

# Leeds Sailing & Activity Centre

## Course Programme and Activities 2022



# **Leeds Sailing & Activity Centre**

## **YEADON TARN**

The **Leeds Sailing and Activity Centre** operated by Leeds City Council, is situated at Tarnfield Park Yeadon approximately 8 miles from Leeds City Centre.

The Centre offers Sailing, Kayaking, Open Canoeing, Stand-Up Paddleboarding, Improvised Rafting, Windsurfing, Rowing, Climbing, Abseiling, Orienteering, Off Road Biking, Problem Solving, Bushcraft, Soft Archery and Team Building.

The Centre is a **Royal Yachting Association** Recognised Training Centre for Dinghy Sailing, Windsurfing, Powerboating and Shorebased Theory courses; A **British Canoeing** approved activity provider; A **British Rowing** Training Centre; Licensed by The **Adventure Activities Licensing Authority**.

All our instructors are fully qualified and experienced to ensure a high level of safety and quality of instruction.

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THE CENTRE RESERVES THE RIGHT TO AMEND, MODIFY OR CANCEL ANY COURSE DUE TO ADVERSE WEATHER OR LACK OF ENROLMENTS, OR FOR ANY OTHER REASON BEYOND THE CENTRE'S CONTROL

## **OPEN DAYS**

Come and try a variety of the outdoor activities that we offer.

Indulge in an hour and a half taster session from most of the activities we offer including: Sailing, Canoeing, Kayaking, Indoor Cave, Soft Archery, Windsurfing, or Biking.

**Cost £10.00 per person per activity**

Saturday	16 <sup>th</sup> April	Family Day	9.00am - 13.00pm
Tuesday	19 <sup>th</sup> April	Disability	14.00pm - 17.00pm
Thursday	2 <sup>nd</sup> June	Juniors	9.00am - 16.00pm
Friday	3 <sup>rd</sup> June	Family Day	9.00am - 16.00pm

## **Disability**

**We are an accredited Sailability and Paddleability Centre.**

### **Disability Outdoor Activity Clubs**

**Junior** (age 8-16yrs)

DC1	Tues	16.30pm - 17.30pm	19 <sup>th</sup> April – 17 <sup>th</sup> May	<b>£30.00</b>
			7 <sup>th</sup> June – 12 <sup>th</sup> July	<b>£36.00</b>

**Adult** (age 17+)

DC2	Fridays	13.00pm – 14.00pm	<b>£10 per session</b>
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(pre booking essential)

**Women on Water** Fridays 11.00am -12.00pm **£10 per session**

(pre-booking advisable)

Weekly term-time women only session with an instructor for all ages over 16 years for an introduction to Sailing, Windsurfing, Canoeing, Kayaking and Stand Up Paddleboarding. Boat hire if you have the pre-requisites. Safe, sociable and fun – including time for tea/ coffee. Bookable weekly.

**Active Adults** Thursdays 15.00pm – 16.00pm **£10 per session**

(pre-booking advisable)

A mixed group for adults who are free in the daytime and want to try out a Canoe, Kayak or Stand Up Paddleboard or practice with an instructor.

### **Group Instruction**

Adult and Junior sessions available for all of our activities. Contact Centre for details of group rates.

### **Private Instruction**

1:1 **£26.00** and 2:1 **£36.00** sessions available in most of our activities. For more than 3 people our normal group rate applies.

# **RYA SAILING COURSES**

## **Youth Sailing Sceme (8-15 years)**

We offer tasters and all the youth sailing scheme RYA stages 1-4 starting in small single handed dinghies and using crewed boats at stage 4. Juniors with Stage 2 can develop further by joining the after school weekly On Board club. Courses are modular so certificates are awarded when all sections are signed off.

In late June/July we welcome young adults 16+ students on adult courses.

## **JUNIOR SAILING TASTER SESSIONS**

<b>Code</b>	<b>Day</b>	<b>Date</b>	<b>Month</b>	<b>Start</b>	<b>Time</b>	<b>Finish</b>	<b>Time</b>	<b>Cost</b>
SJT1	Monday	4 <sup>th</sup>	April	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
SJT2	Friday	15 <sup>th</sup>	April	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
SJT3	Saturday	16 <sup>th</sup>	April	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
SJT4	Monday	18 <sup>th</sup>	April	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
SJT5	Monday	30 <sup>th</sup>	May	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
SJT6	Thursday	2 <sup>nd</sup>	June	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
SJT7	Friday	3 <sup>rd</sup>	June	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
SJT8	Wednesday	27 <sup>th</sup>	July	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
SJT9	Monday	1 <sup>st</sup>	August	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
SJT10	Monday	15 <sup>th</sup>	August	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
SJT11	Monday	22 <sup>nd</sup>	August	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
SJT12	Monday	29 <sup>th</sup>	August	Start	10.00am	Finish	12.00pm	<b>£22.00</b>

