

Activities at The Old Pheasantry

THE OLD
PHEASANTRY

PART OF YMCA EAST SURREY

Enhance Your Visit with Optional Activities

Make the most of your trip to The Old Pheasantry by booking a selection of fun and enriching activities.

Please note: activity prices are in addition to the standard cost of your residential or day visit.



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Here for young people
Here for communities
Here for you

Self-led Activities



Soft Archery - £50 per group (self-led)

Instructor-led sessions are available for an additional cost and are dependent on instructor availability.

Enjoy the fun of archery in a safe and accessible way using arrows with sucker pad tips. This activity is great for building focus, coordination, and confidence, and is suitable for all ages and abilities.

Soft Axe Throwing - £50 per group (self-led)

Instructor-led sessions are available for an additional cost and are dependent on instructor availability.

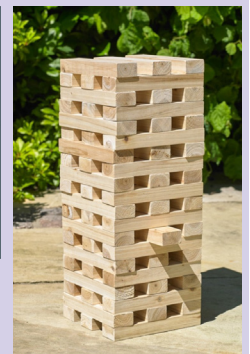
Experience the thrill of axe throwing in a safe and fun way! Grab your lightweight plastic/foam axe, take aim, and go for the bullseye on our unique bristle target. The sturdy steel frame stands over 5 feet tall and can be set up on grass, sand, or pavement, making it perfect for all outdoor spaces. With eight plastic and foam axes included, this activity is great for all ages and skill levels, helping to build focus, coordination, and friendly competition.



Giant Games - £40 per group for use for the duration of your stay

Get ready for oversized fun with our **Giant Games**! Perfect for team challenges, group bonding, and all-around excitement.

- ▶ **Giant Dominoes** - A classic game with a giant twist! Work together to match the numbers and strategize your way to victory.
- ▶ **Parachute & Games** - An energetic and engaging activity with a large parachute, designed for teamwork, coordination, and endless fun with different games and challenges.
- ▶ **Spyderball** - Fast-paced and competitive! A great game to test your reflexes and teamwork as you bounce the ball off the net to score points.
- ▶ **Giant Tumbling Tower** - Can you keep your cool as the tower gets higher? Carefully remove and stack the blocks, but don't let it tumble!
- ▶ **Giant Connect 4** - A larger-than-life version of the beloved strategy game. Think ahead, block your opponent, and be the first to get four in a row!



Scavenger Hunt - £35 per group

Embark on an exciting outdoor adventure with our Scavenger Hunt! Explore the gardens, woods, and playground as you search for hidden clues, solve challenges, and uncover surprises along the way.

Perfect for groups, this fun and engaging activity encourages teamwork, problem-solving, and a sense of adventure. Whether you're racing against the clock or taking your time to enjoy nature, it's an experience for all ages to enjoy!



Rock painting - £2.50 per person

Paint a rock and add it to our pebble garden on the woodland trail!



Indoor Cinema Experience - £100 per group for use for the duration of your stay

Get comfy, grab some popcorn, and enjoy the magic of the big screen—indoors! Our **Indoor Cinema Experience** is the perfect way to unwind after a day of activities, offering a cozy and immersive movie night for all ages.

Perfect for: Group entertainment, rainy-day activities, or a chilled evening in.

Package includes: 65inch TV, popcorn, snacks, drinks and comfy seating for the ultimate movie night.

Film options: You will be able to use The Old Pheasantry Disney Plus account to choose a movie or alternatively you can choose to log in to one of the other streaming services with your own account.

Cancellation policy for self-led activities

- ▶ All cancellations of confirmed bookings must be made in writing, or will not be deemed valid.
- ▶ Cancellations must be made at least 48 hours in advance of the scheduled activity to receive a full refund or reschedule.
- ▶ Cancellations made less than 48 hours before the activity date will not be eligible for a refund and the full amount will be due.
- ▶ In exceptional circumstances, we may review cancellations on a case-by-case basis.
- ▶ The Centre reserves the right to cancel your activity booking where forced to do so due to circumstances beyond The Centre's control. We will endeavour to offer mutually acceptable alternative times, if we are able to do so, and will refund your payment in full.

