



2006



Norfolk County Council
at your service

Norfolk County Council's Outdoor Education Centre at Whitlingham is a purpose built development on the outskirts of Norwich offering outdoor activities for anyone 8 years + regardless of experience or ability.

We offer a range of activities and courses from beginner to instructor level, together with opportunities to just 'have a go'.

Individuals, small or large groups can be catered for and the centre has been designed to be accessible to all.

For further information about any of the courses in this brochure call 01603 632307



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'Try It' Sessions

Sailing/Windsurfing/Kayaking/Canoeing/Climbing/Archery

If you haven't tried one of the above activities before these sessions are just for you. Try a new activity under the supervision of our fully qualified staff, and progress at your own pace.

Try Its are on the second and fourth Saturday of every month.

Plus! Try before you buy! Take part in one of our Try It sessions and receive a £5 voucher towards the cost of any course of 3 hours or more.

Dates	Time	Cost YP	Cost Adult	Course ref
8 & 22 Apr	1000-1300	£20.00	£25.00	TS/TW/TK/TC/TCL+date
13 & 27 May	1000-1300	£20.00	£25.00	TS/TW/TK/TC/TCL+date
10 & 24 Jun	1000-1300	£20.00	£25.00	TS/TW/TK/TC/TCL+date
8 & 22 Jul	1000-1300	£20.00	£25.00	TS/TW/TK/TC/TCL+date
12 & 26 Aug	1000-1300	£20.00	£25.00	TS/TW/TK/TC/TCL+date
9 & 23 Sep	1000-1300	£20.00	£25.00	TS/TW/TK/TC/TCL+date
14 & 28 Oct	1000-1300	£20.00	£25.00	TS/TW/TK/TC/TCL+date
11 & 25 Nov	1000-1300	£20.00	£25.00	TS//TCL/TA+date
9 Dec	1000-1300	£20.00	£25.00	TS//TCL/TA+date
13 & 27 Jan	1000-1300	£20.00	£25.00	TS//TCL/TA+date
10 & 24 Feb	1000-1300	£20.00	£25.00	TS//TCL/TA+date
10 & 24 Mar	1000-1300	£20.00	£25.00	TS/TW/TK/TC/TCL +date

When quoting course reference please state:

TS = Try Oppies 8-11yrs or Try Topper 12+ yrs ...(plus date)

TW= Try Windsurfing(plus date)

TK = Try Kayaking(plus date)

TC = Try Canoeing(plus date)

TCL=Try Climbing(plus date)

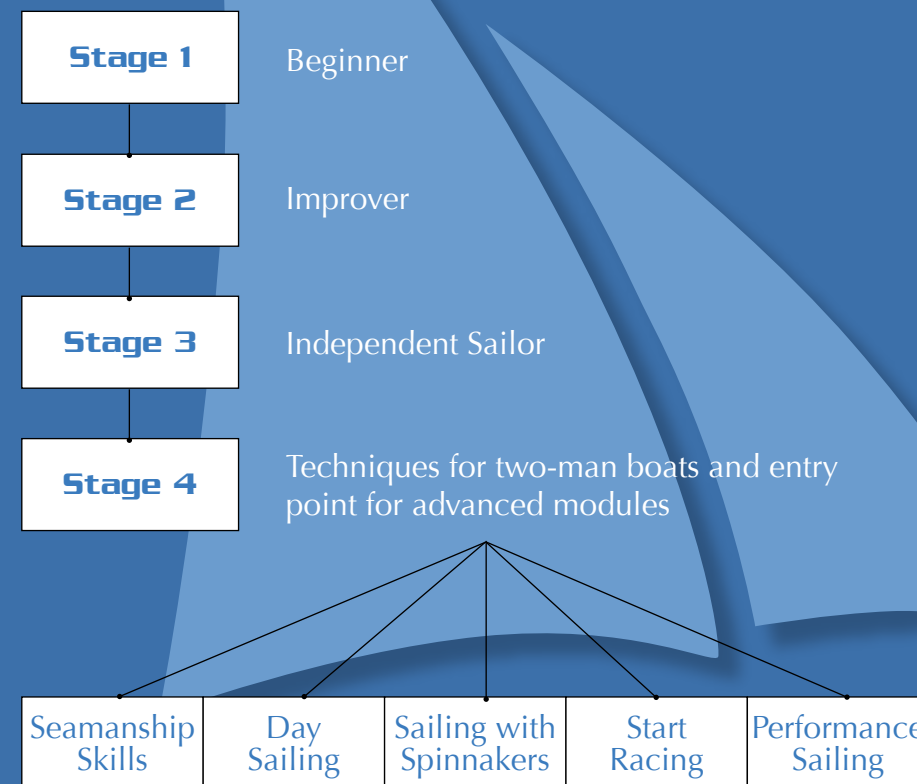
TA = Try Archery(plus date)

■ = Reduced winter programme



RYA Youth Sailing Scheme (YSS) (for 8 - 16yrs)

The Youth Sailing Scheme has been revised and updated to mirror the adults National Scheme. Further details of the scheme are available by visiting www.rya.org.uk



RYA Youth Sailing Scheme - School Holidays (for 8-16 yrs)

A five day course for young people to start or progress through the Youth Sailing Scheme (see page 5). Good fun combined with the opportunity to gain accreditation. **Craft are allocated according to age i.e. 8-11 yrs Oppies, 12-16 yrs Toppers.** A further option of an advanced course is also available for those who have completed their level three.

Date	Time	Cost	Course Ref 8-11 yrs	Course Ref 12-16 yrs	Course Ref Advanced*
3-7 Apr	1000-1600	£155.00	SYWO01	SYWTO1	SYWA01
10-14 Apr	1000-1600	£155.00	SYWO02	SYWTO2	SYWA02
29 May-2 Jun	1000-1600	£155.00	SYWO03	SYWTO3	SYWA03
24-28 Jul	1000-1600	£155.00	SYWO04	SYWTO4	SYWA04
31 Jul-4 Aug	1000-1600	£155.00	SYWO05	SYWTO5	SYWA05
7-11 Aug	1000-1600	£155.00	SYWO06	SYWTO6	SYWA06
14-18 Aug	1000-1600	£155.00	SYWO07	SYWTO7	SYWA07
21-25 Aug	1000-1600	£155.00	SYWO08	SYWTO8	SYWA08
28 Aug-1 Sep	1000-1600	£155.00	SYWO09	SYWTO9	SYWA09
23-27 Oct	1000-1600	£155.00	SYWO10	SYWTO10	SYWA10

Pre reqs: None. *Advanced course requires Level 2. Please bring your logbook if you have one. **Award bearing: Yes**

RYA Youth Sailing Scheme Levels 1- 3 (for 8-16 yrs)

A course run over six Monday evenings or six Sunday afternoons to start or progress young people through the Youth Sailing Scheme. Craft are allocated according to age i.e. 8-11 yrs Oppies, 12-16yrs Toppers.

Monday evenings

Date	Time	Cost	Course Ref 8-11 yrs	Course Ref 12-16 yrs
8 May- 12 Jun	1800-2100	£95	SYEO01	SYET01
19 Jun-24 Jul	1800-2100	£95	SYEO02	SYET02

Pre reqs: None. Please bring your logbook if you have one. **Award bearing: Yes**

RYA Youth Sailing Scheme Levels 1- 3 (for 8-16 yrs)

Sunday afternoons

Dates	Time	Cost YP	Course Ref 8-11yrs	Course Ref 12-16yrs
16 Apr-21 May	1400-1700	£95	SYO01	SYT01
28 May-2 Jul	1400-1700	£95	SYO02	SYT02
9 Jul -13 Aug	1400-1700	£95	SYO03	SYT03
20 Aug-24 Sept	1400-1700	£95	SYO04	SYT04

Pre reqs: None. **Award bearing: Yes**
Please bring your logbook if you have one

RYA Youth Sailing Scheme Advanced Level 4 Evenings (8-16yrs)

Delivered over six Tuesday evenings or six Saturday afternoons the course offers the chance to develop more advanced skills for those who have completed stages 1-3. The course will concentrate on helming and crewing a two person boat.

