



Adventure & Sports Courses

Extreme Adventure Course

A Course designed to excite and bring out the adventure-lover in you, our Extreme Adventure Course is ideal for extreme sports enthusiasts of all ages and levels. The Course includes a choice of kayaking, climbing & abseiling, diving, mountain biking, kitesurfing, windsurfing and sailing. This is what Adventure Sports are all about! Whether you are new to extreme sports or a practised hand, we will organise your Course to suit your age, level of fitness and experience. In addition to providing you with the opportunity to try a thrilling range of new sports, this Course will also take you off the beaten track on a unique Mediterranean tour around Malta's cliffs and rugged coastline, golden sandy beaches, pristine blue seas and hidden valleys. The Extreme Adventure Course can be booked for 3 or 5 days by individuals, groups or families throughout the year. All safety gear and equipment is provided.

3 Day or 5 Day Course / Transport & Equipment included / Adult Course / Junior Course (children aged 10+) / All Levels

Sample 5 day programme

Mon	Rock Climbing	Sailing
Tue	Diving	Trekking
Wed	Mountain Biking	Horse Riding
Thu	Abseiling	Go Karting
Fri	Kayaking	Windsurfing

Sample 3 day programme

Mon	Rock Climbing	Sailing
Tue		
Wed	Mountain Biking	Horse Riding
Thu		
Fri	Kayaking	Windsurfing





Multi-Sports Course

An excellent option for the more traditional sports lover, our Multi-Sports Course provides an ideal opportunity to enjoy some of the best-loved sports out there. The Multi-Sports Course offers you a choice from our range of sports which include golf, tennis, horse riding, trekking and squash. This Course will take you to Malta's most exclusive and largest Sports Club for your golf, tennis and squash lessons as well as on scenic countryside tours during horse riding and trekking sessions. The Multi-Sports Course can be booked for 3 or 5 days by individuals, groups or families throughout the year.

3 Day or 5 Day Course / Transport & Equipment included / Adult Course / Junior Course (children aged 10+) / All Levels

Sample 5 day programme

Mon	Horse Riding
Tue	Squash
Wed	Golf
Thu	Trekking
Fri	Tennis

Sample 3 day programme

Mon	Horse Riding
Tue	
Wed	Golf
Thu	
Fri	Tennis

ROCK CLIMBING & ABSEILING

For adventure-lovers, our Rock Climbing and Abseiling Courses take students to the unexplored corners of the islands. Students will be taken to undiscovered Malta, visiting areas of our island that most tourists never see. Malta's extensive limestone cliffs stretch along the entire south coast and provide the perfect playground for both experienced climbers and beginners. Our locations include a number of dramatic caves and steep cliffs, perfect for rock climbing and abseiling. Prices for these Courses include four half days of rock climbing and abseiling (transport included). Our professional trainers have not only climbed extensively throughout the islands but are also experienced international climbers. Students will be given a certificate of achievement on completion of the Course. Maximum of 4 students per Course.

4 Day Course / Adult Course / Junior Course (children aged 10+) / Includes Transport & Equipment / All levels

KAYAKING

Our Kayaking Courses are a good way to get you wet while paddling past the dramatic Maltese coastline around the northwest end of the island. We provide students with all the necessary skills to become adventurous, independent kayakers. The first day of the Course is an introduction to kayak-handling, kayaking skills and safety procedures. Day Two is a training day designed to allow students to practise their skills and give them confidence on the water. The third day puts skills into practice in racing events and a treasure hunt. On the last day of the Course, students kayak all the way to Malta's sister island of Comino. The Course is staggered over four days and lessons are 1-1.5hrs long. Students will be issued with a certificate of achievement on completion of the Course.

4 Day Course / Adult Course / Junior Course (children aged 10+) / Includes Transport & Equipment / Levels 1 - 2

MOUNTAIN BIKING

This is perhaps the most pleasant way to discover the hidden treasures of Malta. With a good mountain bike, helmet and bottle of water - as well as a guide who knows all the back country paths, the island is your oyster! Taking minor roads, country footpaths and wilderness trails, you will explore the forgotten valleys and scenic routes of the island. The programme consists of four rides, each of 3-4 hours. Each day you will experience a different aspect of the country. One day you can visit historic Malta, with stops at the Neolithic temples, ancient capital city and wayside chapels, another day you will discover rugged wilderness areas, another the cliffs and jagged coastline and finally you will explore hidden inland valleys and pathways. Tours and times will be adapted to suit the fitness level of each student.