Instructor-led Activities at The Old Pheantry

Yoga & Breathwork with Simone - £60 per hour

<https://www.iamsoulfull.com/yoga>

Ready to breathe, flow, and release? Book a deeply nourishing yoga experience that blends movement, breath, and sound to support your mental and physical well-being. As a 200-hour Qualified Yoga Teacher and Breathwork Facilitator, Simone will guide sessions that combine Hatha, Vinyasa, and Iron Yoga, incorporating her passion for sound healing, breathwork, and somatic movement to help you connect with your body on a deeper level.



Each session is designed to build strength, restore mindfulness, and boost confidence, offering a space to challenge yourself while feeling supported.

What to Expect:

- ▶ Breathwork & Somatic Movement
- ▶ Dynamic Flow & Strength Building
- ▶ Relaxation & Grounding
- ▶ Optional Sound Healing & Yoga Nidra

Sessions will be adapted for children, making them fun, engaging, and a playful way to encourage body awareness and presence.

Sport & Fitness Activities - £60 per hour

Ready to get moving? Have fun, and improve your wellbeing with our Sports & Fitness Activities! Whether you're looking for gentle movement, team challenges, or a full-body workout, we've got something for everyone.

Tai Chi

Flow through gentle, controlled movements designed to enhance balance, flexibility, and relaxation. This mindful practice is perfect for reducing stress and improving overall well-being.



Boccia

A fantastic, inclusive game that's all about strategy and precision! Similar to bowls, Boccia is great for all abilities and encourages teamwork and friendly competition. It's also a Paralympic Sport!

Fitness Session

Boost your strength, stamina, and energy with a dynamic fitness session. Tailored to different levels, this workout is designed to challenge you while keeping it fun and engaging.

Cancellation policy for instructor-led activities

- ▶ All cancellations of confirmed bookings must be made in writing, or will not be deemed valid.
- ▶ Cancellations must be made at least **7 days in advance** of the scheduled activity to receive a full refund or reschedule.
- ▶ Cancellations made **less than 7 days before** the activity date will not be eligible for a refund and the full amount will be due.
- ▶ In exceptional circumstances, we may review cancellations on a case-by-case basis.
- ▶ The Centre reserves the right to cancel your booking or amend the timings where forced to do so due to circumstances beyond The Centre's control. We will endeavour to offer mutually acceptable alternative dates or times, if we are able to do so, and will refund your payment in full.

Sample Day Package - £275 for group (£13.75pp for group of 20)

10:00-11:00	Yoga (Instructor-led)
11:30-12:30	Scavenger Hunt (Self-led)
12:30 - Lunch	Not provided
13:15-14:15	Sport Activity (Instructor-led)
14:30-16:30	Indoor Cinema (Self-led)

How to Book

To book any of our self-led or instructor-led activities, please email oldpheasantry@ymcaeastsurrey.org.uk with your preferred date and time. We will get back to you with confirmation or any necessary amendments.

Please be aware that we may not always be able to meet your time requirements but will do our best to work to your preference.

Activities in the local area

Guided Walk at Langley Vale Wood - Free

Book a free guided walk around Langley Vale Wood. Their fantastic volunteers can take you on a tour of England's Centenary Wood to discover the wildlife, learn how nature is taking back the former arable farmland and discover the amazing public art that links to local First World War history.

Access: There is a large car park with lots of disabled spaces (please note there is a height barrier at the entrance of 1.9m) plus EV charging points. They can arrange access of minibuses/coaches for groups booking a walk. Parking charges do apply. There are surfaced paths from the carpark to the Witness sculpture and Play area. All other paths are mown grassy paths and can be uneven and may be unsuitable for wheelchairs. There are no toilets on site.

To find out more about booking a guided walk, please email langleyvalewood@woodlandtrust.org.uk



Manor Farm Experiences

Manor Farm is a family run business in Lower Kingswood. They work primarily with children with special educational needs and disabilities, but anyone is welcome to book an experience. They run social groups, animal assisted therapy, specialist tutoring, school visits, animal experiences and more. They can cater to any bespoke experience that meets their criteria and aim to utilise the animals to improve the mental health of others, especially children.

Dress for the weather conditions: raincoats, fleece jumpers, hats, gloves. Bring what you need to remain comfortable and safe.


Price dependent on activity chosen, see more information online:


<https://www.manorfarmexperiences.com/>

To book or enquire please call the team on 07970 426770.



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