


## Activities and Courses

cinqueportsailing.org

RYA Kids/Youth Sailing Age 8+	
<b>Stage 1</b> – 2 Day Course - £29 per half day Learn how to rig, steer, turn and understand how a boat works. Have heaps of fun with games to learn about sailing and meet new like-minded people.	<b>Stage 2</b> – 2 Day Course - £29 per half day Progression to upwind and downwind sailing in your own boat and have a taste of more freedom sailing on the water. Experience how to manage a capsize! After Stage 2 we recommend some extra sailing practice to start to get ready to take stage 3.
<b>Stage 3</b> – minimum 2 Day Course - £29 per half day In a single hander learn more finite boat speed control with picking up a man overboard and coming alongside. Weather knowledge and knots will start to make you feel like a proper sailor. You will go home talking the sailing lingo! The Stage 3 can be passed in 2 days but often needs at least 3 days to gain the skills needed.	<b>Stage 4</b> – minimum 2 Day Course - £29 per half day In a double hander boat, you will be working on your communication and refining your skills as a crew and helm. Looking after your equipment and making decisions yourself. This stage is the beginning of becoming a strong knowledgeable sailor. Take the <b>RYA Seamanship Course</b> next and consider becoming part of the Assistant Instructor Team!
RYA Adult/older Teen Sailing	
<b>Level 1</b> – 2 Day Course - £29 per half day Learning how to rig and set up your boat in light wind conditions, launching and landing and being able to sail anywhere on the lake. This course is the understanding of basic boat control.	<b>Level 2</b> – 2 Day Course - £29 per half day You will learn how to crew and helm whilst becoming more of an independent sailor. Now you can control your boat you will refine your skills and be able to recover a man overboard and other manoeuvres to keep you safe when sailing independently. Go on to <b>Level 3</b> after this which is a minimum 2 days!
<b>After School Sessions</b> After School Sessions – ca. £20 per session each half of the term, usually at least 6 sessions, booked and paid for each half of the term. It helps build confidence, teamwork, independence, creativity, communication and resilience as well as building up sailing skills through weekly practice. It helps prepare participants to take the next RYA dinghy sailing course and the instructor team can advise on which course would be suitable to take next.	<b>Private Tuition</b> 3 hr session - £58 Have 1:1 with an RYA qualified instructor to work on specific skills or just have a recap to prepare for another course. Completely tailored to your needs.
Recreational Club Sailing	
Weekly sessions usually on Sunday mornings and/or afternoons, but sometimes on other days or evenings of the week - £12 for adults, youth (and kids who can't attend after school sessions) for sailors who have completed their Level 1 or Stage 3 who would like to practise skills, gain confidence, and join in with a social and enjoyable time. RYA Tuition or bespoke tuition priced at £29 per session is also possible during these sessions when an instructor is pre-booked.	

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RYA Powerboating Level 2	Yachting
<p>2 day course - £105 per day</p> <p>You will learn about different powerboat craft and how to drive safely. Having maximum time on the water to practise your skills this course will leave you knowledgeable and able to think independently. After the course you will be given opportunities to practise your skills under supervision and become part of the safety boat team if you wish. This course is required for RYA Dinghy Instructors.</p> <p>If taking the course at Dover via our RYA centre Cinque Ports Sailing there, the cost is £175 per day incl. the enrolment fee</p>	<p>1 day - £90 Taster - £60</p> <p>Fancy enjoying the freedom of the open sea? Navigation, meteorology, knots, skippering skills, and safety will help you get the most out of the next time you are on the water. We can offer the RYA navigation courses, and can help advise you on yacht sailing courses. <i>Offered via Cinque Ports Sailing at Dover.</i></p>
Paddleboarding	
<p>At Conningbrook Lakes only, we offer board hire for those that want to try Stand Up Paddleboarding (SUP) on a recreational basis only. Recreational SUP is available for £12 per person plus £12 SUP board hire, for a session. Those with their own SUP board and kit, can take out a £38 annual season pass to paddleboard during sessions. All paddleboarders also need to be enrolled via <a href="http://membermojo.co.uk/cinqueports">membermojo.co.uk/cinqueports</a> Minimum age is 12 years. Under 18s need to be supervised by a parent/guardian, or in a group by our team members, and no under 18s can SUP without an adult supervising. It is mandatory to wear a buoyancy aid and wear suitable footwear while doing SUP.</p> <div data-bbox="207 1518 568 1800"> <p><i>'I was nervous going in my own boat for the first time, but the instruction and care were brilliant. Sailing is definitely a sport for all age groups.'</i></p> </div> <div data-bbox="193 1787 837 2139">  </div> <div data-bbox="928 1872 1386 2132"> <p><i>'I didn't recognise my children after their sailing course. So excited, and desperate to do more! Thank you very much for such friendliness and professionalism.'</i></p> </div>	



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### **Booking and Extra Information**

There is an **annual enrolment fee of £15 for Kids/Youth and £25 for Adults aged 19+** to Cinque Ports Sailing Club which runs the activities via:

Conningbrook Lakes Sailing at Ashford for dinghy sailing, powerboating and Stand Up Paddleboarding

Martello Lakes Sailing in Hythe for dinghy sailing and powerboating

Cinque Ports Sailing in Dover for dinghy sailing, powerboating, yacht sailing and shorebased courses (RYA First Aid, RYA navigation courses as per the RYA recognition certificate)

The enrolment fee is non-refundable and is required for insurance purposes and in case of emergency.

Please enrol via **[www.membermojo.co.uk/cinqueports](http://www.membermojo.co.uk/cinqueports)**

If extra time is needed to complete the requirements of the dinghy sailing courses, **additional sessions** will be recommended by the instructors. These cost £29 per session. A "session" is generally half a day or ca. 2 – 3 hours and may include shorebased teaching or activities (such as setting up equipment) during that time.

Particularly for Youth Stages 3 and 4 and Adult Levels 2 and 3, some extra sessions may be needed to reach the required standard and complete the course but the instructors will help advise you.

All course costs include any relevant course materials and RYA certificates available.

2 day courses can also be taken as 4 half day sessions or spread over 5-6 shorter sessions provided that has been agreed and arranged with you.

RYA courses are usually a minimum of 16 hours in length including time to change and lunchtime. If asked to arrive ready changed for your training, that timing is factored into the 16 hours. We usually run courses starting practically at 10am (already changed) and finish at 5pm with changing afterwards, so this equates to 8 hours on the day with 30 minutes factored in for changing beforehand and 30 minutes changing after 5pm.

If you have any enquiries, please get in touch and we will do our best to make sure you can become involved. Taster sessions are also available.

Please do look at the website [www.cinqueportssailing.org](http://www.cinqueportssailing.org) for more info, booking and terms and conditions.

**Groups** – please get in touch via email or message us via the website to discuss bookings and group prices.

Please contact us via the website [www.cinqueportssailing.org](http://www.cinqueportssailing.org)  
Or email [cinqueportssailing@gmail.com](mailto:cinqueportssailing@gmail.com)