



Experience a Hen Weekend as unique as you are. Whether you desire action and adrenalin, champagne and pampering, or something altogether more exotic, we can create it for you within your budget.

Put simply, we are experts in giving women what they want.

SO, WHAT DO YOU WANT?

*Outrageous fancy dress? Sushi, shopping then a spa? Ostentatious or low-key?*



Whatever it is you dream of, we know you want your hen weekend to be unforgettable. The hen party is a chance for you and

your best friends to celebrate you, and everything they love about you.

HOW CAN WE HELP?

We can help create a weekend, or even just a tailormade activity, that reflects your personality, your values, your style, your tastes and your sense of humour.



An original experience you and your friends will never forget.



## WHAT MAKES US DIFFERENT?

We are an award-winning business run by women, for women. A business that started with the aim of creating the ultimate girls' weekend.



A Catapult Club weekend is like a cocktail for the soul: We blend revolutionary skills-training with a twist of adventure and adrenalin, pour in a healthy measure of champagne, squeeze in some amazing women, add indulgent cuisine and serve in a gorgeous country mansion. We garnish with plenty of laughter.



## SKILLS, THRILLS & COCKTAILS?

Gaining new skills on your hen weekend - be it using your voice, defending yourself, being assertive, belly-dancing, doing acrobatics or surfing - is an amazing experience to bring you and your friends together. When you return home those new skills go with you, to enrich your life long after the hangover has shifted.



We specialise in teaching life-changing skills, like voice projection, confidence, assertiveness, relaxation techniques and self-defence.

These are skills you can use everyday, to really transform your existence.

Everything we teach is practical and fun.

Self-defence, for example, is taught using real life scenarios, and you actually get to kick a real man where it hurts.



## WHAT CAN WE DO FOR YOU?

Basically we do whatever you want us to. From inventing wildly imaginative themes to serving sumptuous banquets



and staging incredible games and activities, we help you design a legendary celebration for the bride-to-be.

From finding you the perfect venue, organising activities, entertainment and transport, to sorting menus, drinks, bespoke clothes, gifts and



fancy dress costumes, we can take care of everything, leaving you free to concentrate on having fun.



We will be only as involved as you want us to be.

WHAT HAVE YOU GOT TO LOSE?

Call us today on 020 8675 2137 for a chat about what you want.

🌸 [www.theCatapultClub.com](http://www.theCatapultClub.com) 🌸



The Catapult Club has bags of experience in organising unforgettable weekends. As well as our inhouse team of experts we have strong relationships with suppliers, caterers and venues (including those who might not normally allow hen-dos).

Whatever your budget, we will make it go further than you thought possible.

