

# SUPPORT, ENRICHMENT & PROGRESSION WEEK SEP

Please choose from the activities below and email bookings to [ctalbot@cityplym.ac.uk](mailto:ctalbot@cityplym.ac.uk) or [gcloke@cityplym.ac.uk](mailto:gcloke@cityplym.ac.uk) at the Students' Union.

The booking(s) should contain a list of learners (Surnames, Forename, Learner Number, Course Code and Accompanying Tutor Name).

These sessions will be allocated on a **first-come, first-served** basis. Confirmation of your timeslot will be sent out by Thursday 3<sup>rd</sup> October 2019, along with letters and consent forms.

# Adrenalin Urban Activity Park

The new inflatables include 4 incredible slides, a climbing wall, obstacle course and airbag where you can launch your friends into Adrenalin!

The Jump Zone is one of the most popular areas of Adrenalin. In the Jump Zone, you can bounce, run and twist your way around the park! Leap onto our giant airbag, fling yourself around our trampolines or test your tricks on our tumble tracks.



## Details:

**Cost:** Free

**Transport:** You will be transported to and from the activity park by Minibus

## **What you need to bring/wear:**

- Bring a drink and lunch/snacks
- Socks will be provided

**Meet:** Gather outside the Students' Union

## Information for Tutors:

- You will need to ensure every student has been given a letter about this activity
- You must have a consent form completed for each student
- Students (18+)/Parents/Careers must complete an online waiver for this activity - <https://www.adrenalinleisure.co.uk/waiver/>
- You must accompany your group

## Availability:

<b>Monday</b> <b>7<sup>th</sup> October</b>	1200-1400	1300-1500	1400-1600	1500-1700
Available Spaces	15	15	15	15
<b>Thursday</b> <b>10<sup>th</sup> October</b>	1200-1400	1300-1500	1400-1600	1500-1700
Available Spaces	15	15	15	15

# Tenpin Bowling

Tenpin Plymouth Barbican is the ideal location to show off your bowling skills and bowl your blues away. Bowl your way to fun with Tenpin Bowling. You will receive 2 games of bowling, which includes shoe hire.



## Details:

**Cost:** Free

**Transport:** You will need to catch the free college bus (36) and walk to the barbican leisure park

## **What you need to bring/wear:**

- Bring a drink and lunch/snacks
- Bowling shoes will be provided

**Meet:** Your tutor will agree on a meeting point

## Information for Tutors:

- You will need to ensure every student has been given a letter about this activity
- You must have a consent form completed for each student
- You must accompany your group

## Availability:

<b>Tuesday</b> <b>8<sup>th</sup> October</b>	1100-1200	1230-1330	1400-1500	1530-1630
Available Spaces	15	15	15	15
<b>Friday</b> <b>11<sup>th</sup> October</b>	1100-1200	1230-1330	1400-1500	1530-1630
Available Spaces	15	15	15	15

## **BOX-FIT**

The session includes warm-up, main activity and cool down, utilising games, technique drills, challenges and rewards.



### **Availability:**

<b>Tuesday</b> <b>8th October</b>	0900-0945	1000-1045	1100-1145	1300-1345	1400-1445	1500-1545
Available Spaces	10	10	10	10	10	10

## **PUSH Study Revision Skills**

PUSH Study revision skills in K110 Lecture Theatre – to book email [bozanne@cityplym.ac.uk](mailto:bozanne@cityplym.ac.uk) direct.

### **Availability:**

<b>Tuesday</b> <b>8th October</b>	0900-1000	1000-1100	1100-1200
Available Spaces	55	55	55

## **College Gym Tasters**

An opportunity for students to sample the facilities. Includes a gym induction so those who wish to become members will be equipped to start using the gym straight away.

### **Availability:**

<b>Monday</b> <b>7th October</b>	1230-1300	1430-1500	1530-1600
Available Spaces	10	10	10
<b>Tuesday</b> <b>8th October</b>	1200-1400	1300-1500	1400-1600
Available Spaces	10	10	10

## Kayaking at Mount Batten

Mountbatten's incredibly popular TryKayak session is ideally suited for individuals looking to try kayaking for the first time. Using their fleet of stable Sit-on-Top Kayaks they will introduce to the rewarding sport of kayaking – They will cover some foundation skills and embark on a short journey. The TryKayak is for a 2-hour session, including everything needed to get afloat - wetsuits, full use of centre facilities, all kayaking equipment and full instruction throughout.



### Details:

**Cost:** Free

**Transport:** You will be transported to and from the activity park by Minibus

### **What you need to bring/wear:**

- Bring a spare pair of trainers that you don't mind getting wet
- Bring a spare jumper that you don't mind getting wet
- Bring a towel
- Consider a warm hat
- Bring a drink
- You will be provided with a wetsuit and buoyancy aid

**Meet:** Gather outside the Students' Union to get the Minibus

### Information for Tutors:

- You will need to ensure every student has been given a letter about this activity
- You must have a consent form completed for each student
- You must accompany your group and either join the group on the activity or keep them in sight

### Availability:

<b>Tuesday</b> <b>8<sup>th</sup> October</b>	0900-1100	1130-1330	1400-1600
Available Spaces	15	15	15

# Yoga

Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind. Other physical benefits of yoga include: increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality, maintaining a balanced metabolism, weight reduction, cardio and circulatory health, improved athletic performance and protection from injury.



**Cost:** Free

**Meet:** Please meet in the Students' Union

## Availability:

<b>Thursday</b> <b>10<sup>th</sup> October</b>	0900-1000	1015-1115	1130-1230	1300-1400	1415-1515
Available Spaces	18	18	18	18	18

# Camel Trail

The trail is suitable for walkers, cyclists, horse-riders and wheelchair users and falls into three main sections: You will be covering the Padstow to Wadebridge route, totalling - 5.5 Miles (8.8Km), including the return, covering 11 miles I total. Your trip includes bike hire at the venue.



## Details:

**Cost:** Free

**Transport:** You will be transported to and from the activity park by Minibus

## **What you need to bring/wear:**

- Check the weather and bring appropriate clothing
- Bring a lunch and a drink
- You will be provided with a bike and helmet

**Meet:** Gather outside the Students' Union to get the Minibus

## Availability:

<b>Friday</b> <b>11<sup>th</sup> October</b>	0930-1400
Available Spaces	15

