

### Information.

All activity courses are suitable for ages 8-15 years 7 year olds are eligible to join in on our one day mixed activity course.

Courses start at 10am and finish at 4pm.

### Equipment.

Wetsuits and buoyancy aids are included on all of our courses. You will need to bring swimwear and something to wear on your feet that you don't mind getting wet (old pair of trainers or wetsuit shoes/boots - crocs/flip flops are not suitable)

### Drop/Collection

Drop off from 9.30 - before this time there will be no supervision

Please use the gate next to the barrier for free drop off (9.30-10.00). Gate reopens at 3.45 for free collection. Please collect by 4pm as there is no supervision provided after this time. Please call us if you are running late.

Please ensure that your child signs in and out in the shop on a daily basis (not just the first day of the course). We need to know when they have arrived and been collected.

Bags and packed lunches are stored in the classroom. Please ensure that your child does not bring any valuables which may be lost or damaged.

### Lunch

Courses break for lunch between 12-1 (time may vary depending on activities schedule). If you would like a hot lunch to be provided with a cold drink and a cookie, please tick the box on our booking form, the cost of the lunch is £8.50

Sample menu: Toasted Sandwich, Beef or Cheese Burger, Chicken Nuggets all served with chips

Food and drinks may be purchased from the Chameleon Bar and Restaurant, please ensure that your child is provided with enough money to purchase items.

Alternatively, bring a packed lunch.

Lunches are eaten together in the classroom (or outside in good weather). Lunch is supervised by our instructor staff.

### Medical issues / special dietary requirements

Please make a note of any issues which may affect participation in the activities on the booking form in the space provided. Please also inform the reception staff or senior instructor on the morning of the course. Information is treated in the strictest confidence.

If glasses need to be worn on the water please ensure that they can be secured to avoid losing them.

Medical equipment (asthma inhalers, epipens etc.) should be given to the instructor in charge of the group for safekeeping. It is recommended that children with special dietary requirements be provided with a packed lunch. If you have any questions about the Chameleon Restaurant menu, please speak to a member of the restaurant staff.

### Whit Holidays

2 Day Start Sailing Tue/Wed 28th-29th May.

1 Day Mixed Wed 29th May.

2 Day Improve Sailing Thu/Fri 30th-31st May

### Summer Holidays 15th-19th July

2 Day Start Sailing. Mon/Tue 15th-16th July.

2 Day Mixed. Tue/Wed 16th-17th July

1 Day Mixed Activity Wed 17th July

2 Day Improve Sail Thu/Fri 18th-19th July

### Summer Holidays 22nd-26th July

2 Day Start Sailing. Mon/Tue 22nd-23rd July

3 Day Mixed Activity Mon-Wed 22nd-24th July

1 Day Mixed Activity Thu 25th July.

2 Day Improve Sail Thu/Fri 25th-26th July

29th July-2nd August

2 Day Mixed Activity Mon/Tue 29th-30th July

1 Day Mixed Activity. Wed 31st July

2 Day Start Sailing Thu-Fri 1st-2nd August.

1 Day Paddlesports Fri 2nd Aug

### 5th-9th August

5 Day Mixed Mon-Fri 5th-9th August

1 Day Mixed Activity Wed 7th August

2 Day Start Sailing Wed/Thur 7th-8th Aug

1 Day Mixed Activity Friday 9th Aug

### 12th-16th August

2 Day Start Sailing Mon/Tue 12th-13th August

1 Day Mixed Activity Wed 14th August

1 Day Windsurf Wed 14th August

2 Day Improve Sailing. Thu/Fri 15th-16th August

### 19th-23rd August

2 Day Mixed Activity Mon/Tue 19th-20th August

1 Day Sailing Activity Wed 21st August

2 Day Improve Sailing. Thu/Fri 22nd-23rd August

### 27th-30th August

2 Day Start Sailing Tue/Wed 27th-28th August

1 Day Paddlesports Wed 28th August

2 Day Mixed Activity Thu/Fri 29-30th August

### 2nd -3rd September.

1 Day Mixed Activity Monday 2nd Sep.

1 Day Mixed Activity Tuesday 3rd Sep

## Sailing and Paddlesports

### 1 Day Sailing Taster £72.50

A relaxed introduction to the sport – great for confidence building on the water!

### 2 Day Start Sailing £135

A fun and safe introduction to the sport of dinghy sailing. This course is for any beginner who wants to gain an RYA stage 1 certificate.

### 2 Day Improve Sailing £135.

This course is for anyone who has completed a Start Sailing course and wishes to work toward RYA stage 2 or stage 3 certificates.

### 2 Day Advanced Sail £135.

For those working towards stage 4, includes racing skills and seamanship skills

### 5 Day Sailing Week £272.50

A combined course covering RYA stage 1 and 2  
A great way to build and develop sailing skills in a range of boats and conditions

### 1 Day Windsurfing £72.50

An exciting (and very wet) introduction to one of the most exhilarating sports around. This course works towards the RYA stage 1 certificate.

### 1 Day Paddle Sport £72.50

Learn to paddle different types of craft and gain the BCU/BSUPA Paddle Power Start certificate. A day full of games and water confidence activities.

## Mixed Activity Days

1 day £67.50 suitable for 7 years upwards.

2 days £125 suitable for 8 years upward.

3 days £172.50 suitable for 8 years upwards.

5 days £247.50 suitable for 8 years upwards

Our Mixed Activities are about providing a safe environment where emphasis is based on fun and confidence building ideal for beginners and also suitable for those who would like to try a variety of water activities. Activities include windsurfing, sailing, raft-building, canoeing/kayaking, stand up paddle boarding and other games both on and off the water. We do not offer windsurfing as part of the 1 day course.

1 day Level 1 Inland Powerboat Course £112.50

An introduction to powerboat handling & safety, suitable for age 8+

Logbooks and certificates

Logbooks and certificate fees are included in all start/improve sailing and start/improve windsurfing courses. If you already have a logbook, please bring it every day of your course so the instructors can sign off your progress.

Certificates are only issued on completion of modules – this may not be at the end of a course. To ensure the best progression through the sailing/windsurfing schemes, we recommend regular practice in between lessons (boats and boards can be rented by the hour – RYA stage 3 required).

Mixed activity courses are focused on fun and confidence building rather than completing the RYA syllabus. No certificates or log books are included in this course.

# MANLEY MERE SUMMER CAMP 2019



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