



## Old Swinford Hospital School Sample Weekend Activities

### Laser Quest and Go-karting

Two extended games have been booked at a local Laser Quest arena so that we may enjoy an hour's play before moving on to the Birmingham Wheels RAC go-karting circuit just five minutes from the city centre. The 'Arrive and Drive' circuit has been reserved for the school for this afternoon and students will be able to try a new activity! PLEASE NOTE THIS IS NOT RACING BUT A CHANCE TO HAVE A GO AT KARTING AND AN ASSESSMENT OF SKILLS.

This trip is not open to any Year 7 boys as they have their own exclusive trip this weekend organised by Prospect House. All new boarders in Years 8, 9 and 10 are expected to go, free of charge, and they will have priority for this trip.

Established students can go on the trip. Please note there is a minimum height restriction for this activity of 4'7", as children under this height are unable to reach the go-kart pedals.

### Canoeing, Windsurfing, Sailing and Camping at Carsington

With a picnic lunch, we will depart school for the Carsington Watersports Centre in the Derbyshire Peak District where students will be able to enjoy their first water activity on Saturday afternoon. After the strenuous exercise we will put up our tents at a local camp site and enjoy an evening barbecue.

After breakfast we will return to Carsington to enjoy a further session of water sports. We will then have a buffet lunch and strike camp, returning to school in time for supper.

This trip is open to students of all ages and, although buoyancy aids and helmets will be worn, students should be able to swim.

### Raft Building, Climbing and Camping at Walesby

We depart school with a picnic lunch for the huge Walesby camp site which will be our base for the weekend. It has both a lake for raft building and a climbing wall on site.

After pitching tents and familiarising ourselves with the facilities on offer, we will enjoy a session of raft building on the lake. While the barbecue is heating up, the challenge of orienteering will be enjoyed.

After breakfast on Sunday we will enjoy the challenge of the climbing wall under the supervision of experienced leaders at the centre. Lunch will be taken on site and after striking camp we will return to school in time for supper.

This trip is open to students of all ages. Although buoyancy aids will be worn, all students should be able to swim.

### Karts, Clays and Camping

We will depart school with a picnic lunch for the Welsh borders. The relatively new activity of off-road karting has proved to be exceptionally popular over the last two winters and we are offering the opportunity to try it in the sunshine rather than the mud and snow! Over the course of Saturday afternoon, students will be able to enjoy one of their activities, and camp will be set up at Mid Wales Clay Pigeon Shooting Centre.

After breakfast on Sunday, the next activity will be enjoyed, and after striking camp and enjoying a picnic lunch, we will return to school in time for supper.

This trip is open to students of all ages.

### **Skeet Shooting, Tenpin Bowling and Camping**

There will be a limited number of places on this trip for those students who would like to try a different type of clay pigeon shooting – SKEET. This will take place at Mr R Bates' Premier CPSA Shooting School at Oxton and will consist of 30 cartridges and clays, under individual instruction, and in a skeet type competition, all supervised by the highly experienced staff at Oxton Shooting School. Try clays coming towards, going away and crossing pairs.

On Saturday afternoon we will enjoy the challenge of shooting, and we will set up camp at the centre on Saturday evening. After breakfast on Sunday we will travel to Nottingham, and enjoy two games of tenpin bowling. Lunch will be taken at the campsite, and we will return to school in time for supper.

This trip is open to all students.

### **Quad Bike Safari, Clay Pigeon Shooting and Camping, Wales**

After an early lunch we will depart from school for the Welsh borders. Over the course of Saturday students will be able to enjoy one of the activities. The camp will be set up at the mid-Wales Clay Pigeon Shooting Centre and the evening meal enjoyed.

After breakfast on Sunday the other activity will be enjoyed, and after breaking camp and having a picnic lunch, we will return to school in time for a late supper.

All activities have a high level of supervision by staff and adults. The clay pigeon shooting includes instruction with 25 cartridges and 25 clays.

This trip is open to students of all ages.

### **Bonfire Night Narrowboat Cruise**

We leave school after an early lunch for Clifton Cruisers, near Rugby. We have arranged to hire narrowboats for the weekend and will be motoring along the Oxford Canal. The narrowboats are fully fitted out with central heating and kitchens on board. Bonfire Night will be celebrated alongside the canal, with fireworks and a tasty supper cooked on board the narrowboats. We return back to school on Sunday in time for supper.

This trip is open to students of all ages.

### **Paintballing**

After an early breakfast, we will depart from school for the depths of Sherwood Forest to enjoy an extremely active day's skirmishing. Game sites include a selection from The Fort, Berlin Wall, The Amazon, Triple Bridge Complex and the Maze. No two games are the same. We estimate that between six and eight games will be played with a snack lunch being taken in the middle of the programme.

This trip is open to students aged 12 and above.

### **Quad Bike Safari and Clay Pigeon Shooting**

After an early breakfast, we will depart from school for the Welsh borders where the students will be divided into groups. Over the course of the day students will be able to enjoy a quad bike safari at Border Quad Trekking Centre and instruction in clay pigeon shooting at Mid Wales Clay Pigeon Shooting Centre. For the students who are more experienced in clay pigeon shooting, it will be possible to organise a small competition down the line on random swing.

This trip is open to students of all ages.

### **Christmas Narrowboat Cruise**

After an early lunch we depart from school for Clifton Cruisers, near Rugby, where we have arranged to hire centrally heated narrowboats for the weekend to cruise along the Oxford Canal. It should be a fascinating weekend trip, with the canal crossing the River Avon on an aquaduct and the relatively short Newbold Tunnel (250 yards) combined with locks to master. In the evening a Christmas Party and the intricacies of cooking Christmas dinner in a small kitchen!

This trip is open to students of all ages.