

## Adventure & Sports Courses





# Extreme Adventure Course

Adventure sports enthusiasts of all ages and levels should choose our popular **Extreme Adventure Course**, designed to excite and bring out the adventurer in you. This course includes a choice of kayaking, climbing and abseiling, diving, mountain biking, kitesurfing, windsurfing and sailing. Whether you are new to extreme sports or a practised hand, we will organise your course to suit your age, level of fitness and experience. In addition to providing you with the opportunity to try out a thrilling range of new sports, this course will also take you off the beaten track on a unique tour around Malta's cliffs and rugged coastline, golden sandy beaches, pristine blue seas and hidden valleys. The **Extreme Adventure Course** can be booked for three or five days by individuals, groups or families throughout the year. All safety gear and equipment is provided.

Adult and Junior Courses (children aged 10+)

## EXTREME ADVENTURE COURSE

### Sample 5 Day Programme

Mon	Rock Climbing	Sailing
Tue	Diving	Trekking
Wed	Mountain Biking	Horse Riding
Thu	Abseiling	Go Karting
Fri	Kayaking	Windsurfing

### Sample 3 Day Programme

Mon	Rock Climbing	Sailing
Wed	Mountain Biking	Horse Riding
Fri	Kayaking	Windsurfing



Transport & Equipment included • All Levels

# Multi-Sports Course

Sports lovers will find our **Multi-Sports Course** an ideal opportunity to enjoy an extremely diverse range of sports activities on an island where the sun shines all year round. The **Multi-Sports Course** offers you a wide choice of sports activities, including golf, tennis, horse riding, trekking and squash. This course will take you to Malta's most exclusive and largest sports club for your golf, tennis and squash lessons. Horse riding is held in the scenic north of the island while treks will take you on dramatic coastal tours or to historic sites in the countryside. The **Multi-Sports Course** can be booked for three or five days by individuals, groups or families throughout the year.

