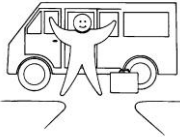

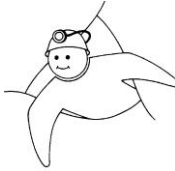











# Activity Programme 1

Group: Bendrigg Bears Date: 12<sup>th</sup>-16<sup>th</sup> September 2016

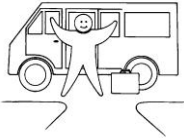



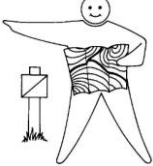



DAY	DUTY	MORNING	AFTERNOON	EVENING
MONDAY	Rex	 <p>Arrive &amp; Settle In</p>	 <p>Explore the grounds, Ropes Course &amp; Tube Slide</p>	 <p>Indoor Cave</p>
TUESDAY	Liz	 <p>Canoeing and Walk at Rydal Water</p>		 <p>Night Hike</p>
WEDNESDAY	Jenny	 <p>Caving in the Yorkshire Dales</p>	 <p>Waterfall Walk</p>	 <p>Archery</p>
THURSDAY	Steve	 <p>Climbing &amp; Abseiling</p>	 <p>Zip Wire &amp; Sensory swing</p>	 <p>Camp Fire</p>
FRIDAY	X	 <p>Tidy Up, Review Certificates, Depart</p>		

# Activity Programme 2

Group: Bendrigg Bears Date: 14<sup>th</sup> – 16<sup>th</sup> October 2016



DAY	DUTY	MORNING	AFTERNOON	EVENING
FRIDAY	Vicky		 Arrive & Settle In	 Arts & Crafts/ Sensory Room
SATURDAY	Craig	 Canoeing on Windermere		 Disco/ Film Night
SUNDAY	X	 Archery & Orienteering	 Tuck Shop Review & Certificates, Tidy Up & Depart	