

# ADULT



# QUEEN MARY SAILSPORTS

## TRAINING & ACTIVITY PROGRAMME 2012

Sailing • Windsurfing • Powerboating • in London

# Q

Queen Mary Sailsports is a large, professionally run, Royal Yachting Association (RYA) Training Centre within Queen Mary Sailing Club, offering a wide range of courses and tuition throughout the year in dinghy sailing, windsurfing and powerboating. We also offer tailor-made group and party activities as well as team building events to include dragon boating, yachting, kayaking, raft-building, dinghy sailing and windsurfing.



Based south-west of London, within the M25, we have a superb watersports facility on a massive 700 acre stretch of raised water with clean, reliable wind. The office is open 7 days a week to make bookings or to discuss your requirements with our friendly staff.

Queen Mary is a popular and lively venue for watersports activities. All levels are catered for throughout the year from beginner to expert to include RYA instructor training. We have an experienced and enthusiastic team of RYA qualified instructors to deliver safe, quality courses and are specialists in bespoke personal tuition and getting adults into sailing or back onto the water after a break. For children's activities and courses please use our Orange Training & Activity Brochure.



Full course details on [www.queenmary.org.uk](http://www.queenmary.org.uk)

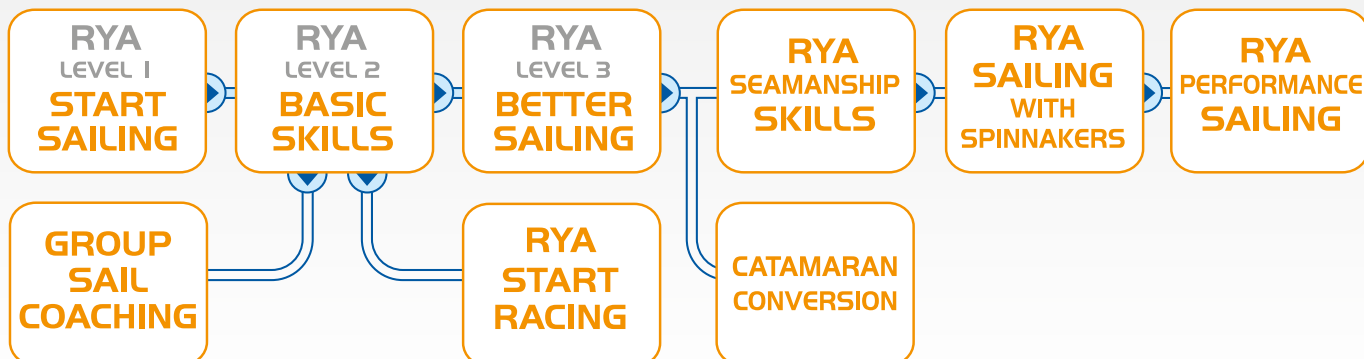
Bookings & Enquiries 01784 248881



# SAILING

**D**inghy sailing for adults is well provided for at QM with a fleet of over 55 singlehander and doublehander boats. To hire a boat and sail confidently, beginners need RYA Levels 1 & 2 - choosing either singlehanders (1-person boats with more helming time) or doublehanders (2/3 person boats with more stability).

## RECOMMENDED PROGRESSION AT QM



### RYA Level 1: Start Sailing - 2 days 0930-1700

The ideal introduction to the exciting sport of dinghy sailing. Learn a range of practical skills and knowledge on the way to becoming a confident sailor.

### RYA Level 2: Basic Skills - 2 days 0930-1700

Develop skills and confidence by focusing on the Five Essentials to improve sailing technique and manoeuvres. RYA Level 2 is required to hire dinghies.

### RYA Level 3: Better Sailing - 2 days 0930-1700

A confidence building course in doublehander dinghies to develop technique and skill in preparation for further RYA awards. To include taster elements of seamanship, racing and spinnakers.

### Group Coaching - half day 10.00-12.30

Tell the instructor what you would like to learn, try a new dinghy for the first time or brush off the cobwebs. Suitable for those with RYA Level 2. Choose from Pico, Laser, Stratos, Bahia or Laser 2000.

### Catamaran Conversion - 1 day 0930-1700

Experience the thrill of sailing fast catamarans, endorsing a RYA Level 2 certificate with multihull recognition.

### RYA Seamanship Skills - 2 days 0930-1700

A course to really improve doublehander helming skills and boat positioning by focusing on manoeuvres. Includes picking up a mooring, anchoring, reefing afloat, sailing backwards, coming alongside, man overboard.

