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LOCATION Heazlett Park Foreshore via Ficus Ave, Avoca Beach  
(behind the tennis courts)

POSTAL ADDRESS 5 Elimatta Road Kincumber NSW 2251

ABN 50 769 839 721 LIC NO 0308

## Aquafun Avoca Lake

Aquafun is located on Avoca Lake foreshore at Avoca Beach. An idyllic location, with shady picnic & BBQ areas, shops, cafe's and just 100m from the beach). Avoca Lake is a vibrant coastal lagoon with extensive wetlands. Fish and birdlife abound.

### Program : Kayak based Team Building:

Kayak based fun and engaging team challenges and games followed by

some free time for use of our extensive range of human-powered water equipment for play or adventure including stand-up paddle boards. (See details below)

The activities that we are recommending for the team building session are as follows.

### Program details:

#### : Rubber Duck Hunt (25 mins)

This involves kayaking over a short course retrieving randomly placed rubber ducks. The winning team is not always determined by who retrieves the most ducks. Each duck has differing point values according to numbers marked underneath. The challenge involves teams working together to find and collect ducks and may also involve using tactics to block other teams from acquiring ducks.

#### : Sausage (or Caterpillar) Race (25 mins)

Teams split into groups of approx 5-8 people. A mixture of double and single kayaks are joined together by short ropes, resembling a string of sausages. The teams then have to navigate a short course racing against each other. The team who masters working in unison is usually the winner.

#### : Slalom Course (25 mins)

This is a relay race and involves negotiating kayaks around a slalom course of flags. As one team member finishes another starts. The first team to finish wins the challenge. The team members encourage each other, work out efficient change over methods, and efficient navigation of the course.

On completion of these activities free time allows your delegates to swap and choose from our extensive range of Human powered craft. We have a range of paddleboats that sit from one to four people as well as kayaks and stand-up paddleboards.

This all happens in a safe and sheltered lagoon where you can swap and change your craft from a sandy beach adjoining grassy park with plenty of shady trees.



OPEN SCHOOL & PUBLIC HOLIDAYS & WEEKENDS SEPTEMBER THROUGH APRIL 10am-5pm (midweek groups by arrangement)

**General Information for program**

<b>Location:</b>	Aquafun. Heazlett Park foreshore, via Ficus Ave, Avoca Beach, NSW
<b>Date and time:</b>	Negotiable
<b>Duration:</b>	2 Hours
<b>Fitness/Ability:</b>	No experience required. Moderate fitness level
<b>Price per Person:</b>	\$35 pp (20- 40 participants). \$40 pp (10 -19 participants).
<b>Equipment:</b>	single, double sit-on-top and sit-in kayaks, stand-up paddle boards, four varieties of pedalboats (1 person bikes through to 4 person), PFDs
<b>What to bring:</b>	Hat, suncream, swimwear, towel, T-shirt or rashee, water.
<b>Facilities:</b>	Amenities block
<b>Programme details:</b>	(Negotiable)
15 m	Meet and greet, medical and accident waiver forms completed. Overview of team building activities and expected outcomes Full Safety briefing. kayak paddling techniques explained Allocate equipment and teams
1hr 15m	Activities commence
30m	Free time for use of pedalboats, kayaks and Stand Up Paddle boards. Stand up paddling techniques explained/ Conclusion

**Further information:**

Our staff are accredited instructors with years of experience. Suitable for all levels of fitness, we guarantee value for money, and an unforgettable day of fun and enjoyment.

A 50% deposit is required 7 days prior to booking, with balance due by day of activity. Only refundable due to inclement weather conditions. Event will still go ahead in light rain conditions.

Our team building exercises have been developed to facilitate team bonding and co-operation. Teams will work together to achieve desired outcomes, entailing good communication, leadership, problem-solving and encouragement.