



# CMC ADVENTURE

'Enriching Outdoor Education'

since 1966

## ACTIVITY REQUEST FORM

GROUP / SCHOOL NAME



DATES OF STAY (FROM)

(TO)

Please tick the activities which interest you and your group. If you have ticked more than the number of activity slots available during your stay, please indicate in the comments box your priority.



This form will be passed on to our Chief Instructor, who will create a programme for you incorporating as many of your chosen activities as possible.

### HALF DAY ACTIVITIES

HALF DAY ACTIVITIES	TICK IF YOU WOULD LIKE TO REQUEST THIS ACTIVITY	CERTIFICATES	TICK IF YOU WOULD LIKE THIS CERTIFICATE
<b>KAYAKING</b> – An opportunity to become an independent paddler in your own boat.	<input type="checkbox"/>	<b>PADDLE POWER START</b> 	<input type="checkbox"/>
<b>OPEN CANOEING</b> - Paddling in teams of 2 or 3 in our open Canadian canoes.	<input type="checkbox"/>	<b>PADDLE POWER START</b> 	<input type="checkbox"/>
<b>RAFT BUILDING</b> – The team will need initiative, creativity and good communication to design, build and test their own raft.	<input type="checkbox"/>	<b>PADDLE POWER START</b> 	<input type="checkbox"/>
<b>STAND UP PADDLE BOARDING</b> (Availability depends on tide) – Master balance and co-ordination to explore the harbour without falling off!	<input type="checkbox"/>	<b>PADDLE POWER START</b> 	<input type="checkbox"/>
<b>SAILING</b> (Availability depends on tide) – Learn the skills needed to harness the elements and take full control of your own dinghy.	<input type="checkbox"/>	<b>RYA START SAILING</b> 	<input type="checkbox"/>
<b>GORGE WALKING</b> – An exhilarating, wet and unforgettable adventure swimming, jumping and scrambling through the Nantcol gorge.	<input type="checkbox"/>		
<b>ROCK CLIMBING</b> – Individual challenging and rewarding in a stunning location.	<input type="checkbox"/>		
<b>ORIENTEERING</b> – A great introduction to using maps and learning navigation techniques.	<input type="checkbox"/>	<b>BRONZE STAR</b> 	<input type="checkbox"/>
<b>LOCAL WALK</b> – Exploring the rich natural environment surrounding CMC including hills, woodlands, rivers and beaches.	<input type="checkbox"/>	<b>SILVER STAR</b> (in addition to orienteering) 	<input type="checkbox"/>
<b>ARCHERY</b> – Learn and develop skill and accuracy through games, challenges and coaching.	<input type="checkbox"/>		
<b>INITIATIVE CHALLENGES</b> – Creative minds and a good team spirit are needed to complete a variety of stimulating problem-solving activities in Bryn Y Moel woods.	<input type="checkbox"/>		
<b>BEACH STUDY</b> – Learn about the beach, its formation, wildlife and human influences through an educational and interactive beach adventure.	<input type="checkbox"/>		
<b>HARLECH CASTLE TOUR</b> – Visit this 13 <sup>th</sup> century medieval fortification built by the English King, Edward 1. Harlech Castle is a World Heritage Site.	<input type="checkbox"/>		



All day and overnight activities are also available – see overleaf

## ALL DAY ACTIVITIES

ALL DAY ACTIVITIES	TICK IF YOU WOULD LIKE TO REQUEST THIS ACTIVITY	CERTIFICATES	TICK IF YOU WOULD LIKE THIS CERTIFICATE
<b>ROCK CLIMBING AND ABSEILING</b> – A day out on the crag allows time to work on the skills involved in rock climbing, as well as build confidence and include additional activities such as scrambling and abseiling.	<input type="checkbox"/>		
<b>MOUNTAIN WALKING</b> – We can tailor this fantastic day out to suit any age group or ability. Get right into the heart of the wilderness and enjoy stunning views, fresh air, history, geography, challenge, reward and adventure.	<input type="checkbox"/>	<b>SILVER STAR</b>  (in addition to a navigation teaching session, i.e. orienteering)	<input type="checkbox"/>
<b>SEA KAYAKING</b> (Availability depends on tide) A day paddle out onto Tremadog Bay from the centre. Keep a lookout for jellyfish and dolphins as you paddle along the coast with the mountain scenery behind.	<input type="checkbox"/>	<b>PADDLE POWER START</b> 	<input type="checkbox"/>

## OVERNIGHT ACTIVITIES

There is a £12 per person surcharge for each night out.

