

2010



QUEEN MARY SAILING CLUB & SAILSPORTS

Training & Activity Programme

sailing • windsurfing • powerboating • in london

SAILING

RYA NATIONAL SAILING SCHEME (BASIC COURSES)

RYA LEVEL 1: START SAILING £225 2 Days 0930 -1700

With the perfect balance of theory and practical instruction this is the ideal introduction for beginners to the exciting world of sailing.

RYA LEVEL 2: BASIC SKILLS £225 2 Days 0930 -1700

The next step following RYA Level 1 to become competent to hire boats. Focus on the Five Essentials to improve your sailing technique and to learn manoeuvres. Free Group Sail Coaching session when booked and paid for with RYA Level 1.

In order to hire a boat and sail with confidence beginners need both RYA Levels 1 and 2 in either singlehanders (smaller 1 person boats) or doublehanders (larger 2-4 person boats). Please state your choice of boat: singlehanders allow more helming time and are more lively!

RYA LEVEL 3: BETTER SAILING £225 2 Days 0930 -1700

A confidence-building course, using a range of dinghies, to develop technique and skill in preparation for RYA Advanced Modules. To include taster elements of seamanship, racing and spinnakers.

TRY SAILING £65

Half-day 1330 -1630
Try dinghy sailing for the very first time.

KEELBOATS

Personal tuition is available in keelboats. Please ask for details.

EXTRA COURSES MAY BE RUN ON DEMAND. PLEASE CALL TO ARRANGE.



pic: paul wyeth

COACHING

GROUP SAIL COACHING

Alternate Saturdays 1000 -1230
Tell the instructor what you would like to cover or try one of the boats below for the first time. For those who have recently completed RYA Level 2 or who have been away from sailing for some time. Not suitable for beginners nor those who have attended (or are at the level of) any of the RYA Advanced Modules. Equipment included. Cost per person:

Laser Pico	£40
Laser Standard or Radial	£50
Stratos, Bahia, Laser 2000	£30
QM Select Member, once per month	FOC

TAILORED COACHING

Book a session with your own RYA instructor and we can tailor the experience to exactly suit your needs. Minimum 2 hours.

PERSONAL TUITION

A perfect way to learn or improve skills. Maximum 2 persons. Hourly rates:

One person with own boat	£35
One person inc. singlehander	£50
Extra person inc. singlehander	£20
One person inc. doublehander	£60
Extra person in doublehander	£10
QM Select Member inc. any boat	£28

GROUP TUITION

Ideal for a group of friends of similar ability. Choice of boats as per Group Sail Coaching above. 3 - 6 persons.

Hourly rates:

Per person inc. boat	£20
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BOAT HIRE

Minimum hire period 1 hour. RYA Level 2/Stage 3 standard required. Hourly rates:

Laser Pico (with or without jib)	£20
Laser Standard or Radial	£25
Vibe (junior doublehander)	£25
Stratos, Bahia, Laser 2000	£30
Dart16, Vago, Xenon	£35
Wetsuit*	£5
Buoyancy aid*, harness*	£2

(*Per-session cost. No charge with boat hire)

RYA INSTRUCTOR COURSES

RYA Dinghy, Assistant, Racing, Multihull, Advanced & Senior Instructor training available throughout the year. Please see back for specific dates and ask for details.

RYA NATIONAL SAILING SCHEME (ADVANCED MODULES)

Participants on these courses should be competent to a minimum of RYA Level 2 standard, ideally RYA Level 3. Only book on these courses if you have sailed recently and have solid Level 2/3 skills in the type of boat you will be using.

RYA SEAMANSHIP SKILLS £225 2 Days 0930 -1700

Improve your helming skills and boat positioning by focusing on manoeuvres from picking up a mooring, anchoring and reefing afloat to sailing backwards and sailing rudderless. Usually in Laser 2000s.

RYA SAILING WITH SPINNAKERS £130 1 Day 0930 -1700

Learn how to use an asymmetric spinnaker, working towards this RYA certificate. RYA Seamanship Skills or suitable experience required. Usually in Laser 2000s.

RYA PERFORMANCE SAILING £225 2 Days 0930 -1700

Improve your handling and confidence in performance boats, using spinnaker and trapeze. RYA Sailing with Spinnakers or suitable experience required.

RYA START RACING £225 2 Days 0930 -1700

Enjoyable introduction to club racing. Learn boat-handling (race starts, mark rounding, racing rules, tactics) plus theory and tuning. Usually in Lasers.

CAT CONVERSION £130 1 Day 0930 -1700

Catamarans are fast, thrilling boats. Learn how to sail Dart 16s and endorse your RYA Level 2 with multihull recognition.

QM SELECT

A fantastic package enabling use of dinghies every day from an impressive range - including training - for a one-off joining fee plus £68 per month.

