

TRAINING & ACTIVITY PROGRAMME 2012

Sailing • Windsurfing • Powerboating • in London

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, powerboating, kayaking, dragon boating and raft-building. We are specialists in the delivery of courses and tuition to under-18s and recognized by the Adventure Activities Licensing Authority (AALA).

“My ‘land-loving’ sons Miles and Lewis were inspired to take sailing further by their instructor. They had a wonderful week that gave them a healthy dose of something completely different and are looking forward to their next course.”



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. Groupings are arranged according to age and experience. All levels are catered for from beginner to expert to include RYA instructor training. We have an experienced and enthusiastic team of RYA qualified instructors to deliver safe, quality tuition. As well as courses we offer sessions for schools and other groups, personal tuition and bespoke party activities.

“Lucy had a brilliant week, learned a great deal, met new friends, had a healthy outdoor experience. It was one of the highlights of the summer.”

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

Bookings & Enquiries 01784 248881

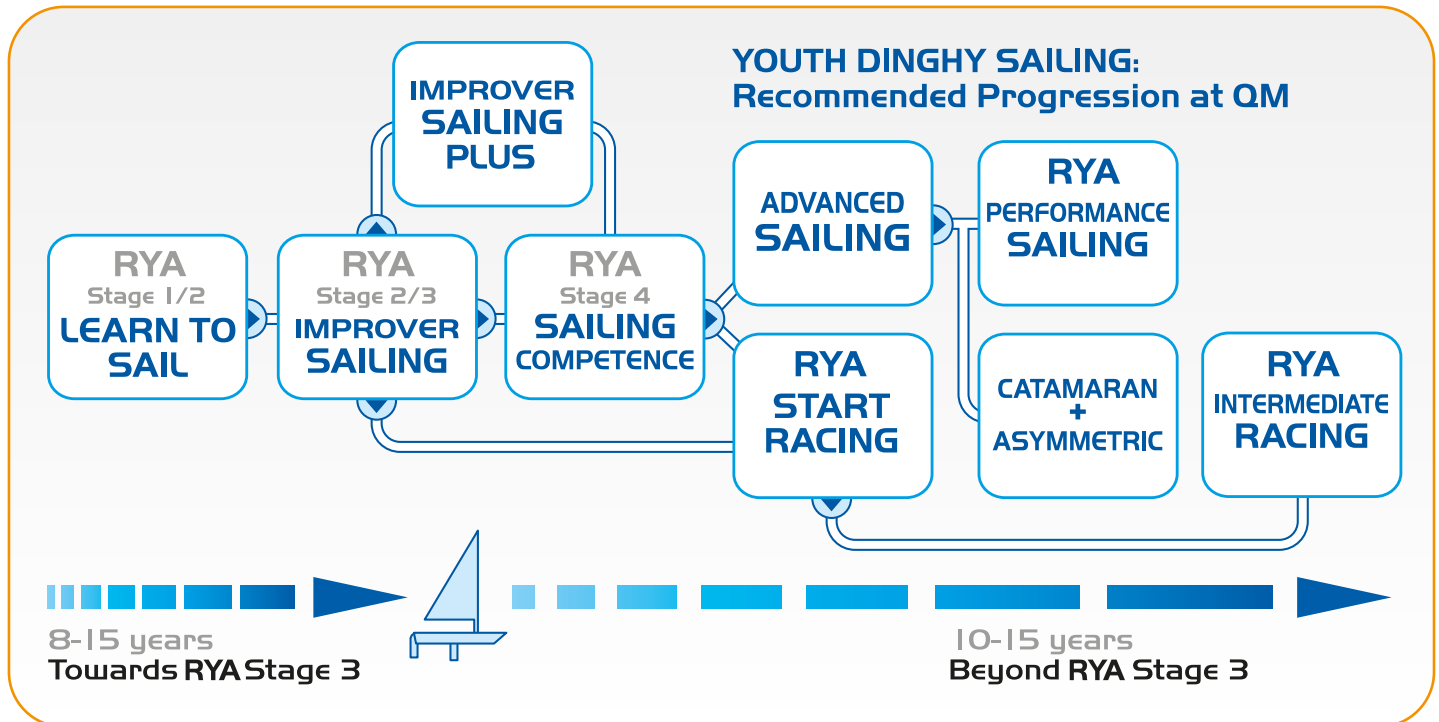


# SAILING

## Sailing

Dinghy sailing for young people is well provided for at QM with a fleet of over 65 singlehander and doublehander boats. All of our sailing courses are run over 5 days during the school holidays (Mon-Fri 9.30-4.30). In addition, those courses in orange are also run at weekends over a period of 6 weeks.

