

Cappanalea OEC - Summer Adventure Courses



Kayaking on a Cappanalea Summer Adventure Course

All of the Summer Adventure Non-Residential Courses 2009 at Cappanalea OEC give young people *aged between 8 and 13 years*, from all over Ireland an opportunity to participate in an active, healthy, safe and varied outdoor adventure programme. The courses include a range of the following activities.

Canoeing, Hill Walking; Rock Climbing; Raft Building; Field Studies; Orienteering; Kayaking and Initiative Team Challenges.

Sample Timetable	Morning	Afternoon
Monday	Raft Building	Canoeing
Tuesday	Bouldering	Rock Climbing
Wednesday	Hillwalking	Kayaking
Thursday	Orienteering	Initiatives
Friday	Field Studies	Team Challenge

All activities are instructed by qualified staff. Throughout the week students are supervised by our instructors.

Summer Adventure Non-Residential Courses at Cappanalea OEC.

Non-Residential Courses

€165 per student - Monday to Friday

The fee charged covers the return journey from Killorglin or Caragh Lake to Cappanalea OEC; the use of all necessary specialist equipment and the qualified instruction given with all sports. We guarantee a well organized week of fun and adventure.



Group camping on a Summer Adventure Course at Cappanalea

Contact Cappanalea OEC

for information on optional personal accident insurance

Application Form

Specify Course Preference

- 20th—24th July 2009 (*Booked Out*)
- 27th—31st July 2009 (*Booked Out*)
- 10th—14th August 2009
- 17th—21st August 2009

Name _____

Address _____

Home Phone Number _____

Phone Number of Guardian while student is in Cappanalea _____

Age : _____

Gender **M / F**

Can you Swim **Y / N**

Have you participated in adventure sports **Y / N**

Have you any medical conditions of which the course director should know :

Do you require transport to and from Killorglin or Caragh Lake, please tick:

Killorglin

Caragh Lake

I enclose cheque for **non returnable** deposit of €50 **Y / N**

(Please note that all cheque to be made to "Kerry Education Service")

Signature of Parent / Guardian _____

Date _____

Cappanalea OEC
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Cappanalea O.E.C