Please see the QM SELECT INFORMATION BOOKLET for details.



Full course details on
www.queenmary.org.uk

Bookings & Enquiries 01784 24888 | See back for dates



COURSES

RYA START WINDSURFING £140

2 x 5 hr sessions 0930 -1430

With the perfect balance of simulator and on-water instruction this is the ideal introduction for beginners to the exciting world of windsurfing. Includes a 30 minute break each day.

GROUP WINDSURF COACHING £40

Alternate Saturdays 1000 -1200

Tell the instructor what you would like to cover. For those who have recently completed RYA Start Windsurfing or who have been away from windsurfing for some time. Not suitable for beginners nor those who have attended (or are at the level of) intermediate or advanced courses. Equipment included. QM Select Members may participate in this course once per month FOC.

RYA INTERMEDIATE WINDSURFING £130

1 Day 1000 -1700

Learn the RYA Fastfwd formula: 'Vision, Trim, Balance, Power, Stance' to enable a smooth progression towards planing. By focussing on transferable core skills this course rolls together the two RYA intermediate competencies of 'non-Planing' and 'Planing'. This course will run in all wind strengths as a great deal can be learned even if the wind does not blow on the day. Non-planing candidates focus on stance, control, tacking, harness-work and equipment setup. Planing candidates also focus on footstraps, harness, getting planing and blasting control. QM Select Members may participate in this course 4 times FOC.

RYA BEACHSTART & GYBE £80

Half-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 receive instruction on the basics and development of the non-planing gybe technique. QM Select Members may participate in this course twice FOC.

RYA ADVANCED £130

1 Day 1000 -1700

Really step-up your game with expert tuition in strong winds. Introduction and development of the blasting, waterstarts and carve gybes. Course dates may vary in order to achieve suitable conditions. Further advanced skills can be covered on a personal tuition basis. Please discuss your requirements with us.

RYA INSTRUCTOR COURSES

RYA WINDSURFING INSTRUCTOR £320

A 5 day course to become a RYA Start Windsurfing Instructor. This course has the following pre-requisites: RYA Powerboat Level 2, current valid first aid certificate, RYA Intermediate non-Planing, Beachstart and non-Planing Gybe certificates.

RYA INTERMEDIATE INSTRUCTOR £280

A 4 day course with the following pre-requisites: RYA Start Windsurfing Instructor, RYA Intermediate Planing with Beachstart & Gybe certificates (for non-Planing candidates), RYA Advanced with Waterstart and Planing Gybe certificates (for Planing candidates).

RYA ASST. INSTRUCTOR £150

See back for dates and ask for details.

TAILORED COACHING

Book a session with your own RYA instructor and we can tailor the experience to exactly suit your needs. Minimum 1.5 hours.

PERSONAL TUITION

A perfect way to learn or improve skills. Maximum 2 persons. Hourly rates:

One person with own board & rig	£35
Extra person with own board & rig	£10
One person inc. board & rig	£50
Extra person inc. board & rig	£20
QM Select Member inc. any kit	£28

GROUP TUITION

Ideal for a group of friends of similar ability. 3 - 6 persons. Hourly rates:

Per person inc. board & rig	£20
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EQUIPMENT HIRE

Minimum hire period 1 hour. RYA Start Windsurfing/Stage 2 standard required. Hourly rates:

HiFly board & rig	£20
Starboard board & Tushingham rig	£30
Wetsuit*	£5
Buoyancy aid*, harness*	£2

(*Per-session cost. No charge with kit hire)

QM SELECT

A fantastic package enabling use of windsurf kit every day (from an impressive range of Starboard and Tushingham equipment) - including training - for a one-off joining fee plus £68 per month.

Please see the QM SELECT INFORMATION BOOKLET for details.



tushingham

innovation quality
STARBOARD



POWERBOATING

The large expanse of water at Queen Mary Sailing Club is the ideal location for learning powerboating techniques. We have a large, varied fleet from tiller-steer commandos to 80HP RIBs.

RYA POWERBOAT LEVEL 2 £305

2 Days 0930 -1700

A full introduction to basic powerboating skills.

A pre-requisite for those taking Instructor or ICC qualifications.

RYA SAFETY BOAT COURSE £305

2 Days 0930 -1700

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

PERSONAL TUITION

A perfect way to learn or improve skills. Ideal for experienced powerboat drivers wishing to be directly assessed for PB2 (3 hours required) Maximum 2 persons. Hourly rates:

One person inc. boat	£70
Extra person (not on PB2 assessments)	£15

SHOREBASED

RYA FIRST AID CERTIFICATE £95

1 Day 0900 -1800

This full introduction to first aid includes the latest First Aid Manual. Suitable for all RYA Instructor courses.