See back cover for dates and prices.



### Learn to Sail: RYA Stage 1/2

A fun and action-packed introduction to the exciting sport of dinghy sailing working towards RYA Stage 1 or 2. Learn a range of practical skills and knowledge and be on your way to being a confident sailor.

### Improver Sailing: RYA Stage 2/3

Develop skills and confidence, progressing towards RYA Stage 2 or 3. With RYA Stage 3 dinghies can be hired independently (and the QMSC Youth Group can be joined) as the sailor is deemed to have the basic competence to sail in singlehanders.

### Improver Sailing Plus (3 day course)

Consolidate skills learnt during Stages 1-3 before moving on to double handed sailing or on to one of our more advanced courses. Ideal for those who have not sailed for a while or are under 10 and not yet eligible for Stage 4 or above.

### Sailing Competence: RYA Stage 4 (for age 10 yrs+)

Learn double-hander skills as both helm and crew. The focus of this course is to prepare for the RYA Advanced Modules whilst developing the independence of the young sailor and their teamwork and communication skills ashore and afloat.

### RYA Start Racing

This enjoyable introduction to dinghy racing includes boat handling (race starts, mark rounding, racing rules and tactics) plus theory and tuning. The improvements in sailing skills and confidence on this course can be phenomenal.

### RYA Intermediate Racing

For those with some racing experience who wish to develop a greater awareness of the key principles of starting, boat handling, boat speed, strategy and tactics. We have an active club racing programme at Queen Mary for all ages.

### Advanced Sailing: RYA Seamanship Skills & RYA Sailing with Spinnakers

Two RYA Advanced Modules rolled into one great course. Develop a range of manoeuvres - from picking up a mooring and anchoring to sailing backwards and rudderless sailing. Learn how to hoist, set, gybe and drop an asymmetric spinnaker.

### RYA Performance Sailing

Improve your top-end skills in asymmetric spinnaker and trapeze boats. This course is, as the name suggests, performance orientated so expect a RYA Advanced Instructor to tweak your sailing skills further than they have been tweaked before.

### Catamaran & Asymmetric

This is the whizzy-boat course with the aim of going faster than all the other boats on the water! A week of thrilling sailing in catamarans and asymmetric dinghies with a look into the mindset of the responsible performance sailor.

### Youth Group

Regular participation and racing for QM Members with RYA Stage 3 to improve, socialise and have fun! Ages 9-16. £70 per 6-week term to include boat, free with own boat. Sundays 1400-1630  
Term 1: 15 April Term 2: 03 June Term 3: 09 September

# WINDSURFING

**Q**ueen Mary is a fantastic place for young people aged 10 and above to learn to windsurf and improve their skills with typically flat water and clean wind. Our courses are run over 5 days during the school holidays (Mon-Fri 9.30 - 4.30) and at weekends over a period of 6 weeks.

*See back cover for dates and prices.*



“My son had such a fabulous time. He absolutely loved it. The instructors were all brilliant. As a parent coming into the club, it felt really warm and welcoming.”

## Learn to Windsurf: RYA Stage 1/2

A fun and action-packed introduction to the exciting sport of windsurfing working towards RYA Stage 1 or 2. Learn a range of practical skills and background knowledge on the quest to become a confident windsurfer. RYA Stage 2 is the standard required for independent windsurfing and joining Team 15.

## Improver Windsurfing: RYA Stage 3/4

One of the coolest things in life is to be able to fly across the water as an accomplished windsurfer and the journey in that direction starts here. Develop skills and confidence, progressing towards RYA Stage 3 or 4. Improve stance in different wind strengths and sharpen-up tacking and gybing. Learn how to beachstart, hook-in and perform impressive freestyle tricks. Work towards planing in the footstraps and harness by gaining an understanding of the RYA Fastfwd Formula: Vision, Trim, Balance, Power, Stance.

