



# PLAN YOUR ADVENTURE

A COMPLETE GUIDE TO ACTIVITIES AND LEARNING OBJECTIVES AT WHITEMOOR LAKES



# LEARNING OBJECTIVES

*A key providing insight into what learning objectives can be achieved from each activity session.*



## Teamwork

An activity that promotes working together, communication, cooperation, and bonding.



## Physical Challenge

An activity that is either high in energy or involves some level of physical strength.



## Development

An activity that focuses on personal achievement, such as conquering fears, or learning and practicing a new skill.



## Leadership

An activity used to develop leadership skills, either by appointing leaders to set tasks or simply encouraging them to set an example.



## Initiative

An activity that promotes the use their ability to solve problems, as well as developing group decision making skills.



## Social Skills

An activity that promotes inclusion of others as well as learning to recognize and support the achievements of their peers.

**10+**

## Recommended Min. Age 10+

An activity that may be too challenging for younger guests. We recommend only ages 10+ partake in this session where possible.



## Accessible Session

An activity that can be provided in an accessible manner through the use of additional support or equipment.

# WATERSPORT ACTIVITIES

Outdoor sessions out on the lake, taught and supervised by trained instructors.

## Sailing

Using the power of the wind your group, in teams, will learn to sail around the lake. This skill can take practice and is a good test of your group's perseverance. Once the basics have been taught, additional challenges and games may be added to solidify their understanding.



## Canoeing

Whitemoor Lakes offers the opportunity to enjoy an introduction to the sport of canoeing under the supervision of qualified instructors and coaches. With 2 or 3 people in a boat, their ability to communicate and work together is challenged through a series of fun games and exploration of the lake.



## Kayaking

Kayaking offers groups independence while still receiving the team encouragement, and confidence building of other sessions. Your group will be assigned their own kayaks and will be taught how to paddle effectively through a series of fun games and exploration of the lake.



# WATERSPORT ACTIVITIES

Outdoor sessions out on the lake, taught and supervised by trained instructors.

## Rafted Canoeing

Rafted canoeing offers a more supported option to our normal canoeing by connecting together two canoes to create a more stable boat. This allows for less risk of capsizing and more team strength to paddle the boat. This option is fantastic for participants with mobility concerns. This session is offered by request only.



## Giant SUP

Originating from the sunny beaches of Hawaii, stand-up paddleboarding will test your group's balance, teamwork, and help them gain confidence both physically and mentally as they participate in a range of games and challenges on top of the board. Session can be made wheelchair accessible with our specialist, outrigger seated board.



## Raft Building

With the help of your group, you will create a raft before putting it to the test on our lake under the supervision of our instructors. Raft building can be tailored to meet your group's needs by focusing on communication, teamwork, creative thinking, and more.



# ROPED ACTIVITIES

Outdoor sessions at height, with safety ropes, taught and supervised by trained instructors.

## Climbing

**B**

An exciting introduction to the Olympic sport of rock climbing. Groups support one another as they climb the tower and belay them under close supervision. This session is tailored to suit everyone's goals, from the first few steps off the floor to races and competitions.



## Zipwire

**B**

As one of our most popular sessions, Zipwire is the perfect way to develop your confidence and face your fears. Participants will experience the thrill of whizzing down one of our hundred metre zipwires as well as the enormous feeling of achievement for daring to step off the tower.



## Abseiling

**B**

Abseiling allows the participants the opportunity to take control of their descent as they travel down the height of our towers. While being responsible for their own ropes can be daunting at first, each step is taken at their own pace with the encouragement of the rest of their group.



# ROPED ACTIVITIES

Outdoor sessions at height, with safety ropes, taught and supervised by trained instructors.

## Leap of Faith

**B**

A superb way to face a fear of heights and feel the buzz of achievement. Participants will climb their way up to a main platform, positioned high above the ground and leap for the trapeze bar positioned based on the confidence and skill level of your group.



## Traverse

**B**

An individual challenge testing balance and confidence. Participants will work their way across three unique balancing obstacles till they reach the maximum height. This is a fantastic way to face fears as the height increases gradually and steps are taken at the participant's own pace.



## Gladiator

**B**

This session is run as a competitive or teamwork based challenge. Participants race or work together with a partner to make their way to the top of the challenge. Various obstacles will encourage the participants to use creative thinking and physical strength to overcome the tasks.



# ROPED ACTIVITIES

Outdoor sessions at height, with safety ropes, taught and supervised by trained instructors.

## High All Aboard **B**

Challenge your trust as groups of four participants climb their way to the top of a 10m/30ft pole, working together to fit all team members atop a platform. Once all four members are standing on the platform, additional challenges will be added.



## See-Saw Challenge **B**

Two participants will climb their way to the top of a large pole before using cooperation and communication to level out the balancing beam. Once the pair is settled on each end of the beam, additional challenges will be introduced.