## **JUNIOR SAILING COURSES (8-15 years)**

<b>Code</b>	<b>Stage</b>	<b>Day</b>	<b>Date</b>	<b>Month</b>	<b>Start</b>	<b>Time</b>	<b>Finish</b>	<b>Time</b>	<b>Cost</b>
SJ1	1-2	Tue – Wed	5 <sup>th</sup> – 6 <sup>th</sup>	April	Start	9.30am	Finish	16.00pm	<b>£105.00</b>
SJ2	2-3	Thu – Fri	7 <sup>th</sup> – 8 <sup>th</sup>	April	Start	9.30am	Finish	16.00pm	<b>£100.00</b>
SJ3	1-2	Mon – Tue	11 <sup>th</sup> – 12 <sup>th</sup>	April	Start	9.30am	Finish	16.00pm	<b>£105.00</b>
SJ4	2-3	Thu – Fri	14 <sup>th</sup> – 15 <sup>th</sup>	April	Start	9.30am	Finish	16.00pm	<b>£100.00</b>
SJ5	1-2	Tue – Wed	19 <sup>th</sup> – 20 <sup>th</sup>	April	Start	9.30am	Finish	16.00pm	<b>£105.00</b>
SJ6	2-3	Thu – Fri	21 <sup>st</sup> – 22 <sup>nd</sup>	April	Start	9.30am	Finish	16.00pm	<b>£100.00</b>
SJ7	1-2	Tue – Wed	31 <sup>st</sup> – 1 <sup>st</sup>	May/June	Start	9.30am	Finish	16.00pm	<b>£105.00</b>
SJ8	1-2	Thu – Fri	28 <sup>th</sup> – 29 <sup>th</sup>	July	Start	9.30am	Finish	16.00pm	<b>£105.00</b>
SJ9	1-2	Tue - Wed	2 <sup>nd</sup> – 3 <sup>rd</sup>	August	Start	9.30am	Finish	16.00pm	<b>£105.00</b>
SJ10	2-3	Thu - Fri	4 <sup>th</sup> – 5 <sup>th</sup>	August	Start	9.30am	Finish	16.00pm	<b>£100.00</b>
SJ11	1-2	Mon – Tue	8 <sup>th</sup> – 9 <sup>th</sup>	August	Start	9.30am	Finish	16.00pm	<b>£105.00</b>
SJ12	Start Racing	Wed – Thu	10 <sup>th</sup> – 11 <sup>th</sup>	August	Start	9.30am	Finish	16.00pm	<b>£165.00</b>
SJ13	1-2	Tue – Wed	16 <sup>th</sup> -17 <sup>th</sup>	August	Start	9.30am	Finish	16.00pm	<b>£105.00</b>
SJ14	2-3	Thu – Fri	18 <sup>th</sup> – 19 <sup>th</sup>	August	Start	9.30am	Finish	16.00pm	<b>£100.00</b>
SJ15	4	Tue – Wed	23 <sup>rd</sup> – 24 <sup>th</sup>	August	Start	9.30am	Finish	16.00pm	<b>£100.00</b>
SJ16	Spinnaker	Thu – Fri	1 <sup>st</sup> – 2 <sup>nd</sup>	Sept	Start	9.30am	Finish	16.00pm	<b>£160.00</b>
SJ17	2-3	Mon - Tue	24 <sup>th</sup> – 25 <sup>th</sup>	October	Start	9.30am	Finish	16.00pm	<b>£100.00</b>
SJ18	Seamanship	Wed-Thu	26 <sup>th</sup> – 27 <sup>th</sup>	October	Start	9.30am	Finish	16:00pm	<b>£160.00</b>

**Stage 1-2 and 2-3, or Stage 2-3 and 4 booked together combined price £195**

## **JUNIOR SAILING CLUB (Onboard)**

<b>Code</b>	<b>Weeks</b>	<b>Day</b>	<b>Date From</b>	<b>Date To</b>	<b>Start</b>	<b>Time</b>	<b>Finish</b>	<b>Time</b>	<b>Cost</b>
SJC1	6 wks	Thursday	21 <sup>th</sup> April	26 <sup>th</sup> May	Start	18.00pm	Finish	20.00pm	<b>£63.00</b>
SJC2	7 wks	Thursday	9 <sup>th</sup> June	21 <sup>st</sup> July	Start	18.00pm	Finish	20.00pm	<b>£73.50</b>
SJC3	7 wks	Thursday	8 <sup>th</sup> Sept	20 <sup>th</sup> Oct	Start	17.30pm	Finish	19.30pm	<b>£73.50</b>

## **ADULT SAILING**

### **ADULTS (aged 16+)**

We run tasters, formal courses, hire and clinics to brush up your skills all based on the RYA National Sailing Scheme. Beginners use our crewed boats in Level 1 Start Sailing courses with an instructor on board. It's best to follow this up with Level 2 Basic Skills to reach the point when you can sail independently in light winds and hire a boat to keep on sailing. The Level 3 Better Sailing helps you sail in a competent way in light to moderate winds – ideal for those who have Level 2 but not done a course recently.