Tuesday evenings

Dates	Time	Cost YP	Course Ref
9 May - 13 June	1800 - 2100	£95	SYAE01
20 June - 25 Jul	1800 - 2100	£95	SYAE02

Pre reqs: Level 3 **Award bearing: Yes**
Please bring your logbook if you have one

Saturday afternoons

Dates	Time	Cost YP	Course Ref
15 Apr - 20 May	1400 - 1700	£95	SYAA01
27 May - 1 Jul	1400 - 1700	£95	SYAA02
8 Jul - 12 Aug	1400 - 1700	£95	SYAA03
19 Aug - 23 Sep	1400 - 1700	£95	SYAA04

Pre reqs: Level 3 **Award bearing: Yes**
Please bring your logbook if you have one

Sailing

The RYA National Sailing Scheme (NSS) (for 16+) has two levels with a further five modules available after Level 2:

RYA level 1

Introduction to the sport of sailing. Covers all you need to know to get afloat under supervision

RYA level 2

Designed to follow on and complement the 16hr Level 1 course. RYA Level 2 will give you the essential skills, practise and understanding to be able to rig, launch, reef, sail and recover a dinghy independently in light to moderate conditions.

After successful completion of level 2 the following modules are available on our advanced courses.

Seamanship Skills	Day Sailing	Sailing with Spinnakers	Start Racing	Performance Sailing
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Sailing



RYA Level 1 Monday Evenings or Weekends

A course of six evenings or one weekend offering sailing for beginners and those needing to brush up on their basic skills.

Monday evenings

Dates	Time	Cost	Course Ref
22 May - 26 June	1800 – 2100	£181.00	SL1E01
3 July - 7 Aug	1800 – 2100	£181.00	SL1E02

Pre reqs: None

Award bearing: Yes

Weekend (first weekend of each month)

Dates	Time	Cost	Course Ref
1 & 2 April	0900 - 1800	£181.00	SL1W01
6 & 7 May	0900 - 1800	£181.00	SL1W02
3 & 4 June	0900 - 1800	£181.00	SL1W03
1 & 2 July	0900 - 1800	£181.00	SL1W04
5 & 6 Aug	0900 - 1800	£181.00	SL1W05
2 & 3 Sept	0900 - 1800	£181.00	SL1W06

Pre reqs: None

Award bearing: Yes

Sailing

RYA Level 2 Tuesday Evenings or Weekends

A follow on from level one this course looks at more advanced techniques and solo sailing. Available over six evenings or a whole weekend. Practise in advance of this course is advised.

Tuesdays evenings

Dates	Time	Cost	Course Ref
20 Jun – 25 Jul	1800 – 2100	£181.00	SL2E01

Pre reqs: RYA Level 1 or equivalent experience **Award bearing:** Yes

Weekends (second weekend of each month)

Dates	Time	Cost	Course Ref
8 & 9 Apr	0900 - 1800	£181.00	SL2W01
13 & 14 May	0900 - 1800	£181.00	SL2W02
10 & 11 Jun	0900 - 1800	£181.00	SL2W03
8 & 9 Jul	0900 - 1800	£181.00	SL2W04
12 & 13 Aug	0900 - 1800	£181.00	SL2W05
9 & 10 Sep	0900 - 1800	£181.00	SL2W06

Pre reqs: Level 1

Award bearing: Yes

The Crash Course!

RYA Level 1 and 2 (combined) - Delivered over five days

This is an intensive sailing course offering a full weeks experience and tuition to get you to level 2 and save you money.

Dates	Time	Cost	Course Ref
10 – 14 Apr	0900 – 1700	£360.00	SLC01
29 May – 2 June	0900 – 1700	£360.00	SLC02
7 – 11 Aug	0900 – 1700	£360.00	SLC03
14 – 18 Aug	0900 – 1700	£360.00	SLC04
21 – 25 Aug	0900 – 1700	£360.00	SLC05

Pre reqs: None

Award bearing: Yes

Sailing

RYA Advanced Module Options

Following your successful completion at Level 2, you may wish to choose from the following advanced options. Courses require a minimum of two people to run and take place over six evenings or a weekend as listed below. For all advanced modules you are required to have reached level 2 or above, young people level 3 to 4. All modules are award bearing.

RYA - Sailing with Spinnakers

By the end of this course the successful sailor will have a practical introduction to rigging and using both asymmetric and symmetric spinnakers.

Wednesday evenings

Dates	Time	Cost YP	Cost AD	Course Ref
12 Apr – 17 May	1800 – 2100	£90	£118.00	SPIN01

Weekend

Dates	Time	Cost YP	Cost AD	Course Ref
19 & 20 Aug	0900 – 1800	£90	£118.00	SPIN02

RYA Performance Sailing

A coaching course that aims to improve boat handling in all conditions using all equipment including trapeze and spinnaker appropriately in race rigged boats. This is not a course for beginners.

Wednesday evenings

Dates	Time	Cost YP	Cost AD	Course Ref
24 May – 28 Jun	1800 – 2100	£90	£118.00	SPER01
5 Jul – 9 Aug	1800 – 2100	£90	£118.00	SPER02

Weekend

Dates	Time	Cost YP	Cost AD	Course Ref
16 & 17 Sep	0900 – 1800	£90	£118.00	SPER03

RYA Start Racing

By the end of this course the successful sailor will have had a sound introduction to racing at club level. Although essentially a practical course, sessions afloat will be backed by lectures ashore.

Dates	Time	Cost YP	Cost AD	Course Ref
18 & 19 Mar	0900 – 1800	£90	£118.00	SRAC01
22 & 23 Apr	0900 – 1800	£90	£118.00	SRAC02
20 – 21 May	0900 – 1800	£90	£118.00	SRAC03

RYA Seamanship Skills

By the end of this course the successful sailor will have a competent, safe, practical approach to the sailing of small boats and will be capable of sailing and making seaman like decisions in moderate conditions

Dates	Time	Cost YP	Cost AD	Course Ref
17 & 18 Jun	0900 – 1800	£90	£118.00	SEA01
15 & 16 Jul	0900 – 1800	£90	£118.00	SEA02

RYA Day Sailing

This course covers the planning and execution of short cruises by dinghy or keel boat using the extensive network of the broads. The Friday evening will be used to plan the trips, which will then take place on the Saturday and Sunday (There is no overnight stay)

Dates	Time	Cost YP	Cost AD	Course Ref
2,3,4 Jun	Fri-1800-2100 Sat & Sun 0900-1700	£122.50	£145.00	SDAYO1
14,15,16 Jul	Fri-1800-2100 Sat & Sun 0900-1700	£122.50	£145.00	SDAYO2



Windsurfing

Whitlingham Outdoor Education Centre is an RYA accredited centre for windsurfing instruction, so you can be sure to receive the best advice and tuition on modern boards and rigs.

Our windsurfing equipment is also available for hire (see Pay and Play page 40) and we have private launch arrangements for you once you have bought your own equipment.

RYA Youth Windsurfing School Holidays (for 8-12 yrs or 12-16 yrs)

A week of mornings or afternoons to learn how to windsurf in the company of other young people. Lots of practical sailing fun, games and exercises.

Dates	Times 8-12yrs	Course Ref	Times 12-16yrs	Course Ref	Cost
3 – 7 Apr	1000 - 1300	W01A	1400 – 1700	W01P	£80.00
10 – 14 Apr	1000 - 1300	W02A	1400 – 1700	W02P	£80.00
29 May – 2 Jun	1000 - 1300	W03A	1400 – 1700	W03P	£80.00
24 – 28 Jul	1000 - 1300	W04A	1400 – 1700	W04P	£80.00
31 Jul – 4 Aug	1000 - 1300	W05A	1400 – 1700	W05P	£80.00
7 – 11 Aug	1000 - 1300	W06A	1400 – 1700	W06P	£80.00
14 – 18 Aug	1000 - 1300	W07A	1400 – 1700	W07P	£80.00
21- 25 Aug	1000 - 1300	W08A	1400 – 1700	W08P	£80.00
28 Aug – 1 Sep	1000 - 1300	W09A	1400 – 1700	W09P	£80.00
23 – 27 Oct	1000 - 1300	W10A	1400 – 1700	W10P	£80.00

Pre reqs: None

Award bearing: Yes

Windsurfing

Youth Windsurfing RYA Level 1 - Saturdays (for 12-16 yrs) Sundays (for 8 – 12 yrs)

Delivered over six afternoons this course offers beginners the chance to pick up basic skills such as getting to know the board, sailing and steering, all fun no theory.

