



## HOAC FAMILY DAY & BBQ

Hillingdon Swimming Club are delighted to announce the annual family fun day at Hillingdon Outdoor Activity Centre (HOAC) is on **Saturday 7<sup>th</sup> July 2018**

**The activities are for children aged 8 and over (high ropes, aged 10 & over).**

This year we have 50 places available which will be allocated on a first come first served basis, so get in early to avoid any disappointment. All swimmers will participate in the grand raft building competition. Swimmers can then choose **ONE** of the following 3 activities:

Climbing/Abseiling (participants must be aged 10 or over) OR

Stand Up Paddle Boarding (Suping)/Wobble boards. OR

Kayaking.

Please put your choice of the three available activities in order of preference on the attached application form. We cannot guarantee you will get your first choice as allocation is on a first come first served basis. The first 50 received with payment via the attached booking form will secure a place.

There will be a BBQ and refreshments from 1-2pm, in which Burgers and Sausages will be provided. Family members and friends are welcome to spend the day at HOAC to watch, relax and join the BBQ, but only club swimmers are allowed to participate in the activities.

- **Full day activity ticket including BBQ £30.00 per swimmer**
- **BBQ only £7.00 per person (£4.00 for those aged 7 and under)**

All children aged 7 and under who attend as a spectator must be accompanied by a responsible adult.

**Please either post your completed forms, along with payment cheque (made payable to Hillingdon Swimming Club) to Taj Randhawa, 41 St Margaret's Road, Ruislip, HA4 7NZ (email queries: [taj.randhawa@gmail.com](mailto:taj.randhawa@gmail.com)) – or make your payment using GoCardless**

**PLEASE NOTE:** This family day is for Hillingdon Swimming Club members and their immediate families. Those taking part must arrive at the HOAC car park at 9.45am prompt to be registered and arranged into groups for a 10.15am start. The morning session will finish at 1pm for lunch and the afternoon session begins at 2pm. Activities finish at 5pm and the site is to be vacated by 5.30pm

For further information please visit HOAC website [www.hoac.net](http://www.hoac.net)