



Holiday Activity Programme

Dear Parent,

Confirmation of activity booking with Ashton Park Sports Centre

Thank you for booking your child onto:

Gig Rowing

This session has been organised in partnership with Young Bristol. Please find below details and requirements for the session:

The session will take place at Pooles Wharf Activity Centre on the Harbour. This session involves rowing a Cornish Gig as part of a well-balanced team. National Governing Body qualified instructors will teach participants how to control the boat which requires, communication, concentration and skill. The boat is incredibly stable and easy to master, providing a gentle workout for all ages and ability levels.

Drop off and collection for this activity will be at **Ashton Park Sports Centre**. Once dropped off and registered at the Sports Centre, a Young Bristol instructor will arrive on a minibus to transport the children to the site. The children will then be brought back to the Sports Centre after the activity ready to be signed out and collected.

There is a strong possibility participants will get muddy, damp, and in some cases, wet. They may also damage clothes and footwear. **We recommend that they bring a complete change of clothes including footwear.**

Participants should bring the following to the session:

- Waterproof Jacket
- At least two top layers, t-shirt and a sweatshirt
- Old, loose fitting, tracksuit bottoms/leggings
- Wellington boots
- Walking boots

Please note that these sessions are subject to a required minimum number of participants. Booking must be done before 4pm the day before an activity.

If you have any further questions please contact the Sports Centre on the number below.

Regards,

Ashton Park Sports Centre