Dates	Time	Cost YP	Course Ref 12 – 16 yrs Saturdays	Course Ref 8 – 12 yrs Sundays
15 Apr – 20 May	1400 - 1700	£95.00	WL101	-
16 Apr – 21 May	1400 - 1700	£95.00	-	WL102
27 May – 1 Jul	1400 - 1700	£95.00	WL103	-
8 Jul – 12 Aug	1400 - 1700	£95.00	WL104	-
9 Jul – 13 Aug	1400 - 1700	£95.00	-	WL105
19 Aug – 23 Sep	1400 - 1700	£95.00	WL106	-

Pre reqs: None

Award bearing: Yes

Youth Windsurfing RYA Level 2 - Sundays (for 12-16 yrs)

Delivered over six Sunday mornings this course offers an introduction to the beach start, improved stance on all points of sailing; using the dagger board, improved tacking and gybing and theory.

Dates	Time	Cost	Course Ref
16 Apr – 21 May	1000-1300	£95.00	WL201
28 May – 2 Jul	1000-1300	£95.00	WL202
9 Jul – 13 Aug	1000-1300	£95.00	WL203
20 Aug – 24 Sep	1000-1300	£95.00	WL204

Pre reqs: Level 1

Award bearing: Yes

Windsurfing

Youth Windsurfing RYA Level 3- (for 12-16 yrs)

Delivered over six Sunday mornings covering tuition to enable you to tackle stronger winds and sail faster plus harness work and foot straps.

Dates	Time	Cost	Cost Ref
28 May – 2 Jul	1000 -1300	£95.00	WL301
20 Aug – 24 Sep	1000 -1300	£95.00	WL302

Pre reqs: Level 2

Award bearing: Yes

RYA Fast Forward (for 16 yrs+)

Delivered over six Saturday mornings, fast forward is an exciting new development in windsurf coaching for adults. The sessions are split into two levels – Start Windsurfing and Intermediate.

Start Windsurfing takes you from complete beginner to being able to sail where you want and return!

Dates	Time	Cost	Course Ref
15 Apr -20 May	1000 -1300	£113.00	WFS01
27 May – 1 Jul	1000 -1300	£113.00	WFS02
19 Aug – 23 Sep	1000 -1300	£113.00	WFS03

Pre reqs: None

Award bearing: Yes

Windsurfing

Intermediate Windsurfing concentrates on improving basic skills and introducing skills such as beach starts, harness and foot strap work, using the new fast forward coaching techniques.

Dates	Time	Cost	Course Ref
8 Jul – 12 Aug	1000-1300	£113.00	WFI01
30 Sep – 4 Nov	1000-1300	£113.00	WFI02

Pre reqs: Start Windsurfing

Award bearing: Yes

Fast Forward Advanced Clinics (for 16 yrs+)

These sessions allow you to concentrate on one specific skill and once mastered opens up multiple opportunities in the sport.

Waterstart Clinics - 2 Tues evenings

This clinic will enable you to use the power of the wind to lift out of the water and continue sailing. An essential skill for the serious windsurfer to develop.

Dates	Time	Cost	Course Ref
9 & 16 May	1800 - 2100	£41.00	WCT01
23 & 30 May	1800 - 2100	£41.00	WCT02
6 & 13 Jun	1800 - 2100	£41.00	WCT03
20 & 27 Jun	1800 - 2100	£41.00	WCT04
4 & 11 Jul	1800 - 2100	£41.00	WCT05
18 & 25 Jul	1800 - 2100	£41.00	WCT06
8 & 15 Aug	1800 - 2100	£41.00	WCT07
22 & 29 Aug	1800 - 2100	£41.00	WCT08

Pre reqs: Start Windsurfing

Award bearing: Yes

Windsurfing

Non planing carve gybes clinic - 2 Weds evenings

No more shifting awkwardly around the board, learn to gybe in style.

Dates	Time	Cost	Course Ref
10 & 17 May	1800 - 2100	£41.00	WCW01
24 & 31 May	1800 - 2100	£41.00	WCW02
7 & 14 Jun	1800 - 2100	£41.00	WCW03
21 & 28 Jun	1800 - 2100	£41.00	WCW04
5 & 12 Jul	1800 - 2100	£41.00	WCW05
19 & 26 Jul	1800 - 2100	£41.00	WCW06
9 & 16 Aug	1800 - 2100	£41.00	WCW07
23 & 30 Aug	1800 - 2100	£41.00	WCW08

Pre reqs: Start Windsurfing

Award bearing: Yes





Paddlesport

Whitlingham is an ideal location for paddlesport with acres of placid water space and easy access to the broads and the river networks. We deliver the British Canoe Union Coaching Scheme (BCU) up to 3 star, which awards certificates of competence at the following levels:



Paddlesport

Summer Holiday Scheme

Our summer holiday scheme for 10-16 year olds offers a week of activity that has been broken down into three sections. You can pick and mix or do the whole week!

Mondays and Tuesdays

Basic canoe/kayaking skills (plus assessment for BCU 1*)

Wednesdays

A river trip plus fun, games, and lots of practise. Please note: BCU 1* is a pre requisite.

Thursday/Fridays

Improve on basic skills, (plus assessment for BCU 2* if appropriate pre requisites in place).

Summer Holiday Scheme

BCU 1*Canoe or Kayak Monday and Tuesday (for 10-16 yrs)

Learn the basic skills to canoe or kayak under supervision. Lots of games and confidence building plus assessment for BCU 1*

Dates	Time	Cost	Course Ref Kayak	Course Ref Canoe
3 & 4 Apr	1000 - 1600	£64.00	KSB01	CSB01
10 & 11 Apr	1000 - 1600	£64.00	KSB02	CSB02
29 & 30 May	1000 - 1600	£64.00	KSB03	CSB03
24 & 25 Jul	1000 - 1600	£64.00	KSB04	CSB04
31 Jul & 1 Aug	1000 - 1600	£64.00	KSB05	CSB05
7 & 8 Aug	1000 - 1600	£64.00	KSB06	CSB06
14 & 15 Aug	1000 - 1600	£64.00	KSB07	CSB07
21 & 22 Aug	1000 - 1600	£64.00	KSB08	CSB08
28 & 29 Aug	1000 - 1600	£64.00	KSB09	CSB09
23 & 24 Oct	1000 - 1600	£64.00	KSB10	CSB10

Pre reqs: None

Award bearing: Yes

Paddle Time Canoe and Kayak Wednesday (for 10-16 yrs)

A river trip plus fun, games, and lots of practise

Dates	Time	Cost	Course Ref Kayak	Course Ref Canoe
5 Apr	1000 - 1600	£34.00	KPT01	CPT01
12 Apr	1000 - 1600	£34.00	KPT02	CPT02
31 May	1000 - 1600	£34.00	KPT03	CPT03
26 Jul	1000 - 1600	£34.00	KPT04	CPT04
2 Aug	1000 - 1600	£34.00	KPT05	CPT05
9 Aug	1000 - 1600	£34.00	KPT06	CPT06
16 Aug	1000 - 1600	£34.00	KPT07	CPT07
23 Aug	1000 - 1600	£34.00	KPT08	CPT08
30 Aug	1000 - 1600	£34.00	KPT09	CPT09
25 Oct	1000 - 1600	£34.00	KPT10	CPT10

Pre reqs: BCU 1*

Award bearing: No



Paddlesport

Canoe and Kayak Improver Thursday and Friday (for 10-16 yrs)

This course is designed to build on the skills learned for BCU 1* and introduce more advanced techniques.

