

Sky High Trampoline Park (Peacehaven)



Sky High Trampoline Park is the newest indoor trampoline center to hit the South East of England. The first of its kind in Sussex, it aims to provide an exhilarating, adrenaline-packed activity to people of all ages in Sussex and surrounding areas. Freedom, exhilaration, adrenaline, all these and more, but we haven't got the words to do it justice. Some things you just have to experience for yourself to understand the thrill, and bounce is definitely one of those things.

The huge park is covered in wall-to-wall interconnected trampolines. You can bounce up and down; you can run; you can fling yourself up onto the angled walls; you can twist; you can flip – it's your space and your time. You get 55 minutes in the park, after which we promise you'll be exhilarated and exhausted.

Price: £50.00 (5 sessions)

Venue: Sky High Park, Peacehaven

Equipment: Long trousers, 'sticky' socks (can buy for £1.50 from venue), long T-shirt.

Spaces: 30

Branching Out



Our mission is to introduce you to the thrill of treetop activity and adventure, in a safe professional environment. At Branching Out there is something for everyone and after a brief induction at our Headquarters, only a short walk from the carpark, you are free to choose your first activity. Where will you start? Face your fears head on, or ease into the trees with our low ropes course? Or just stop by the giant swing for a heady dose of adrenaline!

Low ropes - If you're a beginner, or just not so keen on heights, then have no fear as the low ropes course is here to get you started. This exciting adventure course offers a challenging and demanding activity that will test your balance and confidence at a comfortable height of 3-4 metres above the ground. The perfect introduction. However, after you have mastered the low ropes we guarantee you'll want to go higher...

High ropes - Bring it on! Clamber up the long Burma Bridge on to the high ropes course; challenge your strength and agility on the multi vines, wobbling along the postmen's foot wire and onto many other challenging elements suspended from the trees. You rise to the challenge

and are rewarded with a treetop view of your surroundings before your final descent down the 80m zip. An exhilarating taste of what the 120m speed zip has to offer...

Giant swing- We strap you in... We winch you up... We pause for a brief moment... We let you go... weightless... accelerating through double gravity.... Simple. Effective. Awesome. Addictive.

Zip wires - Strapped into the harness, you balance on the edge of the launch platform high up in a towering oak. Our safety officer gives you the thumbs up, and your adrenaline kicks in as you find yourself flying through the trees on our 110 metre zip wire. Located in the very heart of the beautiful Glyndebourne Wood, nothing compares to the exhilaration and freedom of this descent through the treetops.

Climbing wall - If you have not yet satisfied your head for heights, swap trees for rocks and challenge yourself again with our climbing wall! Conveniently situated next to the giant swing, our instructors will soon have you clipped in and on your way. When you make it to the top, take a moment to enjoy the view before ringing the bell to mark your success and abseiling back down to terra firma.

Price: £50.00 (5 sessions)

Venue: Branching out adventures, Bentley

Equipment: Gloves, long trousers and long sleeves must be worn. Bring a change of clothes.

Spaces: 30

Cooking Workshop

Want to learn how to cook healthy food? Then look no further, at Tina's kitchen you will learn how to cook family favourites and understand what makes us healthy eaters.

Week 1 - Cooking seed jacks (cheesy flapjack with seeds - good for snacks and food on the go). Nutritional content will include the importance of balancing blood sugar levels and its effect on mood, energy, hormones.

Week 2 - More about the importance of protein, how important it is to eat a good breakfast and why cereals just aren't good enough. We'll cook and prepare some foods which can double up as a light meal or breakfast.

Week 3 - The importance of healthy fats when it comes to mood, energy, immunity and stress management. We will make some salmon fish cakes, hummus and a high seed muesli.

Week 4 - WHY do we need at least 5 a day, and why it needs to be mostly vegetables rather than fruit. Making a quick lunchbox salad and mini frittata to go with it.

Week 5 - Making a quick one pot wonder. A meal in one pan which ticks lots of boxes and can be made in a very short time. They will each get a sheet of notes each week along with a professionally printed recipe and meals ideas booklet.

Price: £40.00 (5 sessions)

Venue: Tina's Café

Equipment: Home clothes or school clothes

Space: 10 maximum (with a minimum of 8 for it to run).

Multi-Skills Workshop

Pupils will have the opportunity to take part in a mixture of multi-skills including football and touch Rugby.

Price: FREE (5 sessions)

Venue: LOGS

Equipment: School PE Kit

Space: Unlimited

