

Water sports and water safety days

**ACTIVE
SCILLY**



Come and join the Active Scilly team for a range of fun activities in and on the water at Porthmellon Beach.

On each of these full days, there will be fun and games in the water and on the beach in the morning, followed by a chance to kayak and SUP with instructors from the Sailing Centre/ Board Scilly in the afternoon.

The exact activities on offer will be weather dependent, but our plan for the mornings is as follows:

Tues 7th—Sea swimming and water safety. Have some fun with those rescue boards!

Weds 8th—Beach games.

Weds 22nd—A chance to do a bit of rescue skills work and some beach games too.

Thurs 23rd—Some rockpooling, a bit of a beach treasure hunt, and some team games.

Children must be able to swim a minimum of 30m competently (any stroke). i.e. 2 lengths of Normandy Pool.

You will need to bring a wetsuit, swimmers, towel, sun cream, sun hat, a packed lunch, drinks, warm clothing, and lots of energy!

When: **Tues 7th, Weds 8th, Weds 22nd and Thurs 23rd August**

Time: 10.00-15.30 each day

Where: Drop off at **the Sports Hall**.
Collection/departure from Porthmellon beach.

Cost: Active Scilly members: £32.

Non-members: £37.

Ages: 8-13 years

Off-Islands Access Funding: available



Places are limited—booking is essential.
All bookings to be made via the Sports Hall, 01720 424405