
Rock UK Adventure Centres Ltd

Frontier Centre



Frontier Centre

- Frontier Centre is a 122 acre site overlooking 600 acres of lakes along the Nene Valley
- Frontier Centre opened in 1984 and has welcomed over 250,000 guests since then
- Over 230 people can be accommodated
- Dining Hall can seat 140+ people. Self catering options also available in some accommodation blocks
- Indoor Sports Hall & Conference Suite
- Over 25 adventurous activities
- Spot-Light sessions e.g. *“above & beyond”*



We believe adventurous activities help to...



- Create an encouraging environment in which team work is promoted
- Facilitate personal achievement and assist in overcoming personal fears
- Build up self confidence, self esteem & a sense of belonging
- Promote communication and co-operation



Adventurous Activities

High Ropes



Bushcraft



TDTs



Rafting

At Rock UK we want to equip every person with a passion and appreciation for their environment. All our instructors have a genuine passion for the outdoors and it's more than just a job. They encourage high levels of resilience, confidence and independence when tackling challenging activities....

We create memories for life.

www.rockuk.org



Accommodation



www.rockuk.org



Safety and Security

- All groups are given a safety welcome talk on arrival.
- A member of staff is on duty 24/7 and 25+ staff live on site.
- All visitors are given a security wristband.
- All members of staff wear a uniform and have a name badge.
- All staff are DBS checked.



How we are making it special...

We will be booking:

High ropes with aerial adventure (children were too young in Y4 for this).

Paddleboarding (new to ROCK UK!).

We asked the children... they want to try fencing and keep canoeing!

Disco night (hugely popular when we did this in 2022).

Bouncy castle?! Watch this space!

AND MORE...

**We know prices have gone up (ROCK UK and coach prices have gone up).
We have kept it to a minimum and are not allowed to make a profit.
The more children we have sign up, the cheaper it will be.**

Deposit needs to be paid by 16th October.

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