

## Adventure Sports – all levels

Our challenging and varied Adventure Sports programme is based at The Edge activity centre, southeast of Shrewsbury, on four days a week and onsite one day a week. We offer a wide range of activities, all taught by qualified instructors who make each and every session fun, exciting and challenging! Activities include mountain boarding Segway riding, abseiling and high ropes, archery and clay pigeon shooting, rifle shooting, zip wire and rock climbing. Transportation included.



### Typical Week

	09.00-10.30	10.45-12.00
Thursday	Archery lesson and competition <b>OR</b> Clay pigeon shooting, training and competition	Zip wire <b>OR</b> Mountain boarding
Friday	Cliff Jump <b>OR</b> Segway riding	Archery lesson and competition <b>OR</b> Clay pigeon shooting, training and competition
Saturday	Onsite activities e.g. fencing, team building exercises and survival skills	
Monday	Zip wire <b>OR</b> Mountain boarding	Segway riding <b>OR</b> Mountain boarding
Tuesday	High ropes challenge and Shrewsbury High Ropes <b>OR</b> Climbing and abseiling at Nescliff Rock	

*This programme also includes 15 hours' English tuition on five afternoons each week.*