

Whitemead Forest Park Activity Information



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio & Core 16yrs+ 8.30am - 9.30am	Go Quest Available from Guest Services from 10am.	Pilates 16yrs+ 9.30am - 10.30am	Wild Wild West 3 - 7yrs 10am - 11am	Guided Woodland Walk 9.45am Meet outside Forest Point	Go Quest Available from Guest Services from 10am.	Sammy's Farewell Visit Sammy & say goodbye before departing. From 10.30am
Pirates Paradise 3-7yrs 10am - 11am	Circus Skills 5-10yrs 10am - 11am				Pirates Paradise 3 - 7yrs 10am - 11am	
Crazy Carts 9yrs+ 11.30am - 12.30pm	Crossbows 12yrs+ 11.30am - 1pm	Aquarobics 16yrs+ 12.30pm - 1.30pm	Archery 7yrs+ 11.30am - 1pm		Archery 7yrs+ 11.30am - 1pm	Whitemead's Nature Trail Available from Guest Services from 10am. FREE
					Aquarobics 16yrs+ 12.30pm - 1.30pm	
Snorkelling & Sea Scooters 9yrs+ 2.30pm -4pm	Water Walkerz* 5yrs+ 2.30pm - 4pm		Snorkelling & Sea Scooters 9yrs+ 2.30pm - 4pm	Water Walkerz* 5yrs+ 2.30pm - 3.30pm	Water Walkerz* 5yrs+ 2.30pm - 3.30pm	Water Walkerz* 5yrs+ 2.30pm - 4pm
		Body Zorbs 7 - 16yrs 2.30pm - 4pm				
Science Kids 5 - 10yrs 5pm - 6pm	Archery 7yrs+ 4.30pm - 6pm	Aquarobics 16yrs+ 6.15pm -7pm	Crazy Carts 9yrs+ 4.30pm -5.30pm	Bootcamp 16yrs+ 7.15pm - 8.15pm	Crossbows 12yrs+ 4.30pm - 6pm	Check-in with Sammy the Squirrel! Sammy will be at the check-in pod to welcome you to Whitemead. From 4.30pm

This pro-

- Go Pro
- Go Junior
- Give It A Go
- Go Discover
- Go Fitness

Excluding school holidays, please check the website for these dates and activity programmes.
programme will run from Monday 25th March 2019 until Friday 19th July 2019.

ALL ACTIVITIES ARE PARENT ACCOMPANIED – PARENTS REMAIN RESPONSIBLE FOR THEIR CHILDREN AT ALL TIMES

*At the time of booking you will be given a time slot for your activity.

Please note we reserve the right to cancel or amend any scheduled activities without prior notice.

Whitemead's Nature Trail
Available Everyday
 Pick up your quiz leaflet from Guest Services
FREE



Splash Time
Weekdays
 4.00pm - 6.00pm
Saturday & Sunday
 10.00am - 12.00pm,
 4.00pm - 6.00pm



How will you spend your holidays?

ARCHERY £14

Learn the skills and techniques of shooting a performance bow with an archery qualified activity leader.

SNORKELLING & SEA SCOOTERS £14

Learn the basics of snorkelling with our instructors then shoot and zoom around the pool on our sea scooters! Participant must be a competent swimmer.

CROSSBOWS £12

Try out this exciting activity and learn the skills of shooting a crossbow on our fantastic range.

BODY ZORBS £10

Body Zorbs is a fun and energetic activity that encases you from the waist up in a huge ball with your legs free letting you run, jump and flip.

CRAZY CARTS £10

Feel like a Formula 1 pro on our crazy carts! You can drive and drift forward, backward, sideways, diagonally, and everything in between!

WATER WALKERZ £6

Take an opportunity to walk on water inside a floating inflatable ball. A timeslot will be given upon booking.

GO QUEST £6

Family fun! Learn map reading skills to navigate your family around the park and find hidden points to crack the code!

SCIENCE KIDS £6

Science kids is an exciting opportunity for youngsters to learn how science is involved in almost everything they do on a day to day basis! Science kids allows you to not only watch the instructor carry out mini experiments but also take part in discovering what a volcano looks like when it erupts or how your taste buds work!

WILD WILD WEST £6

Yee haa! Discover life in the Wild Wild West, become a cowboy or cowgirl - lasso cattle, pan for gold and take a drink in the saloon!

PIRATES PARADISE £6

Dress up like a pirate, play games and join us on our hunt for the treasure!

CIRCUS SKILLS £6

A session specially designed to learn the basics of circus skills.

PLEASE PRE-BOOK ALL ACTIVITIES BY CALLING 01594 560400 BETWEEN 8AM – 8PM OR GO TO THE GUEST SERVICES DESK

What to wear

For all outdoor activities you should bring long trousers, a long-sleeve top and trainers. For any pool activities please make sure you are wearing suitable swimwear to take part. No jewellery or valuables are advised to be worn. Please make sure long hair is tied back. Your safety is paramount so if the weather is unsuitable some outdoor sessions may be cancelled.

How to Book

Please go to the Guest Services desk to book activities. All activities require a parent/guardian to be present at all times. Activities must be booked in advance as there are minimum and maximum numbers for some activities. If you cannot make your session please let us know in advance. We are unable to give refunds for any activities, unless sessions are cancelled by Whitmead Forest Park. All correct at time of printing, we do reserve the right to change or cancel activities at any time.

