

## Activity

## Description

Snorkel Theory & Pool	Participants spend approx. 30 minutes in an interactive theory session learning about the equipment and techniques used in snorkelling. Then, after 'gearing up', a pool session follows where participants put the theory into practice and learn how to snorkel confidently and safely.
Snorkel - Pier	Following the <i>Snorkel - Theory &amp; Pool</i> session, participants gear up and are taken on an underwater adventure by a qualified instructor under a local pier. In groups of no more than 10, the instructor will help participants enjoy the experience by identifying marine animals and interpreting the marine environment.
Snorkel - Boat	Generally following a <i>Snorkel - Pier</i> session to ensure that participants can snorkel competently and safely, they will travel by boat in small groups with their qualified instructor to a snorkelling site in Port Phillip Bay. Pope's Eye, the seal haul-out platform at Chinamans Hat and South Channel Fort are our most popular sites.
Surfing	Participants will travel to a local surf beach for a surfing lesson. After gearing up with a wetsuit and surf board, participants have the opportunity to learn and practice the basic techniques of surfing.
Bike Rides	After a skills session, participants will take a ride along one of the local bike tracks to explore the Mornington Peninsula environs. The journey can include or end with some educational options, visits to local attractions or free time on the beach.
High Ropes	Facilitated by our qualified instructors, participants have the option of Tree Climb (20mt), Crate Stack, Glider Possom and Leap of Faith.
Beach Activities	Swimming, Boogie Boarding and other beach activities allows participants the opportunity to safely enjoy the shorebreak and beach environment. All equipment is provided.
Merricks Adventure Race	A series of quick and fun competitive team activities conducted around the campsite. Teams rotate around the various activities to achieve the best possible score in the time provided. A non-competitive and more co-operative variation is also possible.
SUP	Stand-up paddle boarding is an outdoor water sports activity where a rider stands up on a large board and uses a paddle to move through the water. SUP can be enjoyed by all ages and abilities and provides an all-body workout building core strength and improving balance. Have some fun whilst taking in the beauty of the Mornington Peninsula beaches.
Canoeing	Conducted on the protected lake at Merricks Lodge or an offsite location, participants will be taught the basic techniques of canoeing ie: how to use the paddle to control the direction and speed of the canoe. Following this a series of challenging activities will be undertaken to practice the skills and enhance teamwork.
SOT Kayaking	Sit On Top Kayaking provides an option of flat water or surf kayaking depending on age and ability of students. Participants are instructed on the techniques needed to suit the specific aquatic environment to ensure that the activity is fun and safe. Participants will join in on some fun games and challenges and perhaps catch a wave in their kayak.
Sea Kayaking	Following a kayaking skills session and safety briefing, this activity presents an opportunity to paddle along the foreshore in either Western Port or Port Phillip Bays. Journeys such as Merricks – Balnarring and Flinders – Pt Leo are possible. This is an ideal activity to combine with a beach walk, educational talk or some curriculum based work requirement.
Bush/Beach Walks	There are many beautiful bush and beach walks around the Mornington Peninsula. One such walk is to Bushrangers Bay which takes approximately 60 minutes (each way). Once at the beach students can explore the rock pools, play games on the beach and if circumstances are acceptable they may be able to swim. There are many other "secret spots" the qualified leaders can opt to take the group.
Boat Tour	Leaving from Portsea Pier, participants will explore the southern parts of Port Phillip Bay visiting 'Popes Eye', 'Chinaman's Hat' as well as South Channel Fort whilst hearing about the history of the quarantine station and early settlement of Melbourne.
SCUBA Experience	Participants are introduced to the basic techniques used in SCUBA diving and given the opportunity to experience the wonders of the underwater environment.
SCUBA - PIER/ BOAT	Following a <i>Snorkel - Theory &amp; Pool</i> session, participants gear up and are taken by an instructor for a dive under a local pier. In groups of no more than 6, the qualified SCUBA instructor will help participants enjoy the experience by pointing out marine animals and explaining about the different sealife under the pier.
Initiative Activities *	Does your group need some practice on how to work well together? Through the fun of experiential learning and expert facilitation participants will undertake a number of challenges to explore the dynamics of effective team work.

Orienteering *	Students navigate their way around the campsite in groups of 4 to locate and record a series of hidden answers. Which group can record the correct answers in the least amount of time?
Raft Building *	Working in teams of 4 - 6, participants are given some basic materials (rope, wood, plastic pipes) to build a raft. Once completed the team are able to check its seaworthiness by putting on a PFD and paddling it across the pool or lake. The success of the raft depends on the team work and creativity of the team.
Bush Cooking *	In small groups, students are taught the basics of campfire cooking including making and testing their own culinary creations.
Catapult Building *	Once supplied with materials and printed instructions the group work together to construct the best catapult to see how many times they can hit the target.

**Educational Program Activities**

Marine & Coastal Education	Led by the highly respected Dolphin Research Institute, participants will learn about our fragile marine and coastal environments through interactive presentations such as <i>Marine Treasures</i> , <i>Whale Out of Water</i> and <i>Balnarring Beach Explorers</i> .
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\* These activities are available as teacher led activities.