Dates	Time	Cost	Course Ref Kayak	Course Ref Canoe
6 & 7 Apr	1000-1600	£64.00	KSI01	CSI01
13 & 14 Apr	1000-1600	£64.00	KSI02	CSI02
1 & 2 Jun	1000-1600	£64.00	KSI03	CSI03
27 & 28 Jul	1000-1600	£64.00	KSI04	CSI04
3 & 4 Aug	1000-1600	£64.00	KSI05	CSI05
10 & 11 Aug	1000-1600	£64.00	KSI06	CSI06
17 & 18 Aug	1000-1600	£64.00	KSI07	CSI07
24 & 25 Aug	1000-1600	£64.00	KSI08	CSI08
31 Aug & 1 Sep	1000-1600	£64.00	KSI09	CSI09
26 & 27 Oct	1000-1600	£64.00	KSI10	CSI10

Pre Reqs: BCU 1* River Trip

Award bearing: Yes

Completing the full week of activity could result in a BCU 2* certificate if the assessment is successful.

BCU 1* Canoe – Saturdays

Learn the basics to canoe under supervision. Delivered over two Saturdays

Dates	Time	Course Ref 10-16yrs	Cost	Course Ref 16 yrs +	Cost
13 & 20 May	0900-1500	CYW01	£64.00	CAW01	£76.00
10 & 17 Jun	0900-1500	CYW02	£64.00	CAW02	£76.00
8 & 15 Jul	0900-1500	CYW03	£64.00	CAW03	£76.00
12 & 19 Aug	0900-1500	CYW04	£64.00	CAW04	£76.00
9 & 16 Sep	0900-1500	CYW05	£64.00	CAW05	£76.00
14 & 21 Oct	0900-1500	CYW06	£64.00	CAW06	£76.00
17 & 24 Mar	0900-1500	CYW07	£64.00	CAW07	£76.00

Pre reqs: None

Award bearing Yes

Paddlesport

BCU 1* Kayak – Sundays

Learn the basics to kayak under supervision. Delivered over two Sundays

Dates	Time	Course Ref 10-16yrs	Cost	Course Ref 16 yrs +	Cost
14 & 21 May	0900-1500	KYW01	£64.00	KAW01	£76.00
11 & 18 Jun	0900-1500	KYW02	£64.00	KAW02	£76.00
9 & 16 Jul	0900-1500	KYW03	£64.00	KAW03	£76.00
13 & 20 Aug	0900-1500	KYW04	£64.00	KAW04	£76.00
10 & 17 Sep	0900-1500	KYW05	£64.00	KAW05	£76.00
15 & 22 Oct	0900-1500	KYW06	£64.00	KAW06	£76.00
18 & 25 Mar	0900-1500	KYW07	£64.00	KAW07	£76.00

Pre reqs: None

Award bearing: Yes



BCU2* Canoe Wednesday Evenings

Improve canoe skills for those who have completed their BCU 1*.

Delivered over 4 Wednesday evenings

Dates	Time	Course Ref 10-16 yrs	Cost	Course Ref 16yrs +	Cost
7 - 28 Jun	1800-2100	CYE2O1	£64.00	CAE2O1	£76.00
5 - 26 Jul	1800-2100	CYE2O2	£64.00	CAE2O2	£76.00

Pre reqs: BCU 1* Canoe

Award bearing: Yes

BCU2* Kayak Thursday evenings

Improve Kayak skills for those that have completed their 1*. Delivered over 4 Thursday evenings

Dates	Time	Course Ref 10-16yrs	Cost	Course Ref 16yrs+	Cost
8 - 29 Jun	1800-2100	KYE2O1	£64.00	KAE2O1	£76.00
6 - 27 Jul	1800-2100	KYE2O2	£64.00	KAE2O2	£76.00

Pre reqs: BCU 1* Kayak

Award bearing: Yes

BCU 2* Canoe Weekends

Improve canoe skills for those that have completed their 1*

Dates	Time	Course Ref 10-16 yrs	Cost	Course Ref 16yrs+	Cost
6 & 7 May	1000-1600	CYW201	£64.00	CAW201	£76.00
3 & 4 Jun	1000-1600	CYW202	£64.00	CAW202	£76.00
1 & 2 Jul	1000-1600	CYW203	£64.00	CAW203	£76.00
5 & 6 Aug	1000-1600	CYW204	£64.00	CAW204	£76.00
2 & 3 Sep	1000-1600	CYW205	£64.00	CAW205	£76.00
7 & 8 Oct	1000-1600	CYW206	£64.00	CAW206	£76.00
10 & 11 Mar	1000-1600	CYW207	£64.00	CAW207	£76.00

Pre reqs: BCU 1* Canoe

Award bearing: Yes

BCU 2* Kayak weekends

Improve kayak skills for those that have completed their 1*

Dates	Time	Course Ref 10-16yrs	Cost	Course Ref 16yrs+	Cost
6 & 7 May	1000-1600	KYW201	£64.00	KAW201	£76.00
3 & 4 Jun	1000-1600	KYW202	£64.00	KAW202	£76.00
1 & 2 Jul	1000-1600	KYW203	£64.00	KAW203	£76.00
5 & 6 Aug	1000-1600	KYW204	£64.00	KAW204	£76.00
2 & 3 Sep	1000-1600	KYW205	£64.00	KAW205	£76.00
7 & 8 Oct	1000-1600	KYW206	£64.00	KAW206	£76.00
10 & 11 Mar	1000-1600	KYW207	£64.00	KAW207	£76.00

Pre reqs: BCU 1* Kayak

Award bearing: Yes

BCU 3* Canoe

Intermediate canoe skills for those who have completed their BCU 2*
Delivered over three days with tuition taking place over a weekend followed by a one day assessment the following weekend.

Dates	Time	Course Ref 10-16 yrs	Cost	Course Ref 16yrs+	Cost
20,21,27 May	1000-1600	CYW301	£94.00	CAW301	£112.00
22,23,29 Jul	1000-1600	CYW302	£94.00	CAW302	£112.00

Pre reqs: BCU 2* Canoe

Award bearing: Yes



BCU 3* Kayak

Intermediate kayak skills for those that have completed their BCU 2* Delivered over three days with tuition taking place over a weekend followed by a one day assessment the following weekend

Dates	Time	Course Ref 10-16 yrs	Cost	Course Ref 16yrs+	Cost
20,21,27 May	1000-1600	KYW301	£94.00	KAW301	£112.00
22,23,29 Jul	1000-1600	KYW302	£94.00	KAW302	£112.00

Pre reqs: BCU 2* Kayak

Award bearing: Yes

Guided Canoe river trips - Friday Evenings

Take a tour of Norwich or explore the river network on one of our guided canoe trips. This three-hour session is taken at a gentle pace with a stop off before returning for the centre. The perfect activity for all the family to participate in.

Dates	Time	Cost 6-16yrs	Cost 17yrs+	Course Ref
26 May	1800-2100	£15.00	£18.00	CRT01
30 Jun	1800-2100	£15.00	£18.00	CRT02
7 Jul	1800-2100	£15.00	£18.00	CRT03
14 Jul	1800-2100	£15.00	£18.00	CRT04

Pre reqs: None

Award bearing: No

Please note participants under 8 must be accompanied by parents or guardians on this activity

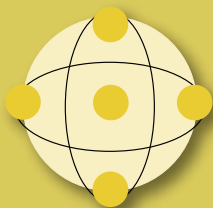
Guided Canoe river trips - Sunday Mornings

Dates	Time	Cost 6-16yrs	Cost 17yrs+	Course Ref
2 Apr	1100-1400	£15.00	£18.00	CRTW01
30 Apr	1100-1400	£15.00	£18.00	CRTW02
7 May	1100-1400	£15.00	£18.00	CRTW03
28 May	1100-1400	£15.00	£18.00	CRTW04
4 Jun	1100-1400	£15.00	£18.00	CRTW05
25 Jun	1100-1400	£15.00	£18.00	CRTW06
2 Jul	1100-1400	£15.00	£18.00	CRTW07
30 Jul	1100-1400	£15.00	£18.00	CRTW08
6 Aug	1100-1400	£15.00	£18.00	CRTW09
27 Aug	1100-1400	£15.00	£18.00	CRTW10
10 Sep	1100-1400	£15.00	£18.00	CRTW11
24 Sep	1100-1400	£15.00	£18.00	CRTW12

Pre reqs: None

Award bearing: No





Multi Activity

School Holidays (for 8-16 yrs)

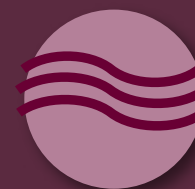
This is a bumper course aimed at young people interested in a range of active outdoor pursuits, including **sailing, canoeing, kayaking, windsurfing, raft-building, archery, climbing, abseiling, off road biking, and team challenges**, so there's no chance of getting bored! Make new friends, develop new skills, challenge yourself!

