

'Get active' and watersports short sessions

**ACTIVE
SCILLY**



Council of the
ISLES OF SCILLY

Come and join the Active Scilly team for a range of fun activities at Carn Gwaval and Porthmellon Beach.

On Thursday 2nd August we'll be running an afternoon of games and obstacle courses, as part of our 'get active' week. Come and challenge yourself and have some fun with your friends.

On Wednesday 8th August we'll be running two hours of beach games, as part of watersports & watersafety week. No wetsuit required, but please wear clothes that will allow you to go into the sea up to your knees (at least).



When: Thurs 2nd August

Time: 1pm-3pm

Where: Drop off and collection **at the Sports Hall, Carn Gwaval.**

Cost: AS members £12 / non-members £16

Ages: 6-13 years.

Off-Islands Access Funding: available

When: Weds 8th August

Time: 10.30-12.30

Where: Drop off and collection **at Porthmellon slipway.**

Cost: AS members £12 / non-members £16

Ages: 6-13 years.

Off-Islands Access Funding: available

You'll need to be wearing comfortable clothes & shoes for each of these sessions. Please bring sun cream, sun hat and a drink (and a towel for Weds 8th Aug).

Places are limited—booking is essential.

All bookings to be made via the Sports Hall, 01720 424405