Finally our clinics give anyone with at least Level 1 a chance for some supported sailing with an instructor to coach you on the water.

### **START SAILING -TASTER SESSIONS (2 hours)**

<b>Code</b>	<b>Level</b>	<b>Day</b>	<b>Date</b>	<b>Month</b>	<b>Start</b>	<b>Time</b>	<b>Finish</b>	<b>Time</b>	<b>Cost</b>
SLT1	Taster	Saturday	16 <sup>th</sup>	April	Start	09.30am	Finish	11.30am	<b>£26.00</b>
SLT2	Taster	Thursday	28 <sup>th</sup>	April	Start	18.00pm	Finish	20.00pm	<b>£26.00</b>
SLT3	Taster	Saturday	21 <sup>st</sup>	May	Start	09.30am	Finish	11.30am	<b>£26.00</b>
SLT4	Taster	Saturday	25 <sup>th</sup>	June	Start	09.30am	Finish	11.30am	<b>£26.00</b>
SLT5	Taster	Thursday	14 <sup>th</sup>	July	Start	18.00pm	Finish	20.00pm	<b>£26.00</b>
SLT6	Taster	Saturday	3 <sup>rd</sup>	Sept	Start	09.30am	Finish	11.30am	<b>£26.00</b>

Other times available. Contact Centre for details.

## ADULT SAILING COURSES (16+ years)

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Cost
SL1	1	Mon – Tue	28 <sup>th</sup> – 29 <sup>th</sup>	March	Start	9.00am	Finish	17.00pm	£160.00
SL2	2	Wed – Thu	30 <sup>th</sup> – 31 <sup>st</sup>	March	Start	9.00am	Finish	17.00pm	£150.00
SL3	1	Sat weekly	From 23 <sup>rd</sup> April	To 14 <sup>th</sup> May	Start	9.00am	Finish	13.00pm	£160.00
SL4	1	Mon – Tue	25 <sup>th</sup> – 26 <sup>th</sup>	April	Start	9.00am	Finish	17.00pm	£160.00
SL5	2	Wed – Thu	27 <sup>th</sup> – 28 <sup>th</sup>	April	Start	9.00am	Finish	17.00pm	£150.00
SL6	3	Mon – Tue	9 <sup>th</sup> – 10 <sup>th</sup>	May	Start	9.00am	Finish	17.00pm	£150.00
SL7	2	Sat weekly	From 28 <sup>th</sup> May	To 18 <sup>th</sup> June	Start	9.00am	Finish	13.00pm	£150.00
SL8	1	Thu weekly	From 9 <sup>th</sup> June	To 30 <sup>th</sup> June	Start	17.00pm	Finish	21.00pm	£160.00
SL9	1	Mon – Tue	20 <sup>th</sup> – 21 <sup>st</sup>	June	Start	9.00am	Finish	17.00pm	£160.00
SL10	2	Wed - Thu	22 <sup>nd</sup> – 23 <sup>rd</sup>	June	Start	9.00am	Finish	17.00pm	£150.00
SL11	3	Sat weekly	From 2 <sup>nd</sup> July	To 23 <sup>rd</sup> July	Start	9.00am	Finish	13.00pm	£150.00
SL12	1	Tue – Wed	23 <sup>rd</sup> – 24 <sup>th</sup>	August	Start	9.00am	Finish	17.00pm	£160.00
SL13	2	Thu – Fri	25 <sup>th</sup> – 26 <sup>th</sup>	August	Start	9.00am	Finish	17.00pm	£150.00
SL14	1	Mon – Tue	5 <sup>th</sup> – 6 <sup>th</sup>	Sept	Start	9.00am	Finish	17.00pm	£160.00
SL15	2	Wed – Thu	7 <sup>th</sup> – 8 <sup>th</sup>	Sept	Start	9.00am	Finish	17.00pm	£150.00
SL16	1	Sat weekly	From 10 <sup>th</sup> September	To 1 <sup>st</sup> October	Start	9.00am	Finish	13.00pm	£160.00
SL17	2	Thu – Fri	15 <sup>th</sup> – 16 <sup>th</sup>	Sept	Start	9.00am	Finish	17.00pm	£150.00
SL18	1	Mon – Tue	26 <sup>th</sup> – 27 <sup>th</sup>	Sept	Start	9.00am	Finish	17.00pm	£160.00
SL19	2	Wed – Thu	28 <sup>th</sup> – 29 <sup>th</sup>	Sept	Start	9.00am	Finish	17.00pm	£150.00
SL20	1	Mon – Tue	3 <sup>rd</sup> – 4 <sup>th</sup>	Oct	Start	9.00am	Finish	17.00pm	£160.00
SL21	2	Sat weekly	From 8 <sup>th</sup> October	To 29 <sup>th</sup> October	Start	9.00am	Finish	13.00pm	£150.00
SL22	1	Mon – Tue	10 <sup>th</sup> – 11 <sup>th</sup>	Oct	Start	9.00am	Finish	17.00pm	£160.00
SL23	1	Mon – Tue	17 <sup>th</sup> – 18 <sup>th</sup>	Oct	Start	9.00am	Finish	17.00pm	£160.00
SL24	3	Mon – Tue	7 <sup>th</sup> – 8 <sup>th</sup>	Nov	Start	9.00am	Finish	17.00pm	£150.00

Level 1 and 2, if booked together price £275.