N.B. Activities may vary for each course and will be subject to weather conditions and availability.

Date	Time	Cost	CourseRef
3 – 7 Apr	1000 - 1600	£150.00	MA01
10 – 14 Apr	1000 - 1600	£150.00	MA02
29 May – 2 Jun	1000 - 1600	£150.00	MA03
24 – 28 Jul	1000 - 1600	£150.00	MA04
31 Jul – 4 Aug	1000 - 1600	£150.00	MA05
7 – 11 Aug	1000 - 1600	£150.00	MA06
14 – 18 Aug	1000 - 1600	£150.00	MA07
21- 25 Aug	1000 - 1600	£150.00	MA08
28 Aug – 1 Sep	1000 - 1600	£150.00	MA09
23 – 27 Oct	1000 - 1600	£150.00	MA10
12 – 16 Feb '07	1000 - 1600	£150.00	MA11

Pre reqs: None

Award bearing: No



Shore Based

Day Skipper

These courses will provide the theoretical knowledge to navigate a yacht at sea. Ideal for the beginner.

The qualification indicates that the student has understood the theory but has not yet taken a practical course.

No of sessions	To a total of 40 hrs
Date and times	To be arranged
Age	16+
Cost	£50 per 8 hour day +£25 course pack

Pre reqs: None

Award bearing: Yes

A minimum of 4 people is required for the courses to run.

Coastal Skipper/ Yacht Master Offshore

The topics covered in Coastal Skipper/Yachtmaster Offshore are at a higher level than the Day Skipper course. This course is not suitable for people without experience of navigation and sea sailing. Subjects covered will include chart work, passage planning, meteorology.

No of sessions	To a total of 40 hrs
Date and times	To be arranged
Age	16+
Cost	£50 per 8 hour day +£25 course pack

Pre reqs: Some practical navigation experience to the equivalent of Day Skipper theory.

Award bearing: Yes

A minimum of 4 people is required for the courses to run.

Please contact the office on 01603 632307 to register your interest.



The Xtra Factor 8-16 yrs

Don't get bored over the holidays - Challenge yourself with a day or two on the Xtra Factor. Every week during the holidays we will be running this exciting range of activity. You will have a full and challenging day, meet new friends, learn new skills and really have something to talk about on your return to school. Try one day or pick and mix a different day each week.

Mondays - Intro to off road Biking

Learn to handle a cycle on rough terrain in a safe, fun and challenging environment. Activity is delivered at venues locally with pick up and drop off points at Whitlingham OEC

Mondays	Time	Cost	Course Ref
3 Apr	1000 – 1600	£30.00	XFMO1
10 Apr	1000 – 1600	£30.00	XFMO2
17 Apr	1000 – 1600	£30.00	XFMO3
29 May	1000 – 1600	£30.00	XFMO4
24 Jul	1000 – 1600	£30.00	XFMO5
31 Jul	1000 – 1600	£30.00	XFMO6
7 Aug	1000 – 1600	£30.00	XFMO7
14 Aug	1000 – 1600	£30.00	XFMO8
21 Aug	1000 – 1600	£30.00	XFMO9
28 Aug	1000 – 1600	£30.00	XFM10
4 Sep	1000 – 1600	£30.00	XFM11
23 Oct	1000 – 1600	£30.00	XFM12
12 Feb	1000 – 1600	£30.00	XFM13

The Xtra Factor

Tuesdays - Triple T Challenge

Tower - Climbing and abseiling on our 60ft mobile climbing tower. Can you make it to the top or challenge yourself on the low level course?

Target Archery - Can you hit the bulls eye and beat your friends score? Learn to use equipment in a safe fun environment.

Team Challenge - Building a raft and take to the water to test your craft. Lots of team work , and a splashing time. (For those who would rather stay dry see Wednesdays)

Tuesdays	Time	Cost	Course Ref
4 Apr	1000 – 1600	£30.00	XFTO1
11 Apr	1000 – 1600	£30.00	XFTO2
30 May	1000 – 1600	£30.00	XFTO3
25 Jul	1000 – 1600	£30.00	XFTO4
1 Aug	1000 – 1600	£30.00	XFTO5
8 Aug	1000 – 1600	£30.00	XFTO6
15 Aug	1000 – 1600	£30.00	XFTO7
22 Aug	1000 – 1600	£30.00	XFTO8
29 Aug	1000 – 1600	£30.00	XFTO9
24 Oct	1000 – 1600	£30.00	XFTO10
13 Feb	1000 – 1600	£30.00	XFTO11

The Xtra Factor

Wednesdays - Triple T Totally Dry Challenge

Tower - Climbing and abseiling on our 60ft mobile climbing tower. Can you make it to the top or challenge yourself on the low level challenge?

Target Archery - Can you hit the bulls eye and beat your friends' score? Learn to use equipment in a safe fun environment.

Team Challenge - A number of tasks that will test your mind, body and teamwork. Good fun mixed with activity that will challenge you.

Wednesdays	Time	Cost	Course Ref
5 Apr	1000 – 1600	£30.00	XFW01
12 Apr	1000 – 1600	£30.00	XFW02
31 May	1000 – 1600	£30.00	XFW03
26 Jul	1000 – 1600	£30.00	XFW04
2 Aug	1000 – 1600	£30.00	XFW05
9 Aug	1000 – 1600	£30.00	XFW06
16 Aug	1000 – 1600	£30.00	XFW07
23 Aug	1000 – 1600	£30.00	XFW08
30 Aug	1000 – 1600	£30.00	XFW09
25 Oct	1000 – 1600	£30.00	XFW10
14 Feb	1000 – 1600	£30.00	XFW11

The Xtra Factor

Thursdays - Intro to Windsports

For those that have little or no sailing experience try half day on a group sailing experience in our stable Drascombe sailboat followed by half a day's windsurfing.

Thursdays	Time	Cost	Course Ref
6 Apr	1000 – 1600	£30.00	XFTH01
13 Apr	1000 – 1600	£30.00	XFTH02
1 Jun	1000 – 1600	£30.00	XFTH03
27 Jul	1000 – 1600	£30.00	XFTH04
3 Aug	1000 – 1600	£30.00	XFTH05
10 Aug	1000 – 1600	£30.00	XFTH06
17 Aug	1000 – 1600	£30.00	XFTH07
24 Aug	1000 – 1600	£30.00	XFTH08
31 Aug	1000 – 1600	£30.00	XFTH09
26 Oct	1000 – 1600	£30.00	XFTH10
15 Feb	1000 – 1600	£30.00	XFTH11

Fridays - Triple T challenge (as weds)

Fridays	Time	Cost	Course Ref
7 Apr	1000 – 1600	£30.00	XFF01
14 Apr	1000 – 1600	£30.00	XFF02
2 Jun	1000 – 1600	£30.00	XFF03
28 Jul	1000 – 1600	£30.00	XFF04
4 Aug	1000 – 1600	£30.00	XFF05
11 Aug	1000 – 1600	£30.00	XFF06
18 Aug	1000 – 1600	£30.00	XFF07
25 Aug	1000 – 1600	£30.00	XFF08
27 Oct	1000 – 1600	£30.00	XFF09
16 Feb	1000 – 1600	£30.00	XFF10





First Aid



Rescue Emergency Care (REC) training scheme is a national scheme which is fun, practical and progressive. Respected throughout the industry and approved by most National Governing Bodies including BCU, RYA, MLTB, BOF. REC courses are recommended by AALA as being appropriate training for outdoor professionals.

