

# Seniors!

***Ditch the textbooks for a few hours each week  
and experience the great outdoors!***



## ***Springbank Outdoor Adventure Course***

Our Outdoor Adventure Course is now available as a formal class subject for all Year 12 and 13 Senior Students at Springbank. It's a fun and valuable programme that includes a range of outdoor activities to build personal development attributes such as leadership, confidence and resilience.

You'll be able to keep fit, gain a range of life skills and make sure you are really experiencing what our beautiful region has to offer. You'll also have the opportunity to achieve formal certificates such as a first aid course, day skipper course and a dive certificate.



### ***Take part in exciting activities and personal development skills such as:***

- Campcraft
- Sailing
- Abseiling
- Caving
- Surfing
- Boating
- Scuba diving
- Tramping
- Paddle boarding
- Kayaking
- Search and rescue
- Time management
- Health & nutrition
- Leadership & teamwork

### ***More information:***

- Extra activity costs (equipment hire, travel, etc.) are expected to be around \$200 per person each Term
- All fitness levels accepted, although be prepared for physical activities like tramping, watersports and caving
- It will be a timetabled course to minimise clashes with other subjects and there may be one or two weekend excursions throughout the year

***Most of all,*** it'll be a great opportunity to spend time with other seniors outside of the classroom each week.  
***If you want to sign up for 2012, please contact Mr Warren.***



**SPRINGBANK SCHOOL**  
[www.springbank.school.nz](http://www.springbank.school.nz)