



Activity Request Form - 2018

You can contact us in advance to check availability
 Activities are allocated on a first-come-first-served basis
 Please request enough hours for your group numbers

Name of Group/Organisation: _____

Date(s) of visit: _____

Name of person booking: _____

Email: _____ Telephone: _____

Adventure Activities with an Instructor:

Activity	Date	AM or PM	No. of Hrs	Activity	Date	AM or PM	No. of Hrs
Archery Over 6 Years Max 12 per group				Crate Stacking Over 7 Years Max 12 per group			
Archery - Soft Age 5+ Max 12 per group				Night Line Age 5+ Max 12 per group			
Abseil Over 7 Years Max 12 per group				Pedal Boats 5-10 Years Max 12 per group			
Bouldering Over 5 Years Max 12 per group				Team Building Over 7 Years Max 10 per group			
Climbing (Indoor) Over 5 Years Max 12 per group				The Cave Age 5+ Max 12 per group			
Climbing (Outdoor) Over 5 Years Max 12 per group				Water Zorbing Over 5 Years Max 12 per group			
Cork Guns Over 7 Years Max 12 per group				Zip Line Over 10 Years Max 10 per group			

Activities led by you:

Activity	Date	AM or PM	No. of Hrs	Activity	Date	AM or PM	No. of Hrs
Big Games Selection of games provided				Grass Sledging Under 14 Years			
Bouncy Castle				Pedal Karts Over 5 Years			
Crazy Golf				Trampolines Max Weight Limit			
Field Games Over 7 Years Selection of games provided				Trails			
Giant Ball				Brilliant Birds All ages			

Environmental Activities with an Instructor:

Activity	Date	AM or PM	No. of Hrs	Activity	Date	AM or PM	No. of Hrs
Bird Boxes All ages				Forest Walk All ages Max 30 per group			
Brilliant Birds (instructor led) All ages				Mini pioneering Age 8+ Max 12 per group			
Bush Craft Age 8 +				Tree Planting All ages			
Campfire Cooking All ages				Site lead environmental project All ages			
Den Building Over 5 Years Max 12 per group				6 week environmental programme All ages			
Fire Lighting Over 7 Years Max 12 per group							

Please refer to the activity price list for further information. If you don't find what you are looking for then please call or email us, we are all happy to help and advise on activity programmes and suitability of activities for your group.
All Instructor led activities are subject to availability.

Please send the Activity Request Form to chigwellrow@girlguidinglaser.org.uk or post it to Girlguiding Chigwell Row, 141 Lambourne Road, Chigwell Row, Essex, IG7 6EN