These courses use improvised scenarios out of the class room to cover the practical knowledge required for use in an emergency situations outdoors.

Courses are for activities instructors, teachers, youth leaders and anyone who needs to be confident in their first aid skills as part of their work or hobby.

REC Level 1 - Basic First Aid for Adventure Sports (For 16yrs+)

A one day (8 hour) course, designed to introduce a systematic method of first aid for managing casualties where help is close at hand in the outdoors. Meets BCU & RYA instructor requirements including Hypothermia and Drowning.

Dates	Time	Cost	Course Ref
Saturday 16 Sep	0900 - 1700	£50.00	RECB01
Saturday 14 Oct	0900 - 1700	£50.00	RECB02
Sunday 4 Feb 2007	0900 - 1700	£50.00	RECB03
Sunday 4 Mar 2007	0900 - 1700	£50.00	RECB04

Pre reqs: None

Award Bearing: Yes

First Aid

REC Level 2 - Emergency First Aid (For 16yrs+)

A two day (16 hour) course, designed to develop essential skills to deal with more difficult incidents when there is no immediate help. Meets MLTB requirements for SPA, WGL, ML.

Dates	Time	Cost	Course Ref
30 Sep & 1 Oct	0900 - 1700	£100.00	RECE01
10 & 11 Feb 07	0900 - 1700	£100.00	RECE02

Pre reqs : None

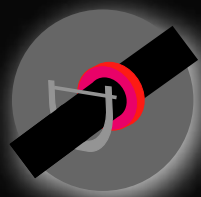
Award Bearing: Yes

REC Level 3 - Emergency First Aid (For 16yrs+)

HSE First Aid at work course. Four day modular training to give immediate treatment and recognise when further help is required

Dates	Time	Cost	Course Ref
4 days on request	0900 - 1700	£190.00	RECW01





Sculling

(10-16 YRS)

Sculling provides an ideal opportunity to personally try the Olympic sport of rowing. You could move on to race, do recreational rowing or just get fit and stay fit. The vessels used are very stable and the expert tuition will ensure you gain confidence very quickly.

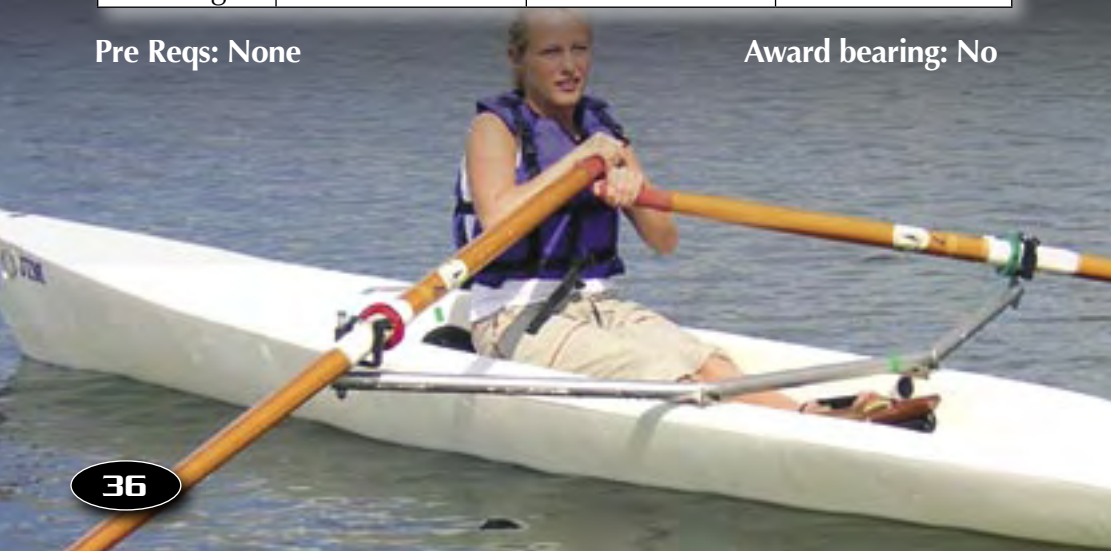
We run a variety of courses from taster sessions to improver level. We can also advise on how to get into rowing as a leisure activity or sport at a local club. The Amateur Rowing Association (ARA) is the National Governing Body for sculling and rowing sport, and our sculling courses are run under the guidance of an ARA qualified instructor.

Taster - complete novice, no previous experience required. Gain confidence in our stable boats and have some fun with basic manoeuvres.

Dates	Time	Cost	Course Ref:
15 Jul	1000 – 1300	£20.00	RTO1
16 Jul	1000 – 1300	£20.00	RTO2
22 Jul	1000 – 1300	£20.00	RTO3
23 Jul	1000 – 1300	£20.00	RTO4
5 Aug	1000 – 1300	£20.00	RTO5
6 Aug	1000 – 1300	£20.00	RTO6

Pre Reqs: None

Award bearing: No



Sculling

Starter – If you've caught the sculling bug in the taster session, learn more with a Starter session. We'll get you doing some tricky skills and show you the basics of good sculling technique. Practise over a marked out course.

Mondays

Dates	Time	Cost	Course Ref:
17 Jul	1000 – 1600	£30.00	RSO1
24 Jul	1000 – 1600	£30.00	RSO2
31 Jul	1000 – 1600	£30.00	RSO3
7 Aug	1000 – 1600	£30.00	RSO4

Pre reqs : None

Award Bearing: Yes

Improver – Learn more about good technique, and then complete some distance and steering challenges.

Tuesdays and Wednesdays

Dates	Time	Cost	Course Ref:
18 & 19 Jul	1000 – 1600	£60.00	RIO1
25 & 26 Jul	1000 – 1600	£60.00	RIO2
1 & 2 Aug	1000 – 1600	£60.00	RIO3
8 & 9 Aug	1000 – 1600	£60.00	RIO4

Pre reqs : Starter

Award Bearing: Yes





Coaching

The range of qualifications and accreditation available through our centre can enable you to become an instructor in your own right.

As a result of successfully qualifying you could –

- Open new employment prospects
- Organise your own trips
- Save money through our 'own instructor' rate
- Improve personal development and CV

Any pre-requisite awards for these courses are also available through our centre, so why wait? We advertise some specific courses, but can also arrange courses to suit groups and individuals. Contact us on (01603) 632307

Coaching courses on offer include:

- RYA Dinghy Instructor Award
- BCU Level 1 Kayak Coach
- BCU Level 1 Canoe Coach
- BCU Level 2 Kayak Coach
- BCU Level 2 Canoe Coach
- MIAS Level 1/2 (Mountain Bike Instructor Award Scheme)
- Mobile Climbing and Abseil Tower Supervisor Award



Coaching

RYA Dinghy Instructor Pre Course Assessment – (PCA)

To be accepted for training at instructor level all candidates have to pass a practical test conducted by an RYA Coach/Assessor not more than 6 months before instructor training. (The cost of this course is included if taken as part of a Dinghy Instructor course run by us).

Date	Time	Cost	Course Ref
12 Mar	1000 - 1600	£46.00	DIPCA01
17 Sep	1000 - 1600	£46.00	DIPCA02

Pre reqs : RYA advanced modules - Seamanship, Day Sailing, Sailing with Spinnakers, Performance Sailing, Start Racing, or equivalent experience. **Award bearing : Yes**

RYA Dinghy Instructor

A course aimed at experienced sailors who wish to become involved in the coaching process. Candidates are required to satisfy the personal sailing requirements prior to the course at a pre-course assessment session (PCA). The course lasts for seven days including assessment. Candidates with racing experience are able to gain the racing endorsement during the course.

