



DISCOVERY  
EARLY LEARNING CENTRES

*in their nature*

## **Running sheet: Adventure Vacation Care Excursion:**

### **Fusion Ropes/ Kayaking**

- 6.30 - First staff member arrives and welcomes families
  - Self-help breakfast foods available: toast and cereal with cold milk
- 7.00 - All children to be in attendance
- 7.15 - Bus departs**
  - Group time outlining plans for the day and behavioural expectations
- 7.45 - Morning tea and exploration/ games at Kingston Beach
- 8.30 - Gather children for returning to bus
- 9.00 - Fusion: Forest Glen' 37 Gryces Road, Kingston**
  - Gather according to instructions from instructors: High and low rope challenges
- 12.30 - Challenges conclude – return to bus
- 1.00 - Lunch eaten along the way to New Norfolk at a venue decided on the day
- 2.30 - Introduction to Kayaking at New Norfolk Esplanade**
  - Exploring the esplanade via kayak after a safety debrief
- 4.00 - Afternoon tea and exploring the esplanade at New Norfolk
- 5.00 - Prepare to board the bus to return to Sacred Heart
- 6.00 - Return to Sacred Heart;** late snack available, if desired
- 6.30 - Close