OVERNIGHT ACTIVITIES	TICK IF YOU WOULD LIKE TO REQUEST THIS ACTIVITY	CERTIFICATES	
<b>OVERNIGHT CAMP AT LOCAL CAMPSITE</b> A walking expedition for the younger ones where equipment can be stored at the campsite rather than carried. Takes an afternoon or evening and a morning to complete.	<input type="checkbox"/>		
<b>MOUNTAIN EXPEDITION</b> A walking expedition in the mountains where all equipment and food is carried with them and they camp out in the wild. One, two or three night expeditions are available. Usually takes 2 full days but can be done in an afternoon and a morning.	<input type="checkbox"/>	<b>SILVER STAR</b>  (in addition to a navigation teaching session, i.e. orienteering)	<input type="checkbox"/>
<b>SEA KAYAK EXPEDITION</b> (Availability depends on tide) A paddle out to sea from the centre to our local campsite on shell island. The length of the journey can be altered depending on the ability of the group.	<input type="checkbox"/>	<b>PADDLE POWER START</b> 	<input type="checkbox"/>

**COMMENTS:** Please include information of themes or projects you have running at school if you would like us to tailor your programme to include these in the activities.

N.B. We reserve the right to cancel or offer an alternative session in case of bad weather or circumstances beyond our control.

## CERTIFICATES OF ACHIEVEMENT

We offer a number of nationally recognised certificates of achievement, all attainable within a multi-activity residential.

The certificates listed alongside the activity requests are all awards which do not detract from the session in any way. They are simply a recognition of the individuals' participation in an introductory session to celebrate and encourage them in their achievements.

CERTIFICATE	AWARDING BODY
<p><b>PADDLE POWER START</b></p> <ul style="list-style-type: none"> <li>• Can be awarded for participating in any paddle sport.</li> <li>• For age 8-15</li> </ul>	<p>British Canoeing</p> 
<p><b>START SAILING</b></p> <ul style="list-style-type: none"> <li>• Can be awarded after half a day of sailing</li> <li>• Available for both youth and adults</li> </ul>	<p>Royal Yachting Association</p> 
<p><b>BRONZE STAR</b></p> <ul style="list-style-type: none"> <li>• The first young navigator star award.</li> <li>• Everything we do in our orienteering sessions cover the syllabus for this award</li> <li>• For age 8-14</li> </ul>	<p>National Navigator Award Scheme</p> 
<p><b>SILVER STAR</b></p> <ul style="list-style-type: none"> <li>• The second young navigator star award.</li> <li>• This is the next level up from the bronze, achievable with an orienteering session, an evening session on basic map reading skills and a local walk or mountain walk</li> <li>• For age 8-14</li> </ul>	<p>National Navigator Award Scheme</p> 

### THE JOHN MUIR DISCOVERY AWARD



- This award is available to all groups staying with us for 4 or more days and can be achieved through any combination of activities.
- It is an environmental award, run by the John Muir Trust, to help encourage and educate young people to connect, enjoy and care for wild places.
- It is a fantastic way of encouraging young people to think about the impact we are having on our environment and the ways in which we can look after it.
- Undertaking this award will enhance and enrich the adventure activity sessions.
- Those taking part in this award need to share their experiences in some form, i.e. journals, school display, letters etc...

Please let us know if you would like to do the John Muir Discovery Award or if you would like more information

### EXPLORE - KEY STAGE 2 & 3 WORK BOOK



- A CD containing 12 activities which can be used before, during and after your stay with us.
- This is based on CMC activities and locations
  - Covers Numeracy, Literacy & Science
  - With an outdoor environmental theme.

Please let us know if you would like a copy of the Explore workbook.