## Mill Rythe Residential 1<sup>st</sup> – 5<sup>th</sup> June 2020

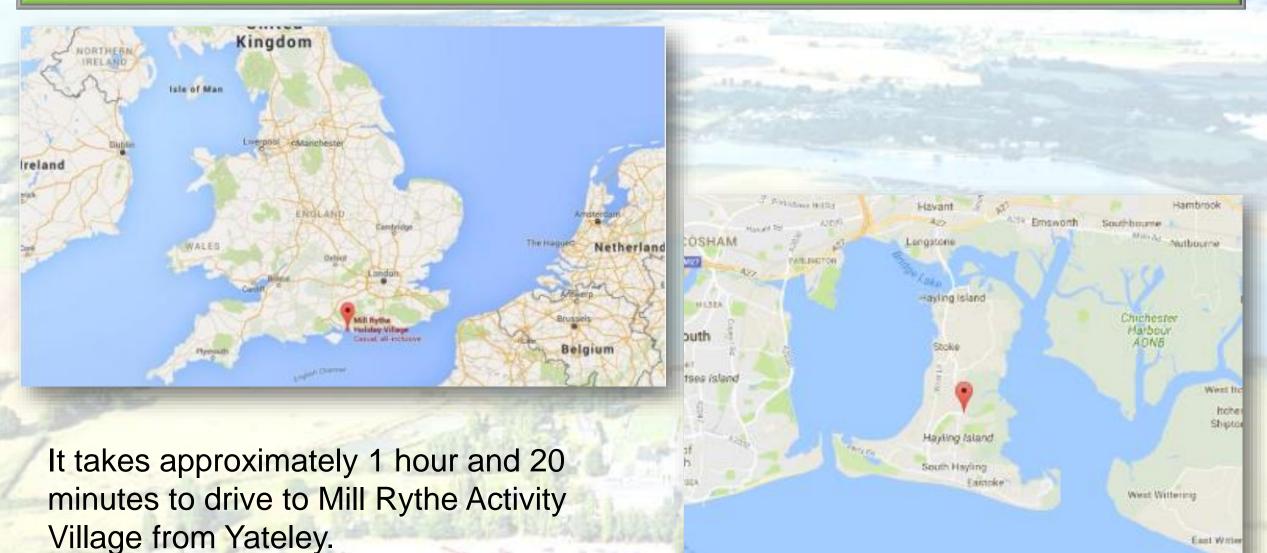
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# Mill Rythe Activity Village:

- Mill Rythe is situated on Hayling Island.
- It looks out onto Chichester Harbour which is an area of outstanding beauty.
- The village has purpose-built climbing towers, outdoor and indoor heated swimming pools, on-site lake, sports fields, an indoor performance hall and is in walking distance to the beach.







East Writer

#### About JCA:

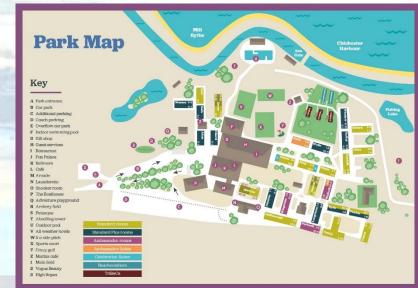
- Mill Rythe Activity Village is run by JCA. They have in excess of 20 years experience in providing adventures for children.
- They offer action packed timetables with trained instructors.
- Instructors and school staff remain with their group for activities and meal times throughout the residential to ensure consistency and build confidence.



JCA Let the adventure begin...

# Safety and Security:

- All groups are accommodated in purpose-built blocks set within the grounds of Mill Rythe.
- The JCA team are on call 24 hours a day to support schools during their stay on site.
- All instructors are trained to lead land-based activities and water based activities are led by specialist watersports instructors.
- The entrance is secure and manned 24 hours a day.





#### Accommodation:

- The children are accommodated in 1-2 bedroom heated chalets, which can sleep up to 5 people.
- Each chalet houses an en-suite shower or bath and is fitted with central heating.
- Rooms are maintained by a team of housekeepers ensuring they are clean and tidy.





## Food/Meal times:

- Mill Rythe provide three healthy, balanced and high-energy meals each day.
- There are a variety of options available which includes hot and cold food as well as puddings!
- Vegetarian options are available and special dietary requirements are catered for.



#### Activities:

There are a wide range of activities available including:

- abseiling & climbing
- high ropes (crate stack, gladiator challenge, high all aboard, high see-saw, Jacob's ladder, trapeze & traversing elements)
- archery
- buggy building
- campfire
- canoeing & kayaking



#### Activities:

- pool snorkelling
- sensory trail
- survival skills
- fencing
- initiative exercises
- dance mania
- orienteering
- disco
- circus skills

## Sample timetable:

	Morning	Morning	Afternoon	Afternoon	Evening
Monday	Travel to the centre	Beach Walk	Intro	Wet and Wacky	Campfire
Tuesday	Orienteering	Archery	Leap of Faith	Climb	Cluedo
Wednesday	Abseil	Dance Mania	Raft Building	Sensory Trail	Run Around Quiz
Thursday	Snorkelling	Survival skills	Fencing	Team Challenge	Disco
Friday	Rocket Launch	Presentation	Lunch	Return Travel to School	

This is an example timetable. There are normally five activity sessions each day with a range of activities available.

#### Payment Schedule:

- The total cost is £373.
- This includes transport, accommodation, food and all activities.
- To secure a place please return the permission slip with a non-returnable deposit of £45 by Friday 7<sup>th</sup> June 2019.
  Please note that all payments for this trip are non-refundable.
- The remainder of the money can either be paid in full or by following the payment schedule.











# Any questions?