## IMPROVERS SAILING

### SEAMANSHIP SKILLS

This develops double handed sailing for lakes or sea for those with some experience. \*Requires Level 3 or equivalent experience.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Cost
SSL1	Seamanship	Mon– Tue	16 <sup>th</sup> – 17 <sup>th</sup>	May	Start	9.00am	Finish	17.00pm	£160.00

Courses available on request.

### Sailing with Spinnakers

\*Requires Level 3 or equivalent experience. **Courses available on request**

## WINDSURFING

Beginner/intermediate boards and sails. Wetsuits provided. The only requirement is a degree of water confidence

### Juniors (Age 10+) RYA Stage 1

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
WJ1	Stage 1	Wed - Thu	13 <sup>th</sup> – 14 <sup>th</sup>	April	Start	10.000am	Finish	16.00pm	<b>£90.00</b>
WJ2	Stage 1	Thu - Fri	4 <sup>th</sup> – 5 <sup>th</sup>	August	Start	10.000am	Finish	16.00pm	<b>£90.00</b>
WJ3	Stage 1	Thu - Fri	11 <sup>th</sup> – 12 <sup>th</sup>	August	Start	10.000am	Finish	16.00pm	<b>£90.00</b>
WJ4	Stage 1	Tue - Wed	16 <sup>th</sup> – 17 <sup>th</sup>	August	Start	10.000am	Finish	16.00pm	<b>£90.00</b>
WJ5	Stage 1	Thu - Fri	25 <sup>th</sup> – 26 <sup>th</sup>	August	Start	10.000am	Finish	16.00pm	<b>£90.00</b>

### Juniors (Age 10+) RYA Stage 2

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
WJ7	Stage 2	Thu – Fri	18 <sup>th</sup> – 19 <sup>th</sup>	August	Start	10.000am	Finish	16.00pm	<b>£90.00</b>
WJ8	Stage 2	Thu – Fri	1 <sup>st</sup> – 2 <sup>nd</sup>	Sept	Start	10.000am	Finish	16.00pm	<b>£90.00</b>
WJ9	Stage 2	Thu – Fri	27 <sup>th</sup> – 28 <sup>th</sup>	October	Start	10.00am	Finish	16.00pm	<b>£90.00</b>

## Junior Onboard Club

Junior Windsurf club designed to enable the practice and development of windsurfing skills.

Code	Weeks	Day	Date	Month	Start	Time	Finish	Time	Price
JWC1	6 Wks	Thursday	From 21 <sup>st</sup> Apr	To 26th May	Start	17.30pm	Finish	19.00pm	<b>£54.00</b>
JWC2	7 Wks	Thursday	From 9 <sup>th</sup> June	To 21 <sup>st</sup> July	Start	17.30pm	Finish	19.00pm	<b>£63.00</b>
JWC3	7 Wks	Thursday	From 8 <sup>th</sup> Sept	To 20 <sup>th</sup> Oct	Start	17.30pm	Finish	19.00pm	<b>£63.00</b>

### Adults

#### Taster Sessions

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
AWT1	Taster	Saturday	21 <sup>st</sup>	May	Start	9.30am	Finish	11.30am	<b>£26.00</b>
AWT2	Taster	Thursday	2 <sup>nd</sup>	June	Start	14.00pm	Finish	16.00pm	<b>£26.00</b>
AWT3	Taster	Saturday	25 <sup>th</sup>	June	Start	9.30am	Finish	11.30am	<b>£26.00</b>
AWT4	Taster	Thursday	7 <sup>th</sup>	July	Start	18.00pm	Finish	20.00pm	<b>£26.00</b>
AWT5	Taster	Saturday	3 <sup>rd</sup>	Sept	Start	9.30am	Finish	11.30am	<b>£26.00</b>
AWT6	Taster	Thursday	8 <sup>th</sup>	Sept	Start	18.00pm	Finish	20.00pm	<b>£26.00</b>

### Start Windsurfing Course (Age 16+)

A gentle introduction giving you the skill to sail where you want and return. Follow this up with hire sessions to gain further experience.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
W1	StartWS	Thu – Fri	12 <sup>th</sup> – 13 <sup>th</sup>	May	Start	9.30am	Finish	15.00am	<b>£140.00</b>
W2	StartWS	Thu – Fri	9 <sup>th</sup> – 10 <sup>th</sup>	June	Start	9.30am	Finish	15.00pm	<b>£140.00</b>
W3	StartWS	Sat weekly	From 2 <sup>nd</sup>	To 23 <sup>rd</sup> July	Start	9.30am	Finish	12.30pm	<b>£140.00</b>
W4	StartWS	Mon–Tue	12 <sup>th</sup> – 13 <sup>th</sup>	Sept	Start	9.30am	Finish	15.00pm	<b>£140.00</b>

Windsurfing refresher and Improver Clinics are also available on request. Contact the Centre for details.

