



Schools & youth groups

YMCA

National Centre, Lakeside





Discover a **fun** way to learn!

- More and more education professionals are
- realising the huge benefits that school trips and
- **outdoor learning** can bring to give young people.
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- At YMCA Lakeside we've known about these
- benefits for over 60 years. With more than **one**
- **million young people** visiting our centre during
- this time, we've seen how they blossom and grow,
- in mind, body and spirit in the outdoors.

A different outlook

This is the biggest playground that some of your young people will ever see.

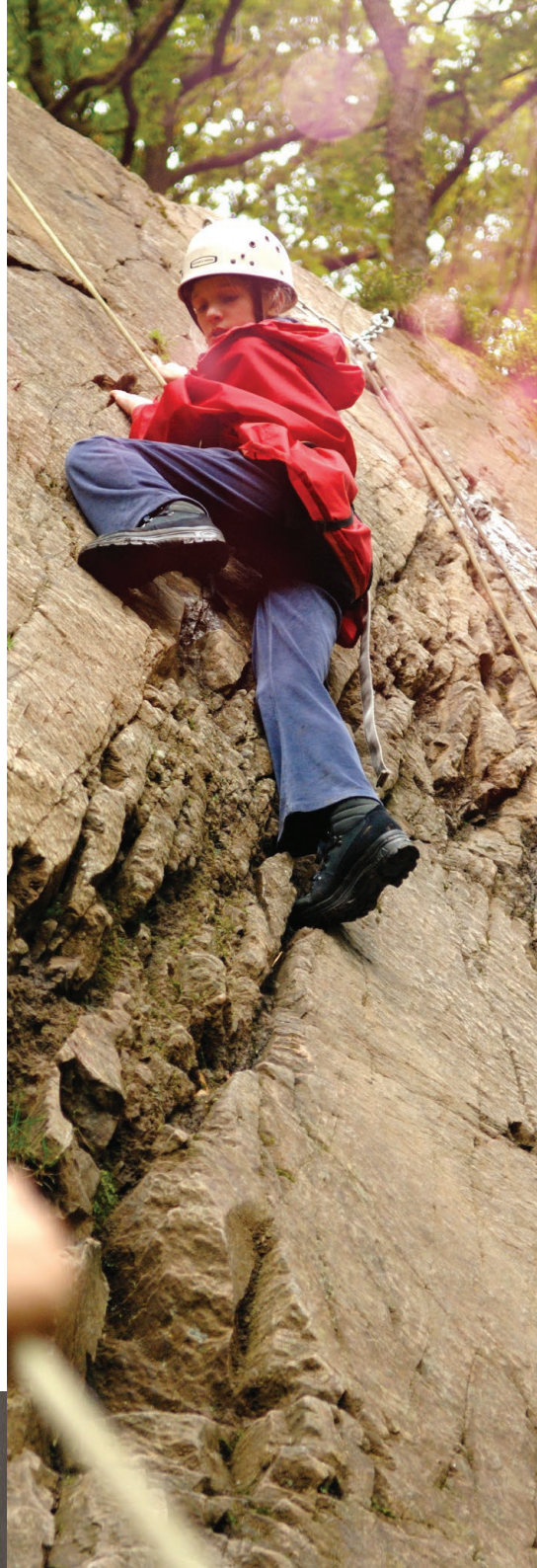
Half a mile of shoreline on Lake Windermere, and access to 400 acres of private woodland, makes Lakeside an adventure waiting to be discovered. We make the most of our natural resources, using the lake, woods, crags and fells to give students an unforgettable learning experience.

Learning that's fun!

There are more than 50 activities on offer here at Lakeside, all with learning, education and personal development at their heart.

We design programmes that challenge young people, teach them new skills and develop their self-confidence.

The beauty of outdoor education at Lakeside is that our young people have so much fun they don't even realise they're learning.



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A brighter future

The experience, knowledge and skills our young people gain from working as a team, being more independent and overcoming their fears, are long-lasting. Studies show that these benefits translate into improved academic performance, giving young people a better chance of a brighter future.

For a full list of our activities and how we can design a programme to meet your organisation or school's curriculum and outdoor learning objectives, speak to a member of our team.

Many of our outdoor education programmes can be adapted for young people with disabilities. Call us to find out more.



Long
lasting
skills

Your safety first

As teachers and youth leaders, you need to be confident that your party's safety is our top priority.

For your peace of mind, our long legacy of safe practice is fully accredited by the Adventure Activity Licensing Authority (AALA) and work with them to make sure we operate at the highest possible level of expertise and leadership in risk management assessment and safety at all times.

All our instructors hold required certifications, have extensive experience and are first aid trained, police and DBS checked. Key instructors hold further qualifications making them technical experts in their specialist field.

We also put all instructors through our own rigorous training programme so we're confident that they're the best.

Contact us for samples of our full risk assessment on:

- [lakesideenq@](mailto:lakesideenq@ymca.org)
- fyldecoastymca.org



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The million young people we've welcomed to Lakeside over the past 60 years have left with one thing in common – memories of an unforgettable experience.



Accommodation

All our accommodation is on site, ranging from dormitory style rooms, to campsites and timber lodges.

Our indoor accommodation has 250 beds, and bedding is provided. Different sized buildings suit different sized groups. Call our team to find out more. From Easter to September a further 176 tented beds are available, but you'll need to bring a sleeping bag.

Catering

Our counter service restaurant offers healthy, nutritious meals for our guests.

We can also cater for most dietary requirements and allergies, so please let us know at the time of booking.

Call our team for a copy of our sample menus.

Equipment and clothing

We provide all specialist equipment and safety gear, including harnesses, buoyancy aids and helmets. Outdoor clothing and sturdy footwear, are essential. A 'What to bring' checklist can be provided to give to parents.





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Who we work with

The million young people we've welcomed to Lakeside over the past 60 years come from a wonderful variety of places. They have different education and cultural backgrounds, and all have their own strengths and abilities.

No matter who they are or where they've come from, all our young people leave Lakeside with one thing in common – memories of an unforgettable experience.

Talk to us today

Call: 01539 539 000

Email: lakesideenq@fyldecoastymca.org

YMCA National Lakeside Centre

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