4 Day Course / Adult Course / Junior Course (children aged 10+) / Includes Transport & Equipment / All levels



SAILING

Conducted by internationally qualified instructors, Dinghy Sailing Courses are available at five different levels. Since the Level 1 Course involves a lot of theory, our students usually take the Course at Level 2. Using a range of state-of-the-art sailing dinghies tailored to students' level and skills, these Courses consist of four half-days a week. Our Sailing Courses include both theoretical work (25%) and hands-on practice (75%). Students will learn safety procedures, wind direction, various knots, rigging and unrigging, dinghy handling, orientation practices, stopping, changing direction, catching the wind and gaining speed.

4 Day Course / Adult Course / Junior Course (children aged 10+) / Includes Transport & Equipment / Levels 1 - 5

KITESURFING

For an extreme adrenalin rush on the water, nothing beats kitesurfing!! It is the sport of the decade, combining the skills of kite-handling with the thrills of wakeboarding. Our professional instructor will take you through the steps that lead to a safe and fun experience of this booming sport. Spread over four days, the Course will teach weather, principles of kite-flying and power zones, kite-handling, self-rescue, water starts and upwind riding. Our Kitesurfing Course will allow riders to take the first steps towards becoming self-sufficient, independent kitesurfers. Kitesurfing Courses are available subject to prevailing weather conditions. The best time of the year for this Course is between September and June.

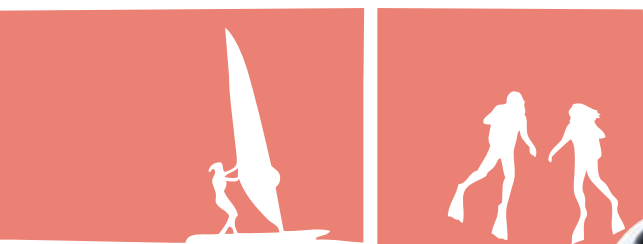
4 Day Course / Suitable for students over 16 / Includes Transport & Equipment / Levels 1 - 2

WINDSURFING

Windsurfing Courses are offered at two levels - Beginner and Intermediate. The Beginner Course (Level 1) is targeted at students new to the sport. Beginners' boards are used, and under constant supervision, students learn the first steps to becoming a windsurfer. Students learn basic sailing terms, the parts of the board and its rigging, safety features, knots, orientation and balance, stopping, gaining speed and basic handling. Having passed a test, students will be issued with a certificate. The Level 1 Course consists of four 3 hour lessons completed over four consecutive days.

Students who have already picked up a basic knowledge of windsurfing can take the Intermediate Course (Level 2). This Course teaches students the rigging and unrigging of different boards, tacking and jibing skills, sail rake and changing direction, launching and recovery with inshore and offshore winds, safety precautions, knots and self-rescue procedures. The Course aims to provide students with all the necessary skills to become independent windsurfers. The Level 2 Course consists of five 3 hour lessons, conducted over a period of five days.

Level 1: 4 Day Course, Level 2: 5 Day Course / Adult Course / Junior Course (children aged 10+) / Includes Transport & Equipment / Levels 1 - 2



DIVING

The Diving Course provides students with the opportunity to acquire internationally recognised PADI Open Water and Advanced Certificates. We work with one of Malta's leading dive schools, which is conveniently located just 2 minutes away from the school. The PADI Open Water certificate Course commences in the classroom where students learn about diving equipment, planning for safe diving, vision and communication underwater, helping their buddy, etc.

Students then practise their skills with a shallow dive. Fortunately, Malta's sheltered bays allow our students to enjoy their initial diving experience in the sea itself. Students then graduate to open sea dives which take place all around Malta and her sister islands. The Course consists of 5 confined water training sessions, 4 open water dives and 5 theory lessons. On successful completion of their Diving Course students will be issued with a PADI Certification Card. The PADI Advanced Open Water Course is also available. Minimum age for Diving Courses is 14.

