



ADVENTURE  
SPECIALTIES TRUST

EST. 1984

# INSPIRE

## ADVENTURE THERAPY DAY PROGRAMME



**A SERIES OF DAY TRIPS FOR ADULTS,  
USING OUTDOOR ADVENTURE ACTIVITIES TO  
BUILD HEALTH, WELLBEING, CONFIDENCE AND  
CONNECTION.**

- Term 1, 2022
- Every Wednesday (9.30am-2.30pm) for six weeks.
- 16th February - 6th April 2022.
- Activities include biking, walking, rock climbing, surfing and kayaking.
- Ages 18+
- Moderate physical ability required.
- Participants should aim to attend all six sessions.
- Cost will be discussed at the time of enrollment.
- Meet at Adventure Specialties Trust - 71 Bamford Street, Woolston.
- We will provide all equipment that is needed.

**FOR MORE INFORMATION OR TO GET AN ENROLLMENT PACK, EMAIL  
[ANNEKE@ADVENTURESPECIALTIES.CO.NZ](mailto:ANNEKE@ADVENTURESPECIALTIES.CO.NZ) OR PHONE 027-397-3057**