### RYA Sailing with Spinnakers - 1 day 0930-1700

Learn how to use a modern asymmetric spinnaker, working towards this RYA certificate. Learn about power zones, balance, how to hoist, gybe and drop and how to improve boat speed.

### RYA Performance Sailing - 2 days 0930-1700

A high-level course to improve tuning, handling, confidence and speed in performance boats, to include asymmetric spinnaker and trapeze.

### RYA Start Racing - 2 days 0930-1700

An enjoyable introduction to club racing with a focus on boat handling, starts, mark rounding, racing rules, tactics and tuning. Usually in Lasers.

### Tailor Made Group Bookings

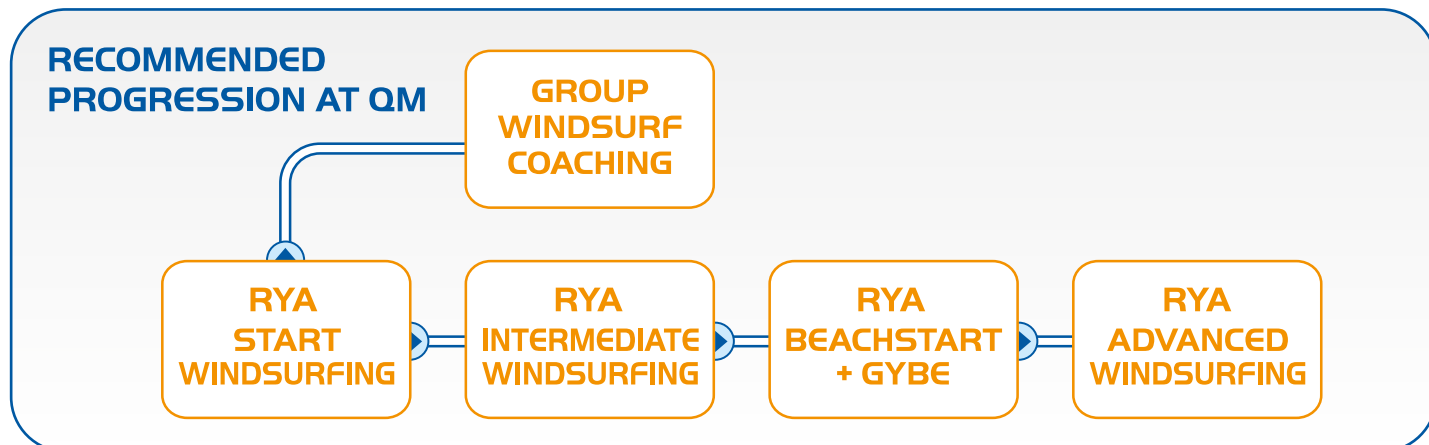
Group tuition is available for 3-6 friends, colleagues or family members of a similar ability. £20 per person per hour, minimum period 2 hours. Call us to arrange a suitable time.

# TEAMBUILDING

Specialist half day or day long events to suit your team can include dinghy sailing, windsurfing, yachting, kayaking, dragon boating and raft building. We can tailor make the occasion based on your individual requirements and can accommodate groups from 10 to up to 60 participants. We provide wetsuits, buoyancy aids and all specialized equipment. Activities can be combined with meetings in our clubhouse where we have 5 separate meeting rooms available with free wireless internet and audio visual equipment. Our catering partners can provide a wide range of refreshments and food to suit your budget and needs. Call us for more information.

# WINDSURFING

Queen Mary, with typically flat water and clean wind, is a fantastic place to learn the exhilarating sport of windsurfing and to improve skills. Over 40 board and rigs are available from the Starboard and Tushingham ranges.



## RYA Start Windsurfing - 2 x 5 hours 0930-1430

The ideal introduction to windsurfing. Learn a range of practical skills and knowledge on the way to becoming a confident windsurfer. Includes a 30 minute break each day.

## RYA Intermediate Windsurfing - 1 day 1000-1700

Learn the RYA Fastfwd Formula to enable a smooth progression towards planing. Non-planing candidates focus on stance, control, tacking, harnessing and kit setup. Planing candidates also focus on footstraps and blasting control.

## Group Coaching - half day 10.00-12.30

Tell the instructor what you would like to learn, try a new board for the first time or brush off the cobwebs. Suitable for those with RYA Start Windsurfing. Choose from our range of 40 Starboard and Tushingham board and rigs.

## RYA Beachstart & Gybe - 1 day 1330-1700

Two RYA Clinics in one session. Learn the essential skill of beachstarting in order to set off from the shore in style. Also learn and develop the non-planing gybe.

