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 "Shannon River Adventure"

Sample Outline of Full-Day Tours 2019 *(Junior Package)*

10.00am:	Arrive at centre, briefing and formation of groups.
10.15am- 12.45pm:	<u>Group A</u> - Camp Craft, Roasting Marshmallows, River Crossing (no water involved), Team Challenges including games such as: Save the Ladybirds, 4-Way Tug of War, Scream Game. <u>Group B</u> - Archery, Fun Assault Course, Climbing Wall
12.45pm -1.30pm:	Lunch time
1.30pm - 4.00pm:	<u>Group B</u> - Camp Craft, Roasting Marshmallows, River Crossing (no water involved), Team Challenges including games such as: Save the Ladybirds, 4-Way Tug of War, Scream Game. <u>Group A</u> - Archery, Fun Assault Course, Climbing Wall

Price per pupil: **€30.00 for full day** (5 hours of activities)

€18.00 for half day (2.5 hours of activities)

All Activities are onsite

WHAT TO BRING: *(Swimwear only for those participating in water activities)*

- Full change of clothes, extra pair old runners/shoes, waterproof jacket and fleece for variable weather. (We recommend long pants always and not shorts). **Shoes must be worn at all times including during all water activities**
- Snacks, Healthy Lunch and drink. **There is a tuck shop on site.**
- Any medication you may need i.e. inhaler. Sun cream, hat etc (where appropriate).
- **Plastic bag** for bringing wet clothing home. ***Please remind your child to check they have all their belongings going home.***
- We recommend that phones and electronic items are not brought to their school tour. We do not accept responsibility for lost or damaged items.

IMPORTANT NOTE:

Prior to participating in our activities, please notify the accompanying teacher of any disabilities, injuries, illness, or allergies that your child may have.

Shannon River Adventure guarantees a true adventure experience in a safe and relaxed environment