# MULTI ACTIVITY

## Summer holiday multi-activity courses

**Awesome 5-day summer holiday courses. Big on watersports, atmosphere, fun and personal challenges, young people love these courses and come back time and time again.**

**Splash:** A great week of action for ages 8-10 with lots going on... sailing, kayaking, raft-building, treasure hunts and team games. Time permitting, an expedition may be arranged to seek out the sea badger or aqua fox...

**Waterfun:** A legendary week of action for ages 10-15 (groupings according to age) with a whole load of stuff thrown in...sailing, windsurfing, kayaking, raft-building, dragon boating and team games.

**Sail & Surf:** A dual course at a relaxed pace for ages 16-17. Learn to sail, aiming for RYA Level 1 and learn to windsurf, aiming for RYA Start Windsurfing (from the adult schemes).

## Team 15 Windsurfing

Regular participation and racing for QM Members with RYA Stage 2 to improve, socialise and have fun! Ages 10-15. £70 per 6-week term to include kit, free with own kit. Saturdays 0930-1230

Term 1: 21 April Term 2: 16 June Term 3: 08 September



## Breakfast Club for 2012

During school holidays course participants can be dropped at the Club from 08:30 when breakfast will be available – price £5 per day. *Pre booking required.*

## Parties for birthdays or other special occasions

Bring a group along for 2 hours of energetic fun for any number of children aged 8-15. Choose sailing, windsurfing, kayaking or raft-building. £140 per group of 6. Party food available on request.

## Powerboating

RYA Powerboat Level 1 courses (1 day - £165) from age 8 and RYA Powerboat Level 2 courses (2 days - £320) from age 12 to cover all basic powerboating skills and safety. Ages 16-17 should book onto our scheduled courses within the [Blue Training Brochure](#).

Bookings & Enquiries 01784 248881



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



# A HUB OF ACTIVITY



## Schools and other groups

We offer activity days for schools, Scouts, Guides or any group where preferred combinations of sailing, windsurfing, kayaking, raft-building, dragon boating and team games can be bolted together and can include any level of catering. Cost based on groups of 6 from £35 per person.

## RYA instructor training & RYA first aid

Please see our [Blue Training Brochure](#) for details of RYA Assistant Instructor training (for those aged 14+), RYA Instructor training in sailing and windsurfing disciplines (for those aged 16+) and the RYA first aid course.

## Equipment hire (per hr)

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

*Subject to experience and conditions.*

## Personal tuition 1:1 (per hr)

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

School holiday weeks Mon-Fri 0930-1630 £250												
(weeks commencing)	2 April	9 April	4 June	9 July	16 July	23 July	30 July	6 August	13 August	20 August	27 August	29 October
<b>SAILING</b>												
Learn to Sail 8-10 yrs	•	•	•	•	•	•	•	•	•	•	•	•
Learn to Sail 10-15 yrs	•	•	•	•	•	•	•	•	•	•	•	•
Improver 8-10 yrs	•	•	•	•	•	•	•	•	•	•	•	•
Improver 10-15 yrs	•	•	•	•	•	•	•	•	•	•	•	•
Improver Sailing Plus (*)				•			•					
Sailing Competence	•	•	•	•	•	•	•	•	•	•	•	•
Start Racing					•		•		•			
Intermediate Racing						•				•		
Advanced Sailing				•		•		•		•		•
Cat & Asymmetric					•		•		•			
Performance Sailing				•							•	
<b>WINDSURFING</b>												
Learn to Windsurf	•	•	•	•	•	•	•	•	•	•	•	•
Improver Windsurf		•			•		•		•		•	
<b>MULTI-ACTIVITY</b>												
Splash				•	•	•	•	•	•	•	•	
Waterfun				•	•	•	•	•	•	•	•	
Sail 'n Surf				•		•		•				

\* Improver Sailing Plus – This course will run Wednesday to Friday of the given week. £150

Weekend 6 week terms £150			
	TERM 1	TERM 2	TERM 3
SATURDAY	21 April – 26 May	16 June – 21 July	8 September – 13 October
SUNDAY	22 April – 27 May	17 June – 22 July	9 September – 14 October

Learn to Sail 8-10 yrs – Sat 1000-1230 Improver 8-10 yrs – Sat 1400-1630  
 Learn to Sail 10-15 yrs – Sun 1000-1230 Improver 10-15 yrs – Sun 1400-1630  
 Improver Sailing Plus – Sat 1400-1630  
 Learn to Windsurf – Sun 1400-1630 Improver Windsurf – Sat 1400-1630

## 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

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