## RYA POWERBOAT LEVEL 2 COURSE (Inland)

This course has no minimum prerequisite. It teaches safe boat handling in an inland water context and is the minimum standard for powerboat drivers. Holders can apply for an International Certificate of Competence.

### Junior Courses Age 12-17

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
JPB1	2	Mon – Tue	21 <sup>st</sup> – 22 <sup>nd</sup>	February	Start	9.00am	Finish	16.30pm	<b>£205.00</b>
JPB2	2	Mon - Tue	24 <sup>th</sup> – 25 <sup>th</sup>	October	Start	9.00am	Finish	16.30pm	<b>£205.00</b>

### Adult Courses

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
PB1	2	Mon - Tue	24 <sup>th</sup> – 25 <sup>th</sup>	January	Start	9.00am	Finish	16.30pm	<b>£205.00</b>
PB2	2	Mon - Tue	7 <sup>th</sup> – 8 <sup>th</sup>	March	Start	9.00am	Finish	16.30pm	<b>£205.00</b>
PB3	2	Thu – Fri	13 <sup>th</sup> – 14 <sup>th</sup>	October	Start	9.00am	Finish	16.30pm	<b>£205.00</b>
PB4	2	Thu – Fri	3 <sup>rd</sup> – 4 <sup>th</sup>	November	Start	9.00am	Finish	16.30pm	<b>£205.00</b>

Other Powerboat Level 2 courses are available on request October to March.

## RYA Safety Boat Course

This course will cover rescuing other water users, providing skills and techniques for those escorting race or training fleets or working in a water sports environment including different types of craft.

**Pre-requisites** – candidates must hold the RYA Level 2 National Powerboat certificate and should have a basic understanding of sailing and windsurfing.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
SB1	2	Tue - Wed	3 <sup>rd</sup> – 4 <sup>th</sup>	May	Start	9.00am	Finish	17.00pm	<b>£190.00</b>
SB2	2	Mon - Tue	19 <sup>th</sup> – 20 <sup>th</sup>	Sept	Start	9.00am	Finish	17.00pm	<b>£190.00</b>

Other courses are available on request October to March



# BRITISH CANOEING KAYAKING & CANOEING COURSES

## JUNIOR COURSES(Age 8-15 years)

The Award scheme provides a logical progression through safety awareness, skills, varied experiences and developing supporting knowledge in a variety of craft. Courses are modular and the award completed when all sections are signed off.

- **Taster - Start** An introductory session using a variety of craft.
- **Beginner (Discover)** work through various competencies, skills & knowledge in a variety of craft including basic capsizing.
- **Improver (Explore)** Includes peer rescues, capsizing and advanced skills in a variety of craft

