

# Senior Physical Activity & Adapted Sports Programme



For staying active & heathy living.

## Outdoor Activity Programme 2024

UW Lakeside Campus, Holt Fleet, WR6 6NH

For just £8 per session, you can choose any of the following:

Wednesday 8th May:

Tower climbing, 9 - 10.30am

Traverse our climbing tower as you challenge yourself to reach the top.

Raft building, 11am - 12.30pm

Work as a team, & design, build, then race your raft around the lake.

Wednesday 5th June:

Adapted Archery, 9 - 10.30am

Take aim & hit the bullseye in this test of coordination, strength & mobility.

Paddleboarding/Kayaking/Canoeing, 11am - 12.30pm

Choose how you want to challenge your balance & stability as you navigate the lake.

Wednesday 17th July:

Bushcraft skills, 9 - 10.30am

Learn new skills as you immerse yourself in the natural environment of the Lakeside Campus.

Adaptive Rowing, 11am - 12.30pm

Using adaptive rowing equipment on our paddleboards. Shires Boat club will get you moving.

A 20-minute mindfulness walk will be offered at the end of each of the 2nd sessions.