

Donegal Adventure Centre Courses '08

Donegal Adventure Centre have many courses available in 2008 in the area of Lifeguarding, First Aid, Life Support, Surfing & Paddling, and Outdoor Instruction. All of the courses are delivered on site, by qualified tutors. All required equipment is supplied. All courses are certified by the relevant governing bodies and are recognised world-wide. Most courses have a minimum number required to run the course: if the course is not filled you may be offered alternative dates. For further information about any of these courses, contact us at 07198 42418 or at info@donegaladventurecentre.net. Our website is www.donegaladventurecentre.net

Beach Lifeguard Training (R.L.S.S. Approved)

The Beach Lifeguard Award is a world-recognised qualification in Lifeguarding. Courses are over two weekends or during Easter week. Registration, training, assessment & certification €400.

DATES 2008

Course A-2 weekends	Course B-5 days Easter	Course C-2 weekends	Course D-2 weekends	Course E-2 weekends	Course F-2 Weekends
15-17 Feb Fri-Sun	24-28 Mar Mon-Fri	16-18 May Fri-Sun	20-22 June Fri-Sun	Sept 5-7 Fri-Sun	Nov 21-23 Fri-Sun
22-24 Feb Fri-Sun		23-25 May Fri-Sun	20-22 June Fri-Sun	Sept 12-14 Fri-Sun	Nov 28-30 Fri-Sun

1 day prep for County Beach Lifeguard Examination

Prepare to apply for positions as County Beach Lifeguard: Preparation day for interview. Pre-requisite is Beach Lifeguard Qualification. Fee per person €80 DATES Saturday March 1st.

First Aid/Life Support Courses

We offer three different courses covering First Aid, Life Support & Emergency Response

RLSS Life Support – 1 Day Course

This course is an RLSS certified course in basic first aid: suitable for parents, schools & sports coaches & anyone working with the public. This course will prepare you to know what to do if faced with an accident or emergency. Registration, training, assessment & certification €150

Jan 26 Sat 9.30-5pm	13 Feb Wed 9.30-5pm	Feb 23 Sat 9.30-5pm	Mar 3 Mon 9.30-5pm	Apr 7 Mon 9.30-5pm	Jun 14 Sat 9.30-5pm	Sep 20 Sat 9.30-5pm	Nov 1 Sat 9.30-5pm	Dec 6 Sat 9.30-5pm
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RLSS Life Support 3 – 2 day course.

This is a more intensive first aid course, suitable for sports coaches, teachers, hotel staff, carers, safety officers, etc. Registration, training, assessment & certification €250

1-3 Feb Sat & Sun	14-15 Feb Thur & Fri	1-2 Apr Tue & Wed	12-13 Apr Sat & Sun	Jun 14-15 Sat-Sun	20-21 Sept Sat & Sun	Nov 1-2 Sat & Sun	Dec 6-7 Sat & Sun
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RLSS Emergency Response Activity Supervisor (Water) 3 day Course.

This course is for persons who will be responsible for teachers, coaches, supervisors & staff involved in organising watersports, beach events, casual use of water sites and areas close to water. Candidates for ERAS will have to be able to swim 50m comfortably and be prepared to learn basic, practical skills. This award can be achieved by most people involved in aquatic activities.

Registration, training, assessment & certification €300

Jan 25-27 Fri-Sun	March 3-5 Mon-Wed	April 9-11 Wed-Fri	9-11 May Fri-Sun	Oct 10-12 Fri-Sun
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Learn to Surf Weekends (Irish Surf Association ISA approved)

Learn to Paddle Weekends (British /Irish Canoe Union approved)

These courses are usually over Saturday & Sunday, and invite beginners to learn the basic skills of surfing, or canoe/kayaking. If you've thought about learning a watersport, this is the perfect way to get started. We provide all equipment, experienced and friendly coaches, safe locations and the sports theory and safety advice that you need to know. We offer residential packages for weekends, supplemented by Bundoran's exciting nightlife! Great craic if you just want something different, and a stepping stone towards a great new pursuit, these courses run most weekends & bank holidays. We also offer intermediate and advanced courses for those who complete the beginner weekends.

LEARN TO SURF /PADDLE DATES: Regular weekends; 2 nights + 3 surf lessons Bank
Holiday weekends 3 nights & up to 5 sessions. From €90 per person.

11-13 Jan Fri-Sun	18-20 Jan Fri-Sun	25-27 Jan Fri-Sun	15-17 Feb Fri-Sun	22-24 Feb Fri-Sun	29th Feb-2 Mar Fri-Sun	7-9 March Fri-Sun	14-17 Mar Bank Hol Fri-Mon	21-24 Mar Bank Hol Fri-Mon	4-6 April Fri-Sun
18-20 April Fri-Sun	2-5 May Bank Hol Fri-Mon	25-27 April Fri-Sun	16-18 May Fri-Sun	23-25 May Fri-Sun	May30-Jun2 Bank Hol Fri-Mon	June 13-15 Fri-Sun	20-22 June Fri-Sun	August 1-4 Bank hol Fri-Mon	August 29-31 fri- Sun
Sept 5-7 Fri- Sun	Sept 12-14 Fri- Sun	17-19 October Fri-Sun	Nov 7-9 Fri-Sun	Nov 14-16 Fri-Sun	Nov 21-23 Fri-Sun	Nov 28-30 Fri-Sun	Dec 12-14 Fri- Sun	Dec 19-21 Fri- Sun	

COURSES FOR CHILDREN & TEENS

We run residential learn to surf /paddle & multi-activity camps for teenagers. We also have daily activity camps for kids during all holiday periods. In summertime, we run culture & adventure programmes for U.S. teens, and English Language courses for European Students. Schools and Colleges are welcome to book all year round, for any of these courses.

Teen Surf/Paddle/Multi Activity Camps

Feb Mid-term break 11-15 Feb

Easter Holidays 24-28 March

Summer June 30th-August 29th

October Mid-Term Break 27-31 Oct.

FULL TIME OUTDOOR INSTRUCTOR TRAINING COURSE SEPT '08-APRIL '09

We run a FETAC Outdoor Rec course, supplemented by several other governing body-qualifications required by anyone who would like to become a qualified Outdoor Instructor.

The DAC/Magh Ene Outdoor Rec course is designed to train interested students in becoming fully qualified outdoor instructors. This course will also qualify individuals for other work in the school sports/ summer camp area including Lifeguarding, Child protection, Surf Coach, Camp counsellor, & more. Successful trainees can also transfer to a degree-course in Outdoor Management.

CORPORATE /SOCIAL & LEISURE TEAM BUILDING & DEVELOPMENT EVENTS

Our facilities include a residential centre, meeting rooms, high ropes & climbing, surf & kayak, our 'I'm a celebrity' fun course, and many more activities suitable for a staff /club break. From fun half-days to residential intensive team-building activities, we are happy to discuss a suitable package at very reasonable rates.