOUNG PEOPLE

9th-13th February 2026













	Day	Session	ACTIVITY GROUPS				
			5	6	7		
			5	O			
	Monday	3			Arrivals		
/		4	S/Hunt	S/Hunt	S/Hunt		
1		5	Zip Wire	B/Trail	B/Trail		
		1	B/Trail	Zip Wire	Climb		
		2	O/course	Climb	Zip Wire		
7		3	Canoe	Canoe	Canoe		
		4	Kayak	Kayak	Kayak		
		5	Disco	Disco	Disco		
		1	Climb	ВМХ	Survival		
		2	Survival	Abseil	IE's		
		3	Abseil	Survival	Abseil		
		4	T/games	T/games	T/games		
		5	E/Walk	E/Walk	E/Walk		
	Thursday	1	BMX	IE's	Quiz		
		2	IE's	Quiz	Orient		
		3	Archery	Archery	O/course		
		4	BMX	O/course	Archery		
		5	Orient	BMX	O/course		
		1	Quiz	Orient	BMX		
		2	M/O	M/O	M /O		
		3	Departures				

## A Typical Day at Manor Adventure

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7.30am - Rise and Shine
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8ish – Breakfast

9.00-10.30 - Activity 1

10.30 - 10.50 - Break

10.50 – 12.20 – Activity 2

12.20 – 1.40 – Lunch and Free Time

1.40 - 3.10 - Activity 3

3.10 - 3.30 - Break

3.30 - 5.00 - Activity 4

5.15 – 7.00 – Dinner and Free Time

7.00 - 8.30 - Activity 5

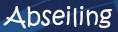
8.30 - Free Time

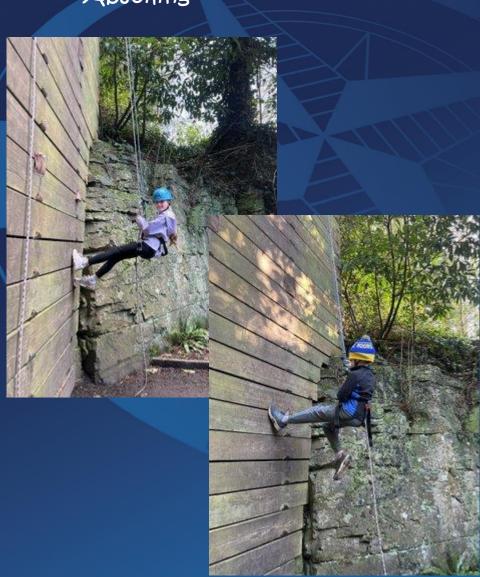
9.30 - Bed





Blind Trail









Orienteering









Video





Obstacle Course

#### Zip wire





Climbing



Canoeing and Kayaking

Archery





Camping Skills

Quiz







Bouldering

There is some time to relax





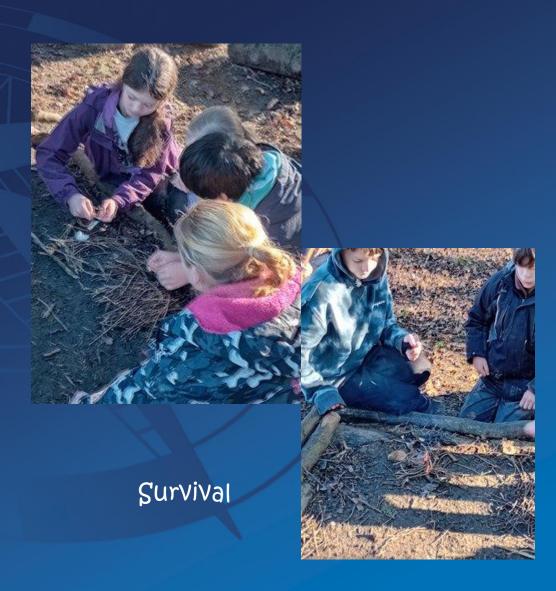
Games



Night walk

Designer clothes get as dirty as cheaper clothes







## 9th-13th February 2025

Trip will be subsidised by PE & Sports Premium.

Cost £316.51, payments can be made in instalments.

Mrs Jones will set up the payment schedule on ParentPay.

Letters to follow with full payment details and staffing.