# SUMMER ADVENTURES

Company Seniors

### We've put together a list of 20 activities for you to have a go at over the summer.

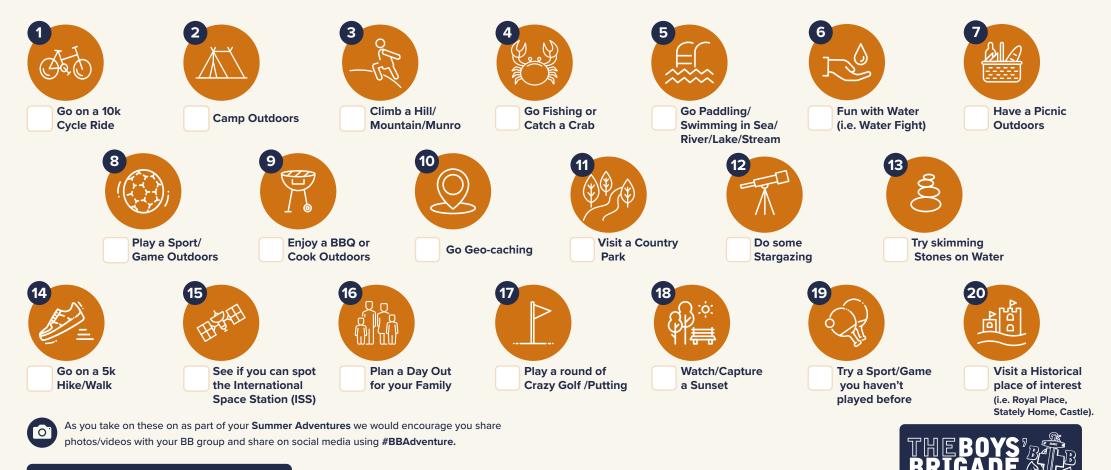
We want to encourage you to spend time outdoors over the summer trying out some great activities. You can have a go at the activities in your seaside as part of a day out or holiday.

See how many activities you can tick off whilst spending time with family and friends - and remember have lots of fun on your adventures!

#### **IMPORTANT NOTICE** For Parents/Carers

- Activity MUST be supervised by a parent/carer AT ALL times.
- A parent/carer MUST assess risk before allowing their child to participate.





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