



Team Building Water sports

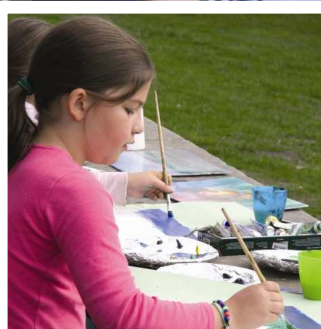
YHA Windermere

Key Stage 2, 3 and 4

Cross-Curricular

From £58.00

1 day (1 nights) full board



Visit: www.yhaschooltrips.org.uk or phone 0800 0195 465

Team building water sports at YHA Windermere

Package description

An action-packed residential package!

Ideally suited to schools looking for new challenges whilst enjoying all the benefits of a residential experience.

Perfect for the start of the school year, this residential enables children and staff to get to know each other in a friendly and informal environment, whilst encouraging children to build confidence and develop team-building skills.

YHA Windermere offers comfortable accommodation and a warm welcome and is set in its' own large grounds in a spectacular location overlooking Lake Windermere. The packages are run in conjunction with a local outdoor adventure centre, Lakes Leisure (AALA licensed, BCU and RYA approved), and offer a full day of exciting activities in a lakeshore setting only 3 miles from the YHA.

Extra nights can be added to the package if you wish to extend your stay.

Learning modules

Your day could include any 4 of the following:

- Kayaking
- Canoeing
- Raft Building
- Team Building/Problem Solving
- Orienteering
- Windsurfing
- Dinghy Sailing (at extra cost)

Price

Prices from £58.00. Price includes:

- 1 night full board accommodation
- A full day of activities at the Lakes Leisure site, including tuition and specialist equipment
- 1 free leader place for every 10 paying participants
- Free planning visit

Available

- YHA Group membership on application

Please note that transport to the site is not included in the price

Please see the following pages for details of the learning modules available.

Information on activities, fun & games, services, (including financial support), and booking information can be found on the pages at the back of the booklet.

Learning modules

All activities take place at the Lakes Leisure Centre, 3 miles from the YHA centre.

Lakes Leisure is a local charitable trust set up with the aim of improving leisure services in the South Lakeland area and particularly for promoting opportunities for physical, mental and social well-being. Licensed by AALA and an approved British Canoe Union centre provider as well as RYA recognised, the centre has plenty of open space as well as lake access. The centre building has changing facilities and showers, including a wheelchair accessible area and an indoor teaching space.

Instruction takes place in small groups to comply with national governing body guidelines and to ensure each participant, whatever their ability and confidence level, has an enjoyable learning experience.

Safety is of paramount importance. All activities are risk assessed and managed. All instructors hold national governing body and first aid qualifications and adhere to an established code of practice.

Your day can be tailor-made for your group including up to 4 of the options below.

Kayaking

Module 1

On the calm waters of Windermere, these single person boats have great potential for fun and games making them a popular choice with all age groups. The venue allows for gentle, sheltered introductions close to shore or exploration further afield.

Canoeing

Module 2

Open canoes, usually paddled in pairs, offer fun afloat whilst encouraging development of communication and co-operation between paddlers.

Raft Building

Module 3

A great team activity tailored to the age and ability of the participants - whether helping to put together a pre-designed raft to give guaranteed success and a fun paddle or taking an experiential approach with a team working together to plan, construct and paddle their own design.

Team building/Problem solving games

Module 4

Stretching minds and bodies, a range of exercises for small groups ashore. Can the shepherd herd the sheep into the pen? How will everyone get across the crocodile infested swamp? Instructors will adapt activities to the group's age and aims.

Module 5

Orienteering

A sport to introduce using a map and finding your way. Younger groups will enjoy simple map games and 'treasure hunts' whilst older students can learn about scale, distance, landscape features and using a compass.

Module 6

Windsurfing

With wide, stable boards and junior specific sails this exciting sport is more accessible than ever and has a high grin factor for most participants!

Module 7

Dinghy Sailing

Depending on the weather conditions students can get afloat as crew in our larger dinghies with an instructor onboard or can pair up in our smaller "Picos" to experience the freedom of sailing.

Useful information

Action

These fun, motivational activities can enhance the educational aspect of our residential visit and provide enjoyable variety for your pupils.

- Try the simple orienteering course in our hostel grounds
- Younger groups can enjoy one of our Woodland Nature Trails, explore the hostel grounds with a Nature Detective sheet or try our popular Woodland Scavenger Hunt
- Try a spot of bird-watching in our own grounds – binoculars available
- Have a swim in the local indoor Swimming Pool, 1 ml
- Book an afternoon with the Lake District National Park Education Service, e.g. Shelter building in the hostel woodland, cooking on a camping stove, or Environmental Games.
- Older children can test their nerve on the Go Ape hire wire adventure course or hire mountain bikes in Grizedale Forest, 11ml from the hostel

Fun & games

Use your evening to have fun and develop skills that can be transferred back into the school environment. For more information please contact the centre.

- Use our 'Outdoor Classroom' area for games or Story Telling
- Enjoy sketching the wonderful view from the hostels terrace
- Have a go at the hostel quiz or be baffled by the photo quiz
- Measure your environmental impact with our own Footprint Challenge
- Borrow the hostels play parachutes
- Try the Giant Connect 4 or a board game from Reception

Explore

Make the most of your stay by exploring the local areas and maybe further afield.

- Don't miss a visit to the National Park Visitor Centre at Brockhole (1 hours walk from the YHA); exhibitions, large grounds with lake access, trails and adventure playground.
- Try our own Village quiz around Troutbeck
- Enjoy a scenic cruise on Windermere, England's largest natural lake
- Watch the sharks having their tea at the Aquarium of the Lakes (accessible by boat from Bowness)
- Visit the Grizedale Forest Centre (orienteering, sculpture trails, high wire course, mountain bike hire)

Services

The following services are available:

- Free leader places
- Assistance with risk assessment
- All day access to centre
- All meals provided
- Free hot drinks for staff
- Small shop with gifts, soft drinks and chocolate
- Dining room can be used as a classroom
- Payphone
- Internet Access

Facilities

The following facilities are available:

- Small bunk rooms
- Drying room with laundry facilities
- Excellent showers
- Small guest kitchen for making drinks/snacks
- Terrace area with picnic tables overlooking the lake
- Large grounds with Outdoor Classroom/Storytelling area
- Private Parking

Meals

At YHA we have a great deal of experience in catering for young people and offer a range of freshly cooked local food, always including a vegetarian option, which is both healthy and appealing to young people. Our menus for young people are guided by the School Food Trust. With prior notice we can cater for special diets e.g. diabetic, and can offer flexible meal times to fit in with your itinerary.

Funding assistance

With our range of seasonal discounts and with grants towards the cost of your trip such as the "Breaks 4 Kids" fund, your residential with YHA is sure to be unbeatable value for money. For more information visit www.breaks4kids.co.uk.

Booking information

For more details Tel: 01629 592 696.

For booking and further information call:

0800 0195 465

www.yhaschooltrips.co.uk

Centre information

YHA Windermere
Bridge Lane, Troutbeck, Windermere,
Cumbria, LA23 1LA
Tel: 015394 43543
Email: windermere@yha.org.uk