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
PP1	START	Monday	4 <sup>th</sup>	April	Start	13.00pm	Finish	15.00pm	£22.00
PP2	DISCOVER	Tue – Wed	5 <sup>th</sup> – 6 <sup>th</sup>	April	Start	9.30am	Finish	15.30pm	£90.00
PP3	START	Monday	11 <sup>th</sup>	April	Start	13.00pm	Finish	15.00pm	£22.00
PP4	DISCOVER	Mon - Tue	11 <sup>th</sup> – 12 <sup>th</sup>	April	Start	9.30am	Finish	15.30pm	£90.00
PP5	START	Friday	15 <sup>th</sup>	April	Start	13.00pm	Finish	15.00pm	£22.00
PP6	START	Monday	18 <sup>th</sup>	April	Start	13.00pm	Finish	15.00pm	£22.00
PP7	DISCOVER	Tue – Wed	19 <sup>th</sup> – 20 <sup>th</sup>	April	Start	9.30am	Finish	15.30pm	£90.00
PP8	START	Thursday	5 <sup>th</sup>	May	Start	18.00pm	Finish	20.00pm	£22.00
PP9	START	Monday	30 <sup>th</sup>	May	Start	10.00am	Finish	12.00pm	£22.00
PP10	DISCOVER	Tue – Wed	31 <sup>st</sup> May	& 1 <sup>st</sup> June	Start	9.30am	Finish	15.30pm	£90.00
PP11	START	Wednesday	27 <sup>th</sup>	July	Start	13.00pm	Finish	15.00pm	£90.00
PP12	START	Monday	1 <sup>st</sup>	August	Start	13.00pm	Finish	15.00pm	£22.00
PP13	DISCOVER	Tue – Wed	2 <sup>nd</sup> – 3 <sup>rd</sup>	August	Start	9.30am	Finish	15.30pm	£90.00
PP14	START	Monday	8 <sup>th</sup>	August	Start	13.00pm	Finish	15.00pm	£22.00
PP15	DISCOVER	Thu – Fri	11 <sup>th</sup> – 12 <sup>th</sup>	August	Start	9.30am	Finish	15.30pm	£90.00
PP16	START	Monday	15 <sup>th</sup>	August	Start	10.00am	Finish	12.00pm	£22.00
PP17	START	Monday	22 <sup>nd</sup>	August	Start	13.00pm	Finish	15.00pm	£22.00
PP18	DISCOVER	Tue – Wed	23 <sup>rd</sup> – 24 <sup>th</sup>	August	Start	9.30am	Finish	15.30pm	£90.00
PP19	EXPLORE	Thu – Fri	25 <sup>st</sup> – 26 <sup>th</sup>	August	Start	9.30am	Finish	15.30pm	£90.00
PP20	DISCOVER	Tue – Wed	30 <sup>th</sup> – 31 <sup>st</sup>	August	Start	9.30am	Finish	15.30pm	£90.00
PP21	START	Tuesday	25 <sup>th</sup>	October	Start	13.00pm	Finish	15.00pm	£22.00
PP22	DISCOVER	Wed - Fri	26 <sup>th</sup> – 27 <sup>th</sup>	October	Start	9.30am	Finish	15.30pm	£90.00

### Explore Canoeing Week

An action packed week exploring all things paddlesport – Canoeing, Kayaking, Bell Boating and Stand Up Paddleboarding. Suitable for all abilities.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
EC1	EXPLORE	Mon - Fri	22 <sup>nd</sup> – 26 <sup>th</sup>	August	Start	9.30am	Finish	15.30pm	£210.00

## JUNIOR CANOE & KAYAK CLUB

Our Junior Club is aimed at providing some regular water based activity for 8-15 year olds, where young people can continue to develop their skills on a weekly basis during term times.

Code	Weeks	Day	Date From	Date To	Start	Time	Finish	Time	Price
CJC1	12wks	Monday	25 <sup>th</sup> April (excluding 2 <sup>nd</sup> May)	18 <sup>th</sup> July	Start	16.30pm	Finish	17.30pm	<b>£72.00</b>
CJC2	13wks	Thursday	21 <sup>st</sup> April (excluding 2 <sup>nd</sup> June)	21 <sup>st</sup> July	Start	16.30pm	Finish	17.30pm	<b>£78.00</b>
CJC3	13wks	Saturday	23 <sup>rd</sup> April (excluding 4 <sup>th</sup> June)	23 <sup>rd</sup> July	Start	9.00am	Finish	10.00am	<b>£78.00</b>
CJC4	7wks	Monday	5 <sup>th</sup> Sept	17 <sup>th</sup> Oct	Start	16.30pm	Finish	17.30pm	<b>£42.00</b>
CJC5	7wks	Thursday	8 <sup>th</sup> Sept	20 <sup>th</sup> Oct	Start	16.30pm	Finish	17.30pm	<b>£42.00</b>
CJC6	7wks	Saturday	10 <sup>th</sup> Sept	22 <sup>nd</sup> Oct	Start	9.00am	Finish	10.00am	<b>£42.00</b>

## JUNIOR STAND UP PADDLEBOARD Taster Sessions

An introduction to basic skills in Stand up Paddleboarding

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
JSUP1	Taster	Monday	4 <sup>th</sup>	April	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
JSUP2	Taster	Tuesday	12 <sup>th</sup>	April	Start	13.00am	Finish	15.00pm	<b>£22.00</b>
JSUP3	Taster	Friday	15 <sup>th</sup>	April	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
JSUP4	Taster	Saturday	16 <sup>th</sup>	April	Start	09.00am	Finish	11.00am	<b>£22.00</b>
JSUP5	Taster	Thursday	19 <sup>th</sup>	May	Start	17.45pm	Finish	19.45pm	<b>£22.00</b>
JSUP6	Taster	Monday	30 <sup>th</sup>	May	Start	13.00pm	Finish	15.00pm	<b>£22.00</b>
JSUP7	Taster	Saturday	2 <sup>nd</sup>	July	Start	10.30am	Finish	12.30pm	<b>£22.00</b>
JSUP8	Taster	Wednesday	27 <sup>th</sup>	July	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
JSUP9	Taster	Monday	1 <sup>st</sup>	August	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
JSUP10	Taster	Wednesday	3 <sup>rd</sup>	August	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
JSUP11	Taster	Tuesday	9 <sup>th</sup>	August	Start	13.00pm	Finish	15.00pm	<b>£22.00</b>
JSUP12	Taster	Monday	15 <sup>th</sup>	August	Start	13.00pm	Finish	15.00pm	<b>£22.00</b>
JSUP13	Taster	Monday	22 <sup>nd</sup>	August	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
JSUP14	Taster	Wednesday	26 <sup>th</sup>	October	Start	13.00pm	Finish	15.00pm	<b>£22.00</b>

