

IMPACT WEEKEND
QUINTA
12th - 14th OCTOBER 2018

Please number the activities from 1-8 in order of preference (1 being your highest preference). You will only be allocated 4 activities, and we will do our best to accommodate your top choices if forms are returned on time. Please return this form by **2nd August** to Mandy Howarth by email admin@nwba.org.uk or to NWBA Office, Resource Centre, Fleet Street, Wigan, WN5 0DS

If you have registered any young leaders, please include them on this form too, however, they may only be able to do two activities (please make it clear that they are young leaders).

All activities last for 90 minutes.

List of activities, and description where necessary!

- **Archery** Check out your aim under the guidance of a qualified instructor – not as easy as it looks!
- **Swimming** One leader per group should be present - this can either be at the side of the pool or in the pool.
- **Stand-up Paddle Boards** Please note that for safety reasons this activity may change to kayaking if the water level of the lake drops too low.
- **Kayaking** Come and have fun playing games on sit-on-top kayaks
- **Low Ropes** Work as a team to move around the low ropes course
- **Craft** A chilled out craft session, choose what you want to create from a range of craft activities
- **Laser Tag** Always a popular choice, work in teams to defeat your opponents.
- **Mountain Biking** Develop your cycling skills under qualified supervision, how fast can you cycle round the obstacle course before going for a cycle through the woods