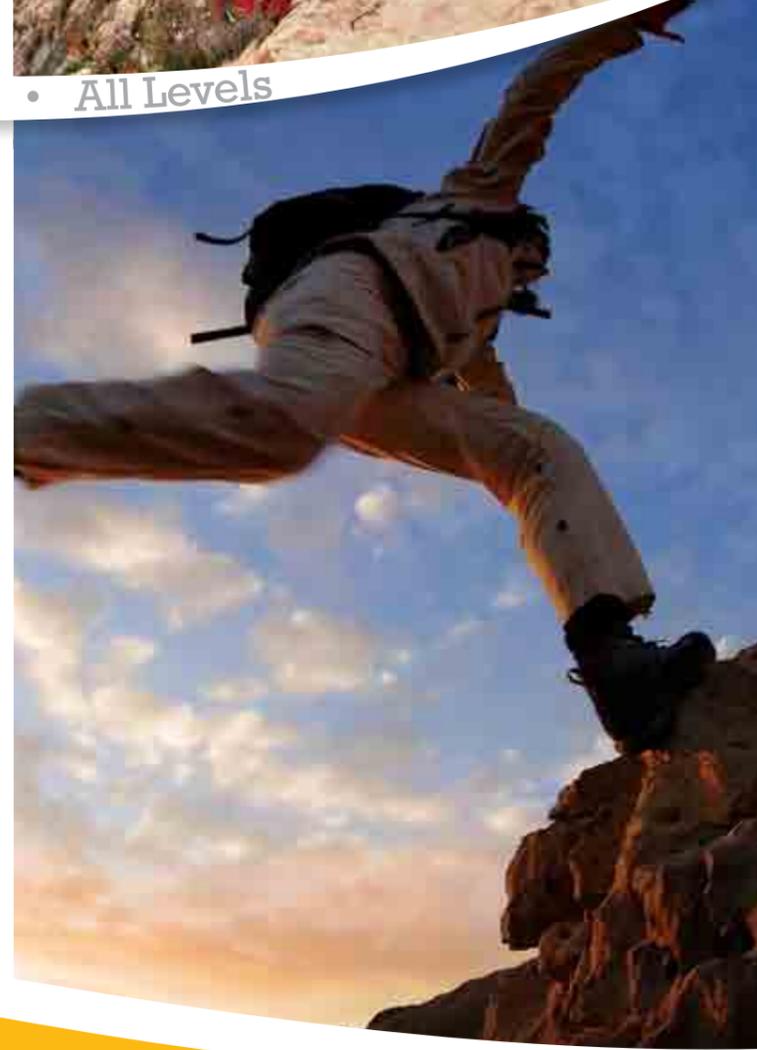
## MULTI-SPORTS COURSE

### Sample 5 Day Programme

Mon	Horse Riding
Tue	Squash
Wed	Golf
Thu	Trekking
Fri	Tennis

### Sample 3 Day Programme

Mon	Horse Riding
Wed	Golf
Fri	Tennis



## ROCK CLIMBING & ABSEILING



Designed for adventure lovers, our Rock Climbing and Abseiling courses will take you to the unexplored corners of the islands, visiting areas that most tourists never see. Malta's extensive limestone cliffs stretch along the entire south coast and provide the perfect playground for both experienced climbers and beginners. Our locations include a number of dramatic caves and steep cliffs which are perfect for rock climbing and abseiling. Our professional trainers have climbed extensively throughout the islands and are also experienced international climbers. Upon completion of the course, you will be given a certificate of achievement. Prices for these courses include four half-days of rock climbing and abseiling. Maximum of four students per course.

4 day course

## KAYAKING



This course is an opportunity to see the islands from a different perspective while learning how to become an adventurous, independent kayaker. The first day is an introduction to kayak-handling, kayaking skills and safety procedures. On Day 2, you will take the British Canoe Union One Star Award Course and learn paddling, rescue, safety and group skills. Day 3 is a full day tour to the island of Comino where you will be able to glide under natural arches and into several caves. On the final day, you will take a tour past the local fish farms and pretty Selmun Bay, to the historic St Paul's Islands. The course is staggered over four days with three 3-hour training sessions and one full day trip. Successful students will also receive the British Canoe Union One Star Award Certificate.

4 day course

## MOUNTAIN BIKING



This is perhaps the most active way to discover the hidden treasures of Malta. With a good mountain bike, helmet and bottle of water - as well as a guide who knows all the back country paths - the island is your oyster! Taking minor roads, country footpaths and wilderness trails, you will explore the hidden valleys and scenic routes of the island. The programme consists of four rides, each lasting between three and four hours. Each day you will experience a different aspect of the country. One day you will visit historic Malta, with stops at the Neolithic temples, our ancient capital city and wayside chapels, while on another day you will discover rugged wilderness areas, as well as the cliffs and jagged coastline. Finally, you will explore hidden inland valleys and pathways. Tours and times will be adapted to suit your fitness level.

4 day course

## SAILING



Conducted by internationally qualified instructors, our dinghy sailing courses will enable you to become an independent sailor capable of taking a boat out alone in reasonable conditions. Day 1, which is an introduction to sailing, will be a thrilling one, where you will get out on the water and free-sail across the wind. The second day of the course is spent improving basic sailing skills such as reaching, beating, running, tacking and jibing around buoys. Day 3 covers basic sailing theory including wind direction and rigging as well as practical skills such as basic sailing manoeuvres, getting underway and mooring. On the final day, you will learn about safety and recovery procedures, rope work, orientation practices, reefing and anchoring. The sailing course consists of four sessions of two hours each. A certificate of achievement is awarded at the end of the course.

4 day course

## WINDSURFING



Windsurfing courses are offered at Beginner and Intermediate levels. Students new to this sport can learn the first steps to becoming a windsurfer on our Beginners' Course (Level 1). Using beginners' boards under constant supervision, you will learn basic sailing terms, the parts of the board and its rigging, safety features, knots, orientation and balance, stopping, gaining speed and basic handling. This course consists of four two-hour lessons held over four consecutive days. Students with a basic knowledge of windsurfing can take the Intermediate Course (Level 2) and learn the skills required to become independent windsurfers. This course will teach you tacking and jibing skills, sail rake and changing direction, launching and recovery with inshore and offshore winds, safety precautions, knots and self-rescue procedures. The Level 2 Course consists of three 2-hour lessons, conducted over a period of three days.

