



winter programme 2010



ActionOutdoors

GET OUT & GET ACTIVE



Welcome to our 2010 Winter Brochure. After a very busy summer, we are pleased to bring you our courses for the winter season. We aim to suit everyone's needs, however if the dates don't suit or you would like to try something different, then please pop into our centre and we can arrange something to suit.

Mountain Biking Skills

Bike Skills (Introductory-Intermediate)

Max 8 People

Cost £20 per person

Time 1000 - 1500

Meet at Action Outdoors

If you have done some biking before and want to improve your skills and overall fitness then this is the course for you. We will take you on a journey along the canal towpath to the Falkirk Wheel and then after a refreshment break into Rough Castle community woodland where you will get to practise off-road cycling and descents. Please bring a snack and a change of clothes

MB1 Sat 16 Jan

MB2 Sat 13 Feb

MB3 Sat 13 Mar

Bike Skills (Intermediate – Advanced)

Max 8 People

Cost £20 per person

Time 1000-1500

Meet at Action Outdoors

This course will take us to the secluded Carron Valley which is one of the best kept secrets in the central belt – 10.5km of purpose built mountain bike tracks, including a red trail and an orange-graded Freeride section. Please bring a snack and a change of clothes.

AMB1 Sat 23 Jan

AMB2 Sat 27 Feb

Night Biking

Max 6 people

Cost £10

Time 1800-2000

Meet at Action Outdoors

Using additional night lights, we will take a journey along the Union Canal, to Muiravonside aquaduct. This course will improve night biking skills and for those who want to stay active in the dark winter nights.

NB1 Mon 18 Jan

NB2 Mon 8 Feb

NB3 Mon 8 Mar

Mini-Mountain bikers

Max 8 people (Age 8-12 yrs old)

Cost £7.50 per Child

Time 1000-1200

Meet at Action Outdoors

This Saturday morning course is aimed at encouraging younger bikers to improve their bike skills and fitness. We will use the relatively easy towpath on the Union Canal and explore some of the local woods in the countryside outside Polmont.

MM1 Sat 6 Feb

MM2 Sat 6 Mar

MM3 Sat 20 Mar

Indoor Rock Climbing

Intro to Climbing

Max 6 people

Cost £18 (+ £8.75 entry fee)

Time 1800-2100

Meet at Action Outdoors

This course is designed to introduce the basics of rock climbing including rope work and movement on rock. Please note all specialist climbing equipment and transport to and from the climbing venue is provided.

RC1 Thur 14 Jan

RC2 Thurs 28 Jan

RC3 Thur 11 Feb

RC4 Thurs 25 Feb

RC5 Thur 11 Mar

RC6 Thurs Mar 25

Junior Rock Climbing

Max 6 people (Aimed at 8-14yrs old)

Cost £16 (+ £3.25 entry fee)

Time 1600-2000

Meet at Action Outdoors

This evening course is intended to teach young children the basics of rock climbing in a safe environment under supervision of a qualified instructor. If parents would like to come along to observe the session then this can be arranged.

JRC1 Thurs 21 Jan

JRC2 Thurs 18 Feb

JRC3 Thurs 18 Mar

Rambles

Max 12 People

Cost £7.50

Time 1000-1500

Meet at Action Outdoors

These walks are for adults who have free time during the week and want to develop basic fitness and enjoy meeting other people. We will use a variety of venues within the central belt to develop this.

RAM1 Weds 13 Jan

RAM2 Weds 10 Feb

RAM3 Weds 10 Mar

Hill Walks

Max 12 People

Cost £10

Time 900-1500

Meet at Action Outdoors

We aim to explore the popular hills in the Trossachs National Park. Appropriate footwear and warm clothing is essential(waterproofs can be provided, if needed)

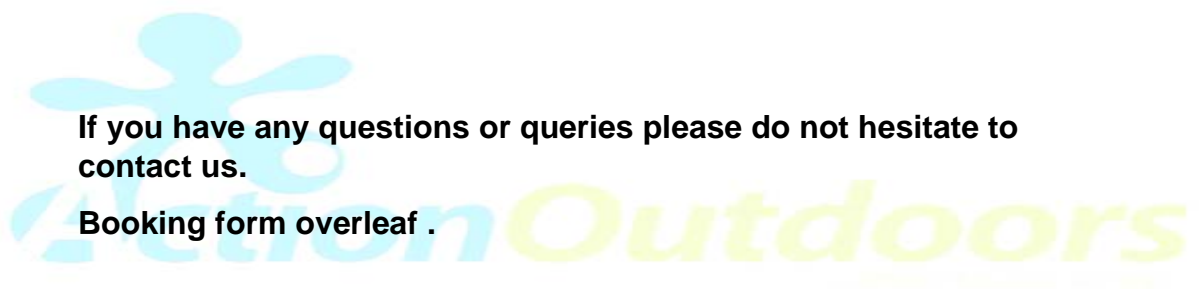
HIL1 Weds 20 Jan

HIL2 Weds 17 Feb

HIL3 Weds 24 Mar

If you have any questions or queries please do not hesitate to contact us.

Booking form overleaf .



Booking Form

A separate booking form must be used for each applicant. Photocopies are acceptable.

PLEASE NOTE: No confirmation of booking will be sent.

Name.....DOB.....

Address.....

.....

.....Postcode.....

Tel (home).....

EMERGENCY CONTACT

Name.....Relationship.....

Tel (in case of emergency).....

Please state any relevant information or medical details that we should know.

NB. Please bring along any relevant medication.

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Please make all cheques/Pos payable to 'Falkirk Council' with participants name and address on back

Course Code	Activity	Date	Fee
		Total £	

PARENTS PLEASE FILL THIS SECTION IN ON YOUR CHILDS BEHALF

PHOTOGRAPHS/VIDEOS- During some of the activity sessions, photographs and/or video may be taken for press and publicity reasons. If you/your child would not like to take part in any photocalls, please tick this box

MEDICAL TREATMENT CONSENT- I give permission for me/my child to receive medical treatment by the on-site first-aiders and qualified medical respondents on the understanding that the emergency contact named above will be contacted as soon as is reasonably possible.

I have stated any information or known medical condition which the organisers should be aware of.

Signed.....Date.....

RETURN COMPLETED FORMS AND PAYMENT FOR ALL COURSES TO;

ACTION OUTDOORS, Redding Road, Brightons, Falkirk, FK2 0AA