## RYA Advanced Windsurfing - 1 day 1000-1700

Crank up the heat with expert tuition in strong winds. Introduction and development of blasting, waterstarts and carve gybes. Courses may be rescheduled to achieve strong winds. Further advanced skills are taught 1:1 at QM.

## Tailor Made Group Bookings

Group tuition is available for 3-6 friends, colleagues or family members of a similar ability. £20 per person per hour, minimum period 2 hours. Call us to arrange a suitable time.

# POWERBOATING

Our large expanse of water is a perfect location for learning and improving upon powerboating techniques in a range of craft from tiller-steer 9.9hp to centre-console 50hp RIBS.

## RYA Powerboat Level 2 - 2 days 0930-1700

A comprehensive introduction to basic powerboating skills. Tuition is on a 1:3 basis giving plenty of time to practice and perfect candidate's skills.

## RYA Safety Boat - 2 days 0930-1700

Improve powerboating skills and learn safety and rescue techniques to support dinghies, windsurfers and other users. RYA Level 2 plus 1-2 seasons experience required.

# SHORE BASED

## ICC Certification

The International Certificate of Competence may be required to use powerboats in European waters and can be achieved by taking the RYA Powerboat Level 2 course at QM together with either a 3 hour coastal theory session (chartwork, navigation, pilotage and regulations): £75 or a CENVI Test (a multiple choice paper within

1 hour which requires study of 'G17: The RYA European Waterways Regulations'): £30. Each is run on demand.

## RYA First Aid - 1 day 0900-1800

This marine-based first aid course is suitable for all those with an interest in watersports and boating, and includes the latest first aid manual. A pre-requisite for all RYA instructor courses.

**Bookings & Enquiries 01784 248881**

If course dates are not suitable please call us to discuss alternatives



Full course details on  
[www.queenmary.org.uk](http://www.queenmary.org.uk)



## Equipment Hire

We have a wide range of single and double handed dinghies and catamarans for hire by the hour including Pico, Laser, Laser 2000, Bahia, and Stratos. Minimum period 1 hour.

	Mid week	Weekend
Singlehander dinghies	£10	£20
Doublehander dinghies	£15	£30
Windsurfing kit	£10	£20

Subject to experience and conditions.

## Personal Tuition

A bespoke 1:1 or 1:2 lesson to improve an individual's ability at any level. A great way of focusing on what you as an individual wish to achieve. Minimum period 2 hours and includes equipment hire.

	Mid week	Weekend
With QM dinghy/windsurf kit	£30	£50
With own dinghy/windsurf kit	£20	£35
(Extra person per hour)	£12	£20

## 2012 Course Dates and Prices

### Sailing

<b>RYA Dinghy Level 1</b> £240	<b>Group Sail Coaching</b> £40	<b>Cat Conversion</b> £140
17/18 Mar	24 Mar	5 May
31 Mar/1 Apr	7 Apr	17 Jun
14/15 Apr	21 Apr	28 Jul
28/29 Apr	5 May	9 Sep
12/13 May	19 May	21 Oct
26/27 May	2 Jun	
9/10 Jun	16 June	<b>RYA Dinghy Assistant Instructor</b> £160
23/24 Jun	30 Jun	17/18 Mar
7/8 Jul	14 Jul	7/8 Jul
21/22 July	28 Jul	15/16 Sep
4/5 Aug	11 Aug	
18/19 Aug	25 Aug	<b>RYA Dinghy Instructor Pre-entry</b> £85
1/2 Sep	1 Sep	1 Apr
15/16 Sep	8 Sep	29 Jul
29/30 Sep	15 Sep	28 Oct
13/14 Oct	22 Sep	
	6 Oct	<b>RYA Dinghy Instructor</b> £320
<b>RYA Dinghy Level 2</b> £240	27 Oct	2-6 Apr
24/25 Mar		30 Jul - 3 Aug
7/8 Apr	<b>RYA Seamanship Skills</b> £240	29 Oct - 2 Nov
21/22 Apr	28/29 Apr	
5/6 May	10/17 Jun	<b>RYA Instructor Racing Endorsement</b> £160
19/20 May	28/29 Jul	23-24 Apr
2/3 Jun	8/15 Sep	22-23 Aug
16/17 Jun	13/14 Oct	
30 Jun/1 Jul		<b>RYA Instructor Advanced Endorsement</b> £160
14/15 Ju	<b>RYA Spinnakers</b> £140	29-30 Mar
28/29 Jul	6 May	3-4 Nov
11/12 Aug	16 Jun	
25/26 Aug	29 Jul	<b>RYA Instructor Multi-Hull Endorsement</b> £160
8/9 Sep	9 Sep	16-17 Apr
22/23 Sep	21 Oct	
6/7 Oct		
20/21 Oct	<b>RYA Performance</b> £240	
	19/20 May	
<b>RYA Dinghy Level 3</b> £240	22/23 Sep	
21/22 Apr		<b>RYA Start Racing</b> £240
26/27 May	<b>RYA Start Racing</b> £240	5/12 May
30 Jun/1 Jul	23/30 Jun	25 Aug/1 Sep
4/5 Aug	25 Aug/1 Sep	27 Oct/3 Nov
1/2 Sep		
6/7 Oct		
3/4 Nov		