RYA BASIC NAVIGATION & SAFETY £235

2 Days 0930 -1730

Introduction to all aspects of navigating a boat at sea including chartwork, tides, buoyage, passage planning and safety. Includes course book, training charts and plotter.

ICC CERTIFICATION

The International Certificate of Competence (ICC) may be required to use or hire powerboats abroad and comprises of RYA PB2 plus an inland or coastal weighting as below.

COASTAL THEORY (For Coastal ICC or just for pleasure) £70

3 hours with an instructor on chartwork, navigation, pilotage and regulations. Call to arrange.

CEVNI TESTS (For Inland ICC) £25

Multiple choice test (within 1 hour). Requires study of "The RYA European Waterways Regulations (G17)". Call to arrange.

DINGHY SAILING



LEARN TO SAIL
RYA Stage 1/2
Fun and action-packed introduction to the exciting sport of dinghy sailing with the outcome of RYA Stage 1 or 2

IMPROVER SAILING
RYA Stage 2/3
Develop skills and confidence - progressing towards RYA Stage 2 and/or 3

SAILING COMPETENCE
RYA Stage 4
Learn double-hander skills as helm and crew with a focus on teamwork

ADVANCED SAILING
RYA Seamanship Skills & RYA Sailing with Spinnakers
Learn a range of manoeuvres plus asymmetric spinnaker skills

START RACING
RYA Start Racing
A great week of racing to include boat-handling, racing skills, theory and tuning

PERFORMANCE SAILING
RYA Performance Sailing
Aim for the highest level of performance in asymmetric spinnaker & trapeze boats

CAT & ASYMMETRIC
A week of thrilling sailing in catamarans and asymmetric spinnaker & trapeze boats



WINDSURFING

LEARN TO WINDSURF
RYA Stages 1/2
For 10 - 15 years. An action-packed introduction to the exciting sport of windsurfing with the outcome of RYA Stage 1 or 2.

IMPROVER WINDSURFING
RYA Stages 3/4
For 10 - 15 years. Improve stance, tacking and gybing. Learn how to beachstart, hook-in and perform impressive freestyle tricks! Work towards planing in the footstraps and harness.

MULTI-ACTIVITY

WATERFUN
For 10 - 16 years. An excellent week of sailing, windsurfing, kayaking, knee-boarding (at Princes Club), raft-building and team-challenges with lots of other young people.

SPLASH
For 8 - 10 years. A fun week of sailing, kayaking, raft-building, team challenges, treasure hunts and games for the younger age group.



pic: paul wyeth

CHILDRENS PARTIES

DINGHY SAILING, WINDSURFING OR KAYAKING FOR BIRTHDAYS OR OTHER SPECIAL OCCASIONS. £135

2 hours of energetic fun for any number of children aged 8-15. Choose 1 of the 3 activities (windsurfing age 10+). Cost is for a group of 6 to include instructor, equipment, wetsuits & buoyancy aids. Swimwear and suitable footwear required. Party food available on request. Available from 1 May until 31 October.

DATES & PRICES

Holiday weeks: Fun, active and educational 5-day holiday courses with grouping according to age and experience
Weekends: 6 sessions to encourage participation and improvement with grouping according to age and experience

DINGHY SAILING

Holiday weeks: £230 (member price £184) 0930 - 1630 Monday to Friday on weeks commencing: **Orange courses** - April 5,12; May 31; July 5,12,19,26; August 2,9,16,23; **October 25** **Blue courses** - see back page for dates.

Weekends: £140 (member price £112) 1000 - 1230 or 1400 - 1630, Saturdays or Sundays. **Orange courses - TERM 1:** April 17/18 to May 22/23 **TERM 2:** June 5/6 to July 10/11 **TERM 3:** September 4/5 to October 16/17 (excluding 25/26 September).

WINDSURFING

Holiday weeks: £230 (member price £184) 0930 - 1630 Monday to Friday on weeks commencing: April 5,12; May 31; July 5,12,19,26; August 2,9,16,23; October 25.

Weekends: £140 (member price £112) 1000 - 1230 or 1400 - 1630, Saturdays. **TERM 1:** April 17 to May 22 **TERM 2:** June 5 to July 10 **TERM 3:** September 4 to October 16 (excluding 25 September).

MULTI-ACTIVITY

Holiday weeks: £230 (member price £184) 0930 - 1630 Monday to Friday on weeks commencing: July 5,12,19,26 and August 2,9,16,23

COURSE DATES

Training & Activity Programme

2010

If you would like a course to run on dates other than those listed please call to discuss.