Length of Course: 1 week if taken alone, 2 weeks if taken in combination with an English course. / Adult Course / Junior Course (children aged 14+) / Includes Transport & Equipment

GOLF

Golf Courses are held at the Royal Malta Golf Club which is part of Malta's most exclusive Sports Club. This private club is the biggest sports complex on the island. Its excellent facilities include 19 tennis courts, 5 squash courts, a cricket pitch, a large open-air swimming pool, gym, an 18-hole golf course and driving range. The Golf Course consists of 2 hours of golf training a day, 4 days a week. The first hour is a private or mini-group lesson of focused instruction which is followed by an hour of practice on the driving range. Students with a handicap (at least 28 for men and 26 for women) can also play on the golf course itself during their practice time. Lessons are conducted by Malta's PGA golf pro who is also the Malta National Coach and president of the National PGA. The price includes equipment and daily membership of the sports club which entitles students to use the other facilities offered by the club.

4 Day Course / Adult Course / Junior Course (children aged 10+) / All levels / Includes Transport, Equipment, Daily Sports Club Membership

TENNIS

Tennis Courses are also held at Malta's most exclusive Sports Club. Tennis facilities provided at the club include 17 hard courts and 2 clay courts. Lessons are provided by Malta's premier Tennis School which is run by Gordon Asciak, a Maltese tennis pro and ex-international competitor. His broad experience ensures that advanced students will refine their skills in the sport while beginners are likely to pick up his intense passion for the game. Conducted on hard outdoor courts, students have 1 hour of coaching followed by 1 hour of practice 5 times a week. During Tennis Courses students may expect to improve their range of strokes, tactical play, insight into the game and overall competence.

4 Day Course / Adult Course / Junior Course (children aged 10+) / Includes Transport, Equipment, Daily Club Membership / All levels



HORSE RIDING

Horse Riding is a thrilling and empowering sport that will get you into the great outdoors on an unforgettable experience. Courses are designed to take students into areas of unspoilt natural beauty and spectacular coastal scenery.

Our Horse Riding Course is ideal for adventure-lovers and students who are new to horse riding as well as those with some experience but no actual training. The Course consists of 4 hours of horse riding lessons with a maximum of 5 students in the class and 6 hours of cross-country riding. The first day begins with an introduction to your trainer and your horse. Following a brief introduction to horse psychology, safety measures and techniques, students proceed to their first lesson which includes basic techniques, i.e. holding the reins, turning the horse, etc. Immediately after the lesson students are taken on a cross-country ride with their trainer.

Days 2, 3 and 4 of our Horse Riding Course follow the same pattern as the first day. On the final day of the Course, students will be taken on a 2 hour cross-country ride in the north of Malta with beautiful cliff-top views of the sea on one side and of unspoilt valleys on the other.

5 Day Course / Adult Course / Junior Course (children aged 10+) / Includes Transport & Equipment / Levels 1 – 2

SQUASH

A fast, indoor sport which can be enjoyed throughout the year, squash is an ever-popular game which will burn up excess energy fast and furiously. Squash Courses are held at Malta's most exclusive sports club which has four modern, air-conditioned courts and another non-air-conditioned court. The club also provides facilities for several other sports including golf, tennis, swimming, gym training and cricket. The Squash Course is a four day Course which includes one session of tuition and one session of training per day. The Course teaches students new strokes and techniques and is ideal for both new and experienced players. Our professional coach gives students individual training and students may expect to increase their understanding and appreciation of the game as well as their fitness during this Course.

4 Day Course / Adult Course / Junior Course (children aged 10+) / Includes Transport, Equipment, Daily Club Membership / All levels

TREKKING

Trekking takes students all over the Maltese islands - to several beautiful hidden spots. The programme consists of a 2-3 hour walk each day and is spread over five days. The first trek starts in Xemxija close to the school and explores Pwales Valley, taking in Neolithic remains including tombs and caves. Day 2 takes students to the Victoria Lines, a series of fortifications built by the British Army in the late 19th century. On the third day, students head to the south of the island trekking through farmland to the southern cliffs and outstanding sea views. Day 4 takes students on a hike starting in Armier Bay, heading up the clay slopes to the Red Tower and the wonderful panorama of the northern peninsula, Comino and Gozo. On Day 5 students head to Malta's most fertile and beautiful inland area, Girgenti Valley. Starting in Buskett, an ancient woodland replanted by the Knights of St John, students will then explore Ghar il-Kbir, a Neolithic cave dwelling, ancient cart ruts, old Roman quarries and the Inquisitor's Palace.

5 Day Course / Adult Course / Junior Course (children aged 10+) / Includes Transport & Equipment / All levels