Dates	Time	Cost	Course Ref
3 - 9 Apr	0900 - 1700	£346.00	DI01
23 - 29 Oct	0900 - 1700	£346.00	DI02

Pre reqs : RYA Member. RYA L2 Powerboat Certificate. Valid 7 hour first aid certificate. Pre course assessment (PCA)
Award bearing : Yes



Pay and Play

A unique Pay and Play scheme exists at Whitlingham allowing you the opportunity to hire a range of craft as set out below. Craft are booked on site on the day of hire.

- A qualified instructor will assess an individual's level of competence to use the craft safely.
 - Min age unsupervised 13 yrs. All those under 16yrs will require a signed parental consent form.
 - All users must register with the centre prior to taking part in any activity. Forms are available on the day or can be downloaded from the website at www.nccoutdoorededucation.co.uk - see booking procedure
- It is not possible to reserve craft in advance as they are booked out on the day of use on a first come first served basis.

Operational Times Little Broad 11.00 until close*
Great Broad 11.00 until close*

*Closing times will vary according to season so check the website for more details www.nccoutdoorededucation.co.uk

Hire Charges -Little Broad

(Only available during bank holidays and school holidays)

Open Canoe	£5.00 per hour
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Hire Charges - Great Broad

Open Canoe	£7.50 per 1.5 hour
Windsurfer	£9.00 per 1.5 hour
Topper/Oppie	£12.00 per 1.5 hour
Laser	£15.00 per 1.5 hour
Double hander (eg Wayfarer)	£15.00 per 1.5 hour
Spinnaker boat	£25.00 per 1.5 hour

We also have off road bikes and canoes available as part of the extensive Broads Authority Hire Network. For more information visit www.broads-authority.gov.uk or call Broads Information on 01603 782281

Pay and Play

Private Launch

It is possible to launch your own private craft on Whitlingham Broad by purchasing a launch ticket. These are available for between 1-7 days or on an annual basis.

For safety reasons it is only possible to use the broad under the presence and supervision of NCC OEP staff.

Staff are on hand to supervise while you are afloat and to help out in emergencies.

Private Launch Fees	Per 1 Day Launch	Per 7 Day Launch	Per Season
Kayak/Open Canoe	£4.00	£20.00	£40
Rowing boat/diver	£4.00	£20.00	£40
Windsurfer/Dinghy	£6.00	£30.00	£60
Double hander dinghy	£8.00	£40.00	£80

Please note for Pay & Play and Private Launch:

- The final decision to enter the broad rests with the Duty Manager and will be judged by regarding prevailing weather conditions, kit availability and condition of craft
- The use of buoyancy aids is mandatory.
- No private launch will be possible without a valid ticket.

Full terms and conditions for Pay and Play are available on our website at nccoutdoorededucation.co.uk or tel: (01603) 632307





Happy Birthday

Lost for ideas of what to do for that special event?

Our 3-hour birthday activity packages are great fun!

Choose an activity from the list below for the first two hours and then make use of our cabin or deck space to eat your party food (which can be provided by you if you prefer).

You and your friends can take part in one of the following:

- Sailing
- Windsurfing
- Open Canoe
- Kayak
- Raft Building
- Team Challenges
- Archery
- Orienteering
- Climbing/Abseiling

1-6people (8-16yrs)	7-12 people (8-16yrs)
£90 (+ £45 food - optional) includes One activity for 2 hours + 1 hour for food	includes One activity for 2 hours + 1 hour for food £150 (+£90 food - optional)
1-6people (16yrs +)	7-12 people (16yrs+)
£108 (+ £45 food - optional) includes One activity for 2 hours + 1 hour for food	includes One activity for 2 hours + 1 hour for food £180 (+£90 food - optional)

Gift Vouchers
Available



Groups, Friends, Family & Corporate Bookings

We can provide a range of activities for groups of all sizes regardless of age or ability. Whether you want a single session activity or an entire activity week, we can tailor a programme to meet your needs.

Sessions can also be delivered to meet personal development outcomes such as team and confidence building or just for fun.

Booking is easy, simply call us on 01603 632307 with the numbers of people that wish to take part and an idea of what you would like to do based on the list of activities below.

Prices are per instructor hour generally on a ratio of 1:6 participants and include all equipment.

Group Type	Cost based on up to 6 people taking part in one activity
NCC Schools & Scheduled voluntary youth orgs	£30 per hour onsite £36 per hour offsite
Adult groups	£36 per hour onsite £45 per hour offsite

Make your selection from the list below and contact us directly to discuss your individual needs. 01603 632307.

- Sailing
- Windsurfing
- Open Canoe
- Kayak
- Raft Building
- Team Challenges
- Archery
- Off Road Biking
- Navigation

Each activity is available for a minimum of a 2hr session



Diving



The water space at Whitlingham is ideal for diving and although we do not provide tuition in this area we welcome enquiries from PADI affiliated clubs.

This is an area we are keen to develop, so if you are part of a club looking for a new challenge or an area of water for new participants, Whitlingham could be the ideal location for you.

The centre offers excellent changing and showering facilities together with a meeting space and launch deck.

Please note

All clubs must be in a position to provide safety cover and medical care for their participants and supply the centre with risk assessments and certificates of affiliation.

An important aspect of the safe management of the water space is that groups work closely with us and report activity and proposed useage for the year.

Venue Hire

Whitlingham Outdoor Education Centre is available for hire for your meeting, conference or event.

Set in two hundred and eighty acres of Whitlingham Country Park the Outdoor Education Centre is the ideal location to inspire your group and create the right atmosphere for your event.

The training/meeting room has capacity for up to twenty people. Facilities in the cabins include TV/Video/DVD/multi-media facilities. Refreshments can be provided at a competitive rate and range from sandwiches to hot buffets.

The unique design of the venue also boasts 115sq metres of decking space under a distinctive sail roof making any 'outdoor event' a guaranteed weatherproof zone.

Parking is easy with facility for over two hundred cars and the venue is just a short walk from the car parks. We also have all terrain wheelchairs available that can tackle any surface, making the centre and the park accessible to all.

Hire charges for the meeting space start at just £60 for a three-hour session. Hot and cold refreshments available on request. For more details and to book the venue for your event call 01603 632307



New for 2006



Details will soon be available for schools and colleges to find out how our programme can link to your curriculum. Simply visit our website at www.nccoutdoorededucation.co.uk and select the educational supplement button

The supplement will give details of existing courses available to your school or college and ideas under development for you to comment on. It will also showcase activity taking place at the centre and give you the chance to shout about what you are doing. You can advertise your event and exchange ideas and contacts.

It is possible to view these pages online or to download and circulate among your colleagues.

Features will include:

- Work based learning opportunities
- PHSE
- Key Stage 2, 3 and 4 activity
- Schools activity week
- Awards and accreditation
- Notice board and schools community link
- Coaching courses
- REC – first aid for the outdoors
- Extended schools
- Study support

Contacts

Royal Yachting Association (RYA) (Sailing, Windsurfing & Powerboating)

RYA House, Ensign Way, Hamble, Southampton, SO31 4YA.
Tel 08453 450400.
www.rya.org.uk

British Canoe Union (BCU) (Canoeing & Kayaking)

John Dudderidge House, Adbolton Lane, West Bridgford, NG2 5AS.
Tel 0115 982100.
www.bcu.org.uk

Sport England

3rd Floor Victoria House, Bloomsbury Square, London, WC1B 4SE
Tel: 08458 508508
email: info@sportengland.org,
www.sportengland.org.uk

Amateur Rowing Association

National Office – ARA 6 Lower Mall, Hammersmith, London, W6 9DJ.
Tel: 0870 060 7100,
Email info@ara-rowing.org
Regional Office – ARA 11 More Close, Cambridge CB4 1ZP
Tel: 0870 1644 785

The following contacts offer grant support for young people:

The Norfolk Boat
The Norfolk Boat, Harrisons Farm House, East Tuddenham, Dereham,
Norfolk, NR20 3NF.
Tel: 01603 881121
Email: info@norfolkboat.org.uk

Youth Bank Norfolk

Kirsten Francis, Active Citizen Unit, NYCS Training Unit, School Lane,
Sprowston, Norwich, NR7 8TR
Tel: 01603 485999
Email: kirsten.francis@norfolk.gov.uk
www.youthbank.org.uk

Events 2006

at the Outdoor Education Centre and Whitlingham Country Park

Check out the website for more details www.nccoutdoorededucation.co.uk

NB Events may be subject to change at any time and without prior notice. All Scheduled events will be weather dependant.