**BRITISH CANOEING PERSONAL PERFORMANCE AWARDS**  
**CANOEING AND KAYAKING**  
**ADULT COURSES**

**PADDLE START** An introduction to useful basic skills for an enjoyable paddling experience

**PADDLE DISCOVER** Taking you on your next steps towards becoming an independent paddler.

**PADDLE EXPLORE** Gives you ownership recognising your ability to independently paddle your chosen craft in a sheltered water environment.

**PADDLE START**

**STAND UP PADDLEBOARD 16+**

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
SUP1	Taster	Saturday	23 <sup>rd</sup>	April	Start	10.30am	Finish	12.30pm	£26.00
SUP2	Taster	Thursday	12 <sup>th</sup>	May	Start	18.00pm	Finish	20.00pm	£26.00
SUP3	Taster	Thursday	19 <sup>th</sup>	May	Start	10.00pm	Finish	12.00pm	£26.00
SUP4	Taster	Thursday	26 <sup>th</sup>	May	Start	18.00am	Finish	20.00pm	£26.00
SUP5	Taster	Friday	3 <sup>rd</sup>	June	Start	10.30pm	Finish	12.30pm	£26.00
SUP6	Taster	Saturday	18 <sup>th</sup>	June	Start	10.30pm	Finish	12.30pm	£26.00
SUP7	Taster	Thursday	30 <sup>th</sup>	June	Start	18.00pm	Finish	20.00pm	£26.00
SUP8	Taster	Saturday	9 <sup>th</sup>	July	Start	10.30pm	Finish	12.30pm	£26.00
SUP9	Taster	Wednesday	14 <sup>th</sup>	Sept	Start	10.00am	Finish	12.00pm	£26.00
SUP10	Taster	Saturday	15 <sup>th</sup>	Oct	Start	10.30am	Finish	12.30am	£26.00

**CANOEING AND KAYAKING**

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
CT1	Taster	Monday	28 <sup>th</sup>	March	Start	10.30am	Finish	12.30pm	£26.00
CT2	Taster	Saturday	30 <sup>th</sup>	April	Start	10.30am	Finish	12.30pm	£26.00
CT3	Taster	Thursday	19 <sup>th</sup>	May	Start	13.00pm	Finish	15.00pm	£26.00
CT4	Taster	Thursday	9 <sup>th</sup>	June	Start	18.00pm	Finish	20.00pm	£26.00
CT5	Taster	Saturday	16 <sup>th</sup>	July	Start	10.30am	Finish	12.30pm	£26.00
CT6	Taster	Thursday	21 <sup>st</sup>	July	Start	18.00pm	Finish	20.00pm	£26.00
CT7	Taster	Saturday	10 <sup>th</sup>	Sept	Start	10.30am	Finish	12.30pm	£26.00
CT8	Taster	Wednesday	14 <sup>th</sup>	Sept	Start	10.30am	Finish	12.30pm	£26.00
CT9	Taster	Saturday	24 <sup>th</sup>	Sept	Start	10.30am	Finish	12.30pm	£26.00

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
C1	Discover	Tuesday	29 <sup>th</sup>	March	Start	9.00am	Finish	16.30pm	£90.00
C2	Explore	Wed - Thu	30 <sup>th</sup> & 31 <sup>st</sup>	March	Start	9.00am	Finish	16.30pm	£100.00
C3	Discover	Saturday	7 <sup>th</sup> & 14 <sup>th</sup>	May	Start	9.00am	Finish	13.00pm	£90.00
C4	Discover	Friday	20 <sup>th</sup>	May	Start	9.00am	Finish	16.30pm	£90.00
C5	Discover	Saturday	4 <sup>th</sup> & 11 <sup>th</sup>	June	Start	9.00am	Finish	13.00pm	£90.00
C6	Discover	Thursday	16 <sup>th</sup> June	7 <sup>th</sup> July	Start	18.00pm	Finish	20.00pm	£90.00
C7	Discover	Monday	20 <sup>th</sup>	June	Start	9.00am	Finish	16.30pm	£90.00
C8	Explore	Thu - Fri	22 <sup>nd</sup> & 23 <sup>rd</sup>	June	Start	9.00am	Finish	13.00pm	£100.00
C9	Discover	Monday	5 <sup>th</sup>	Sept	Start	9.00am	Finish	16.30pm	£90.00
C10	Explore	Saturday	1 <sup>st</sup> to 22 <sup>nd</sup>	October	Start	9.00am	Finish	13.00pm	£100.00
		Weekly							