### RYA Dinghy Assistant Instructor – 2 days 09:00 to 19:00

Recognised for teaching at Queen Mary only. The first step on the path to becoming a qualified instructor

### RYA Dinghy Pre-Entry Assessment – 1 day 09:30 to 17:00

Requirement for taking the RYA Dinghy Instructor Course

### RYA Dinghy Instructor – 5 days 09:30 to 17:00 with some longer days

Nationally recognised qualification for teaching sailing to all ages

### RYA Dinghy Advanced Endorsement – 2 days 09:30 to 19:00

Qualify to teach performance and spinnaker courses

### RYA Dinghy Racing Endorsement – 2 days 09:30 to 19:00

Qualify to teach Start Racing courses to adults and children

### RYA Windsurfing Assistant Instructor – 2 days 09:00 to 19:00

Recognised for teaching at Queen Mary only. The first step on the path to becoming a qualified instructor

### RYA Start Windsurfing Instructor – 5 days 09:30 to 17:00 with some longer days

Nationally recognized qualification for teaching windsurfing to all ages

### RYA Intermediate Windsurfing Instructor (planning and non planning) – 4 days £295

Qualify to teach more advanced courses

### Windsurfing

<b>RYA Start Windsurfing</b> £150	<b>Group Windsurf Coaching</b> £40	<b>RYA Beachstart &amp; Gybe</b> £85
14/15 Apr	24 Mar	14 Apr
28/29 Apr	7 Apr	13 May
12/13 May	21 Apr	16 Jun
26/27 May	5 May	29 Jul
9/10 Jun	19 May	1 Sep
23/24 Jun	2 Jun	30 Sep
7/8 Jul	16 Jun	27 Oct
21/22 Jul	30 Jun	
4/5 Aug	14 Jul	<b>RYA Advanced Windsurfing</b> £160
18/19 Aug	28 Jul	On demand
1/2 Sep	11 Aug	
15/16 Sep	25 Aug	<b>RYA Windsurf Assistant Instructor</b> £160
29/30 Sep	1 Sep	On demand
13/14 Oct	8 Sep	
	15 Sep	<b>RYA Start Windsurf Instructor</b> £320
<b>RYA Intermediate Windsurfing</b> £140	22 Sep	On demand
15 Apr	6 Oct	
12 May	27 Oct	
17 Jun		<b>RYA Intermediate Windsurf Instructor (Planing &amp; non-planing)</b> £295
28 Jul		19-22 Apr
2 Sep		
29 Sep		
28 Oct		

### ICC Certification

On demand

### First Aid

7 Apr  
15 Jul  
27 Oct

### Powerboating

<b>RYA Level 2</b> £320	9/10 Jun	<b>RYA Safety Boat</b> £320
11/12 Feb	7/8 Jul	14/15 Apr
10/11 Mar	11/12 Aug	3/4 Nov
7/8 Apr	8/9 Sep	
19/20 May	6/7 Oct	
	10/11 Nov	

If you cannot find exactly what you are looking for please give us a call and we will do all we can to help

## BOOKINGS

Bookings can be made by telephone or in person. Online booking will be available from March. Payment is required in full at the time of booking, by credit/debit card, cheque (payable to 'Queen Mary Sailsports'), QM/RYA Voucher or cash. Club Member discount: 20%. Group discount: 10% (3 or more persons on the same course-dates with a single payment). Early payment discount: 10% (3 months prior to the start date of the course). Maximum discount: 20%. Discounts are not available on shore-based, powerboating and instructor courses.

All sessions include instruction, equipment, wetsuit and personal floatation device.

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queenmary.org.uk sailondon@queenmary.org.uk VAT No: 417 3373 59

**Bookings & Enquiries 01784 248881**