Date	Event	Contact
Sun 16 April	10k fun run Fun run for all the family contact City of Norwich Athletics club for more details	www.conac.org.uk
Mon 17 April	Easter Family Fun Day A wide selection of activities for all the family	www.nccoutdoorededucation.co.uk 01603 632307
Sat 20 May	Dragon Boat Event Great fun for all the family to watch the teams as they battle for the finish	All enquiries please telephone Gabel events on 01780 470718
Sat 27 – 29 May	Shimadai – when orchids fly. Unique aerial theatre show set among the trees of the country park and set to music	South Norfolk Council 01508 533947
Sun 2 July	Triathlon Come and watch athletes compete in a gruelling test of stamina as they swim run and cycle their way to the finish	For further details contact Tri-anglia Simon Edye. Tel: 07915 089223

Date	Event	Contact
Wed 26 July	Pond dipping. Part of National Park week - find out what lives under the water.	Phone to book an one hour session BA Beccles TIC 01502 713196
Sun 30 July	Dragon Boat Event. In aid of the Anthony Nolan Trust. A great day out for every one – watch the teams compete for the finish and get soaked in the process	For an entry pack telephone 01865 875757 or visit www.anthonynolan.org.uk
Thur 3 August	Pond dipping. Join the Whitlingham and fringe rangers finding out what lives under the water.	BA Beccles TIC 01502 713196
Thur 17 August	Go Wild at Whitlingham Popular family day out With puppet shows, jeep safari's music and more.	BA Beccles TIC 01502 713196
Sat 16 Sept	Whitlingham Outdoor Education Centre First Birthday Event. Lots of fun for the whole family	Whitlingham OEC 01603 632307
Wed 25 Oct	RSPB feed the birds day. Help the birds and other wild life through the cold winter by making feeders and lady bird hotels	RSPB 01603 715191
Thurs 26 October	Quarry Safari. A unique look at how the quarry turned into a country park . Walking tour plus landrover safari.	BA Beccles TIC 01502 713196
Fri 17 Novr	Health walk. A brisk walk around the Country Park	Central Norfolk Health walks. 01603 423377
20-23 Dec	Santa at Whitlingham Check the website for times of when Santa is visiting.	www.nccoutdoorededucation.co.uk 01603 632307

How to get there

Getting to Whitlingham Outdoor Education Centre could not be easier with a number of transport options available to you:

By Car – Whitlingham OEC is just 10 mins from the city centre. Follow signs for Trowse, once in the village turn left opposite the Church, down Whitlingham Lane. Pass the Norfolk Ski Club on your right and Whitlingham OEC can be found 500 yards on your left. Park at either the little or great broad car parks. (NB car park fees go to the Whitlingham Trust for the upkeep of the park).

By Bus – No. 58 and 58a go to Trowse every 15mins from the city centre. The bus drops off at the centre of the village and Whitlingham OEC is a 10 min walk from the village centre (Directions as above). For further details of bus services tel Traveline 0870 6082608.

By Bike - Whitlingham Country Park and Outdoor Education Centre are part of National Cycle Route One. Once at the park the perimeter of the park can also be explored.

By Boat – The river bus leaves from Elm Hill Quay and Norwich Railway Station at regular intervals and stops directly outside the centre before continuing downstream. Tel City Boats on 01603 701701 for more information. There is also 24hr mooring adjacent to the centre.



If you require further help or information regarding any of the details in this brochure please contact us at:

Whitlingham Outdoor Education Centre, Whitlingham Lane, Trowse, Norwich, NR14 8TR.

Tel: 01603 632307

Fax: 01603 674219

Email: ncc.oep@norfolk.gov.uk

Our centre is licensed by the Adventurous Activities Licensing Authority (AALA). For further details of this licence please contact AALA direct on 029 2075 5715. Website: www.aala.org.uk.

All our staff are qualified to the appropriate governing body and local authority level.

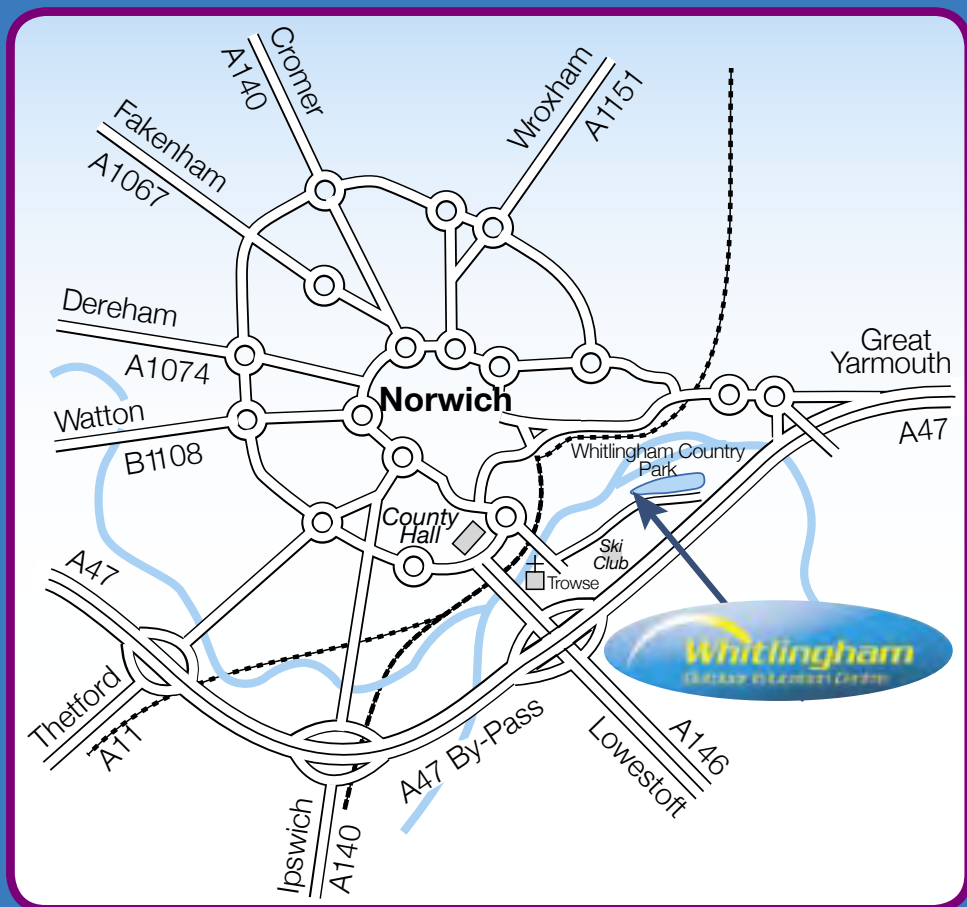
All staff are first aid trained and have been cleared by the Criminal Records Bureau disclosure procedure.

- To book your place on any of the courses or activities in this brochure please complete the blue pages in the centre.
- Please note that your attendance and completion of a course does not guarantee successful accreditation.
- Some pre requisites (qualifications or experience you will need to take part) are listed below the course details. In many cases you will need little or no experience and we offer opportunities to gain everything you need to progress.

Where a course states 'award bearing' this means that if successful you will receive a nationally or locally recognised certificate.



For full details of how to find us see page 50



 **Norfolk** County Council
at your service



If you would like a leaflet in large print, audio, Braille, alternative format or in a different language please contact us on 01 603 632307 and we will do our best to help.