

## LOW PORT CENTRE 2008 SUMMER ACTIVITY PROGRAMME

Have you registered your interest in receiving details of Low Port's summer activity programme when it's distributed at the end of April? If not, now's the time to do so!

How many times have parents heard children saying they're bored and haven't got anything to do, and isn't this especially common during the long school summer holidays? Low Port's summer activity programme runs right through the school holidays and offers a range of great, fun-packed activities, so it could be just what parents are looking for to ensure boredom is kept at bay whilst at the same time knowing their child's time is being occupied in healthy outdoor activities.

The programme offers a range of land and water-based courses including:

- **sailing**
- **kayaking**
- **canoeing**
- **windsurfing**
- **biking**
- **climbing**
- **hill walking**

(If you can't make up your mind, why not opt for a 5-day multi-activity course which may combine any of the above?)

Low Port recently sent out leaflets, through schools, to every child in primary 4, 5, 6 & 7, and to every S1 and S2 pupil. The leaflet asked parents to contact Low Port Centre to register their interest in receiving information about the programme when it's distributed at the end of April. There's been a very good response so far, but it's not too late to register and as a belts and braces approach, we hope this article will reach parents whose child perhaps didn't get the leaflet or who may just not realise exactly what's available on their doorstep! We also hope that parents will realise that even if their child attended previously they will need to re-register their interest if they wish to receive information on this year's programme.

Some general information:

Low Port Centre is licensed by AALA (The Adventure Activities Licensing Authority). Their licence number, which can be verified by calling AALA on 0292 075 5715, is R0116.

Safety is very important and all activities are carried out under instruction from qualified staff.

All equipment is of a high standard and will be issued from Low Port.

Courses are designed for children who are aged 8 and upwards.

Course durations will vary, but may run over 2, 3, 4 or 5 full consecutive days, or 5 mornings, or 5 afternoons.

Water-based activities will generally take place on Linlithgow Loch or the Union Canal, and land based activities at a variety of locations.

Low Port offers a free minibus transport service from and to a range of locations throughout West Lothian.

Full day course start and finish times are generally 9.30am until 4.00pm, however for a small additional charge, parents can buy into our wraparound care option which means they can drop children off at the centre from 8.30am onwards and pick them up again any time up to 5.30pm.

Courses are graded from level 1 through to 3 (and to level 4 in some cases). Complete novices must enter at level 1, whilst those with previous experience may qualify to enter at higher levels.

Here are just some of the comments parents made about last year's programme

"Fantastic. Children loved it and learned a lot. Booking and bus transfer extremely efficient. Fun Day was a great idea".

"Really enjoyed multi-activity having been introduced to things they wouldn't do otherwise. Enjoyed staff interaction and meeting new people".

"No barriers, great experience thoroughly enjoyed, increased independent skills"

"Enjoyed everything. Contact with all staff excellent, helpful and cheerful".

"Boys enjoyed all activities, never bored, enabled work/life balance".

So that's the bare bones of this fantastic service. The important thing is for parents to register their interest now, it's a very popular programme and doing so will give the best possible chance of securing a place once we open for bookings.

The deadline for compilation of the distribution list is 18 April 2008 and the preferred means of distributing programme information is email.

Contact details are:

Low Port Centre  
1 Blackness Road  
Linlithgow  
West Lothian  
EH49 7HZ

Email: [lowport.centre@wled.org.uk](mailto:lowport.centre@wled.org.uk)  
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