Level 1: 4 day course  
Level 2: 3 day course

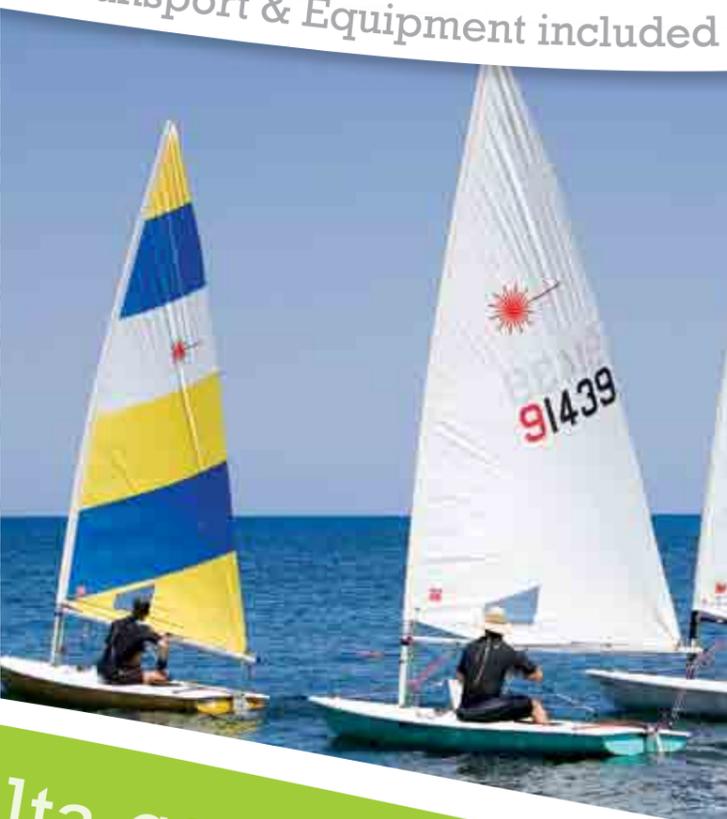
## KITESURFING



For an extreme adrenalin rush on the water, nothing beats kitesurfing! This sport combines the skills of kite-handling with the thrills of wakeboarding. Our professional instructor will take you through the steps that will lead to a safe and fun experience of this booming sport. Spread over four days, the course will teach you about the weather, principles of kite-flying and power zones, kite-handling, self-rescue, water starts and upwind riding. Our kitesurfing course will allow you to take the first steps towards becoming a self-sufficient, independent kitesurfer. Kitesurfing courses are available subject to prevailing weather conditions. This course is not available in July and August.

4 day course  
Minimum age 16 years

Adult and Junior Courses (children aged 10+) • Transport & Equipment included • All Levels



[www.alphaschoolmalta.com](http://www.alphaschoolmalta.com)

## DIVING



Our diving courses provide you with the opportunity to acquire the internationally recognised PADI Open Water or Advanced Open

Water certificate. We work with one of Malta's leading dive schools, which is conveniently located just two minutes away from our school. The PADI Open Water certificate course commences in the classroom with five theory lessons. Your skills will then be put into practice with five confined and four open water sea dives which take place all around Malta, Gozo and Comino. The PADI Advanced Open Water Course is a fun-filled course held over two to three days and consists of five dives. The course also includes some classroom sessions and reading but no examinations. If you are already in possession of the PADI Open Water Diver or equivalent qualification, you can book a 6 Dive Pack. This consists of six shore dives which may be taken at a number of dive sites including wrecks, caves and reefs.

