



Summer's coming

Think you might be
interested??

Climbing / Mountaineering:- 13 – 17 Years (Sun 4th – Fri 9th July 2010)



So, you've tried climbing on a wall or at an outdoor centre, you liked it, you want to do and learn more...

You won't need any special equipment just enthusiasm and a reasonable level of fitness. Some previous experience of climbing is recommended.

Last summer we spent a glorious sun-filled week climbing in North Wales, this summer we might go back or maybe ...

This 4 day course will get you out climbing as much as possible on single and multipitch rock climbs. We may also do some scrambling and hill-walking.

Canoeing / Kayaking: 13 – 17 Years (Tue 10th – Fri 13th August 2010)

A 4 day course designed to give you an enjoyable introduction to canoeing. No prior experience is needed. You'll cover everything from what clothing and equipment to choose, right up to basic rescue skills, not to mention plenty of fun paddling. By the end of the course you will have all the foundation skills to confidently progress in your new sport.

You might also be able to complete your 1 or 2 star BCU award. During this course there may also be the opportunity to experience some of the other activities we provide.



If you think you might be interested in either course ask your parents to send an email to killowen@selb.org with your contact details and we'll post you out all the information. Please check for updates on selb.org/killowen/webpages/summerscheme.

Killowen Outdoor Education Centre

Killowen Road, Rostrevor, Newry, BT34 3AF

Tel: 028 417 38297 Fax: 028 417 38167

Email: killowen@selb.org

All information that we hold concerning you as an individual will be held and processed by SELB strictly in accordance with the provisions of the Data Protection Act 1998. Such data will be used by SELB to administer our relationship with you and to provide you with information about our activities and for related purposes. We will not, without your consent, supply your name and address to any third party except where (1) such a transfer is a necessary part of the activities that we undertake, or (2) we are required to do so by the operation of the law. As an individual, you have a right under the Data Protection Act 1998 to obtain information from us, including a description of the data that we hold on you.

Killowen Outdoor Education Centre 2010 Summer Scheme - Interested reply form

Name _____

Address: _____

Email: _____

Please tick
I am interested in the Climbing course

“ the Canoeing course

Fold at the lines, stick with tape and send it back as a postcard. Thank you.

Fold here

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Affix
stamp
here

Fold here