SAILING

Level 1 (weekend)	5 June	Cat Conversion	
20/21 March	19 June	25 April	
3/4 April	3 July	29 May	
17/18 April	17 July	18 July	
1/2 May	31 July	29 August	
15/16 May	14 August	2 October	
29/30 May	11 September	7 November	
12/13 June	2 October	Racing	
26/27 June	Group Sail	17/24 April	
10/11 July	Coaching	5/12 June	
24/25 July	27 March	21/28 August	
7/8 August	10 April	16/23 October	
21/22 August	24 April	Performance	
4/5 September	8 May	8/9 May	
18/19 September	22 May	31 July/1 August	
9/10 October	5 June	9/10 October	
23/24 October	19 June	Dinghy Instructor	£310
Level 2 (weekend)	3 July	5-9 April	
27/28 March	17 July	25-29 October	
10/11 April	31 July	Pre-assessment	£80
24/25 April	14 August	4 April	
8/9 May	28 August	24 October	
22/23 May	4 September	Assistant Instructor	£150
5/6 June	11 September	14/15 April	
19/20 June	18 September	14/15 July	
3/4 July	2 October	16/17 October	
17/18 July	16 October	Racing Endorsement	£155
31 July/1 August	30 October	26/27 June	
14/15 August	Level 3	Multihull (cat) Endorsement	£155
28/29 August	24/25 April	2/3 June	
11/12 September	29/30 May	Advanced Endorsement	£155
2/3 October	19/20 June	20/21 November	
16/17 October	10/11 July	Senior Instructor	
30/31 October	7/8 August	10/11/17/18 April	
Level 1 (midweek)	4/5 September	RYA Thames Valley regional Senior Instructor course.	
6/7 April	9/10 October	Contact:	
14/15 June	Seamanship	guy.malpas@rya.org.uk	
3/4 August	10/11 April	07799 714779	
7/8 September	15/16 May		
Level 2 (midweek)	17/18 July		
8/9 April	18/19 September		
16/17 June	30/31 October		
5/6 August	Spinnakers		
9/10 September	18 April		
Try Sailing	22 May		
24 April	4 July		
8 May	3 October		
22 May			

WINDSURFING

Start Windsurfing	8 May	Beachstart & Gybe
20/21 March	22 May	18 April
3/4 April	5 June	15 May
17/18 April	19 June	26 June
1/2 May	3 July	25 July
15/16 May	17 July	29 August
29/30 May	31 July	19 September
12/13 June	14 August	16 October
26/27 June	28 August	Advanced
10/11 July	11 September	1 May
24/25 July	18 September	18 July
7/8 August	2 October	11 September
21/22 August	16 October	Start Instructor
4/5 September	30 October	19-23 July
18/19 September	Intermediate	25-29 Oct
9/10 October	17 April	
23/24 October	16 May	Intermediate Instructor
Group Windsurf Coaching	20 June	25-28 November
27 March	24 July	
10 April	28 August	Assistant Instructor
24 April	18 September	28/29 July
	17 October	

YOUTH HOLIDAY WEEKS

Start Racing	Advanced Sailing	Cat & Asymmetric
12-16 July	5-9 July	12-16 July
26-30 July	19-23 July	26-30 July
9-13 August	2-6 August	9-13 August
23-27 August	16-20 August	Performance Sailing
		5-9 July
		23-27 August

BASIC NAVIGATION & SAFETY

20/21 February	13/14 November
24/25 April	11/12 December
16/17 October	

FIRST AID

3 April
29 May
10 July
23 October

POWERBOATING

Level 2	3/4 July	Safety Boat
6/7 Feb	31 July/1 August	27/28 March
6/7 March	4/5 September	13/14 November
3/4 April	2/3 October	
1/2 May	6/7 November	
5/6 June		

CLUB MEMBER GROUPS Enjoyable sessions to help our younger members to become QM stars of the future!

CLUB MEMBER YOUTH GROUP

£65 per term on Sundays includes boat usage. Free with own boat.
RYA Stage 3 required. 6 x 2 1/2 hour sessions 1400 -1630
Ages 9-16 years.
Regular participation to improve, socialise and have fun!
Term 1: April 18,25 & May 2,9,16,23
Term 2: June 6,13,20,27 & July 4,11
Term 3: August 29 & September 5,12,19 & October 3,10



TEAM 15 WINDSURFING

£65 per term on Saturdays includes kit usage. Free with own kit.
RYA Level 1 or Stage 2 required. 6 x 3 hour sessions 0930 -1230
Ages 10-15 years.
Regular participation to improve, socialise and have fun!
Term 1: April 17,24 & May 1,8,15,22
Term 2: June 5,12,19,26 & July 3,10
Term 3: August 28 & September 4,11,18 & October 2,9



BOOKINGS

Bookings can be made by telephone, post or email and are subject to terms and conditions (available on request). 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). Discounts are not available on shore-based, powerboating and instructor courses.



Queen Mary Sailsports Ashford Road Ashford Middlesex TW15 1UA
queenmary.org.uk sailondon@queenmary.org.uk VAT No: 417 3373 59

Bookings & Enquiries 01784 248881



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