**PADI Open Water: 1 week if taken alone / 2 weeks if combined with an English Course**  
**PADI Advanced Open Water: 2-3 days**  
**6 Dive Pack: 3 or more days**  
**Minimum age 14 years**

## GOLF



Golf courses are held at the Royal Malta Golf Club, which is part of Malta's most exclusive sports club. This private club is the

biggest sports complex on the island. Its excellent facilities include 19 tennis courts, five squash courts, a cricket pitch, a large open-air swimming pool, gym, an 18-hole golf course and driving range. The golf course consists of two hours of golf training a day, four days a week. The first hour is a private or mini-group lesson of focused instruction which is followed by an hour of practice on the driving range. If you already have a golf handicap (at least 28 for men and 26 for women) you can also play on the golf course itself during your practice time. Lessons are conducted by Malta's PGA golf pro, who is also the Malta National Coach and President of the National PGA. The price includes equipment and daily membership of the sports club which will entitle you to make use of the other facilities offered by the club.

**4 day course**  
**Includes daily sports club membership**

## HORSE RIDING



Horse riding courses are designed to take you into areas of unspoilt natural beauty and spectacular coastal scenery. Our horse

riding course is ideal for adventure lovers, whether you are new to horse riding or if you have some experience but no actual training. The course consists of four hours of horse riding lessons with a maximum of five students in the class plus six hours of cross-country riding. The first day begins with an introduction to your trainer and horse. Following a brief introduction to horse psychology, safety measures and techniques, you will proceed to your first lesson which includes basic techniques: holding the reins, turning the horse, etc. Immediately after the lesson you will be taken on a cross-country ride with your trainer. Days 2, 3 and 4 follow the same pattern as the first day. On the final day of the course, students will be taken on a two-hour cross-country ride in the north of Malta with beautiful cliff-top views of the sea on one side and of unspoilt valleys on the other.

**5 day course**

## SQUASH



A fast, indoor sport which can be enjoyed throughout the year, squash is an ever-popular game which will burn up excess energy

fast and furiously. Squash courses are held at Malta's most exclusive sports club which has four modern air-conditioned courts and another non-airconditioned court. The squash course is a four-day course which includes one session of tuition and one session of training per day. The course will teach you new strokes and techniques and is ideal for both new and experienced players. Our professional coach gives you individual training and you may expect to increase your understanding and appreciation of the game as well as your fitness by taking this course.

**4 day course**  
**Includes daily sports club membership**

## TREKKING



Trekking will take you to several beautiful remote spots all over the Maltese islands. The programme consists of a two to three

hour walk each day and is spread over five days. The first trek starts in Xemxija close to the school and explores Pwales Valley, taking in Neolithic remains including tombs and caves. Day 2 will take you to the Victoria Lines, a series of fortifications built by the British Army in the late 19th century. On the third day, you will head to the south of the island, trekking through farmland to the southern cliffs and outstanding sea views. Day 4 will take you on a hike starting at Armier Bay, heading up the clay slopes to the Red Tower and the wonderful panorama of the northern peninsula, Comino and Gozo. On Day 5 you will head to Malta's most fertile and beautiful inland area, Girdgħ Valley. Starting at Buskett, an ancient woodland planted by the Knights of St John, you will then explore Għar il-Kbir, a Neolithic cave dwelling, ancient cart ruts, old Roman quarries and the Inquisitor's Palace.

**5 day course**

## TENNIS



Our tennis courses are held at Malta's most exclusive sports club. Tennis facilities provided at the club include 19 courts and a clubhouse.

Lessons are provided by Malta's premier tennis school which is run by Gordon Ascjak, a Maltese tennis pro and ex-international competitor. His broad experience will ensure that students of all levels will refine their tennis skills, while his intense passion for the game makes the lessons fun and exciting. All lessons take place on hard outdoor courts. The course consists of one hour of coaching followed by one hour of practice, five times a week. During your tennis course you can expect to improve your range of strokes, tactical play, insight into the game and overall competence.

**5 day course**  
**Includes daily sports club membership**

Adult and Junior Courses (children aged 10+) • Transport & Equipment included • All Levels



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