# GROUND ACTIVITIES

A wide range of indoor & outdoor activities, taught and supervised by trained instructors.

## Archery

**B**

Participants will learn the skill behind the sport of archery, before testing out their newfound skills in a series of games designed to create a sense of achievement even if you don't hit the gold. Games can also incorporate teamwork, communication, and numeracy skills.



## Fencing

**B**

Fencing offers the chance to try out a new and exciting sport. Despite its competitive nature, fencing sessions can be tailored by our instructors to provide a sense of achievement for everyone, either by winning duels or through the acquisition of new skills.



## UV Games

**B**

Relying on strategy and teamwork, participants will compete in various UV lit sports such as dodgeball,, volleyball, basketball, etc.



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## Nightline

Groups will start this session by completing games and challenges to help them become comfortable with wearing blindfolds. The course requires participants to explore their remaining senses and communicate with those around them to successfully navigate the obstacle course.



## Challenge Course **B**

On our purpose build courses, groups can compete individually, in teams, or work together as a whole group to complete tasks around the various apparatus. Challenge course is a highly enjoyable and rewarding physical challenge.



## Problem Solving

We have a purpose-built problem-solving course with a variety of elements to challenge all ages and work on whichever development points you are seeking for your group. Participants will work through a variety of obstacles, using strategic planning, logic, and team work to achieve success.



# GROUND ACTIVITIES

A wide range of indoor & outdoor activities, taught and supervised by trained instructors.

## Eggs Can Fly

During this session, groups will work together to design and construct a protective rocket for an egg before putting their creation to the test by launching it from the top of our climbing tower



## Circus Skills

**B**

Our instructors will teach the basics of circus themed skills such as juggling, spinning plates, flower sticks, and many more before allowing the participants time to explore the skills at their own pace.



## Indoor Enigma

This session is a true test of teamwork and problem solving skills, as participants work their way through an escape room style challenge. Discovering clues, unlocking padlocks, and solving riddles will encourage participants to work effectively together.



# GROUND ACTIVITIES

A wide range of indoor & outdoor activities, taught and supervised by trained instructors.

## Orienteering

During this session, our instructors will teach participants the basics of navigation with a map of Whitemoor Lakes, before sending your group off in teams to compete in a variety of races and challenges to test their skills.



## Compass Course

Our compass trails will introduce your group to the art of navigation with a compass through various races and challenges. Participants will be taught the basics along with different methods to improve their accuracy while reading a compass.



## Fire Lighting

During this session, participants will be taught the technique behind lighting fires. Participants will begin by learning to strike a flint before attempting to light a cotton ball ablaze. As a final challenge, groups will work in teams to be the first to successfully create an active flame.



# GROUP ACTIVITIES

A wide range of indoor & outdoor activities, great for gathering together your whole group, supervised by trained instructors.

## Ice Breakers

Upon arrival it's good to get to know each other and some of the instructors who will be leading your group. Our icebreaker session will help participants stretch their legs after their journey to our centre and get more comfortable with each other before jumping into the remainder of their sessions.



## Team Games

This session is a great bonding and teamwork based session, run similarly to our extreme teams session but without a final winner or point allocations this session allows for a more relaxed game experience. This session contains a variety of games ranging from bean bag steal to the elephant race.



## Extreme Teams

This competitive point-based session will require energy, enthusiasm, and just a bit of luck! After each round/game, points will be awarded – whichever team holds the most points by the end of the night will take home the victory!



# GROUP ACTIVITIES

A wide range of indoor & outdoor activities, great for gathering together your whole group, supervised by trained instructors.

## Campfire

A fun evening full of games, songs, and stories around a lovely blazing campfire. Our instructors can tailor the session to match your groups interests. If you'd like to roast marshmallows just bring along the supplies and our instructors will assist you.



## Run Around Quiz

During this active session, teams will be tasked with discovering answers found around the centre. With a map, each team will complete tasks and answer questions. Our instructors will be stationed at points to provide assistance as needed. The team who submits the largest amount of correct answers/completed tasks wins!



## Disco

Get your bodies moving with our energetic disco session. Participants can request their favourite songs or simply enjoy our mix of tunes. Our instructors can deliver musical themed games, such as musical statues, if requested.



# EXTERNAL PROVIDERS

*Fun and engaging sessions/workshops that bring something different to your experience, ran by an external provider.*

Our external providers can help add that extra sparkle to your activity programme by running sessions such as an animal experience, drumming workshop, birds of prey demonstrations, magic/circus skills, and more. Our external provider sessions are available on a case-by-case basis (booking fees will apply).

## DWAEC

An Award winning professional animal educational sessions, suitable for children and adults.



## Magical Mayhem

Children's entertainer and circus skills workshops, with over 30 years experience.



## Rhythmicity

Drum workshops, drawing on lifelong musicianship, mental health training and public health understanding.



**PLUS MANY  
MORE OPTIONS,  
GET IN TOUCH!**