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
C11	WW Kayak Award	Wed - Fri	9 <sup>th</sup> – 11 <sup>th</sup>	Nov	Start	9.30am	Finish	16.30pm	<b>£180.00</b>
C12	Canoe Award	Wed - Fri	16 <sup>th</sup> – 18 <sup>th</sup>	Nov	Start	9.30am	Finish	16.30pm	<b>£180.00</b>

(Course price excludes BC certification fees. Additional dates can be arranged through the Centre)

## Introduction To Moving Water / River Trip

Designed to develop skills to assist in the transition from still to moving water.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
AMW1		Friday	4 <sup>th</sup>	March	Start	9.30am	Finish	16.30pm	<b>£80.00</b>
AMW2	Canoe	Thursday	17 <sup>th</sup>	March	Start	9.30am	Finish	16.30pm	<b>£80.00</b>
AMW3	Kayak	Friday	18 <sup>th</sup>	March	Start	9.30am	Finish	16.30pm	<b>£80.00</b>
AMW4		Saturday	26 <sup>th</sup>	March	Start	9.00am	Finish	16.00pm	<b>£90.00</b>
AMW5		Friday	21 <sup>st</sup>	October	Start	9.30am	Finish	16.30pm	<b>£80.00</b>

## The Foundation Safety and Rescue Training Course (FSRT)

This training course aims to provide paddlers with the key **safety and rescue** skills required to operate safely and to be able to deal with common emergencies. These skills form the **foundations for safety and rescue** throughout BCU qualifications. Course price excludes BC certification fees.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
RT1		Monday	28 <sup>th</sup>	Feb	Start	9.00am	Finish	17.00pm	<b>£80.00</b>
RT2		Friday	1 <sup>st</sup>	April	Start	9.00am	Finish	17.00pm	<b>£80.00</b>
RT3		Friday	29 <sup>th</sup>	April	Start	9.00am	Finish	17.00pm	<b>£80.00</b>
RT4		<b>Thur Weekly</b>	<b>From 5<sup>th</sup> To 26<sup>th</sup> May</b>	<b>May</b>	<b>Start</b>	<b>18:00pm</b>	<b>Finish</b>	<b>20:00pm</b>	<b>£80.00</b>
RT5		Friday	9 <sup>th</sup>	September	Start	9.00am	Finish	17.00pm	<b>£80.00</b>

## LEADERSHIP AWARDS

Provide qualifications for paddlers to lead others in a range of disciplines and environmental conditions. Includes one day off-site.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
L1	Paddlesport Leader Award	Mon- Wed	14 <sup>th</sup> – 16 <sup>th</sup>	Feb	Start	9.30am	Finish	16.30pm	<b>£180.00</b>
L2	Bellboat Helm Award (18+)	Tue - Wed	15 <sup>th</sup> – 16 <sup>th</sup>	Mar	Start	9.00am	Finish	17.00pm	<b>£80.00</b>
L3	Bellboat Helm Award (18+)	Wed - Thu	13 <sup>th</sup> – 14 <sup>th</sup>	Apr	Start	9.00am	Finish	17.00pm	<b>£80.00</b>

(\*pre-requisite a relevant first aid qualification)

## **Paddlesport Instructor Course**

The **Paddlesport Instructor** qualification is for people whose main focus of work is delivering paddlesport taster/starter sessions within clubs, centres or other organisations. The qualification is not discipline specific and is suitable for instructors who work with paddlers from any of the competitive and non-competitive paddlesport disciplines.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
PI1		Mon – Tue	21 <sup>st</sup> – 22 <sup>nd</sup>	March	Start	8.30am	Finish	18.00pm	<b>£180.00</b>
PI2		Thur – Fri	5 <sup>th</sup> – 6 <sup>th</sup>	May	Start	8.30am	Finish	18.00pm	<b>£180.00</b>
PI3		Mon – Tue	6 <sup>th</sup> – 7 <sup>th</sup>	June	Start	8.30pm	Finish	18.00pm	<b>£180.00</b>
PI4		Mon – Tue	27 <sup>th</sup> – 28 <sup>th</sup>	June	Start	8.30am	Finish	18.00pm	<b>£180.00</b>
PI5		Thu - Fri	22 <sup>nd</sup> – 23 <sup>rd</sup>	Sept	Start	8.30am	Finish	18.00pm	<b>£180.00</b>

See [www.leeds.gov.uk/sailingcentre](http://www.leeds.gov.uk/sailingcentre) for more details and prerequisites.

## **SUP Discipline Specific Module (DSM) Course**

Courses available upon Request.

## ROWING

British Rowing Learn to Row Scheme, using single sculls with sliding seat.

**Junior(age 11+) Go Row (includes 3 months British Rowing Membership)**

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
JR1		Mon – Tue	11 <sup>th</sup> – 12 <sup>th</sup>	April	Start	9.00am	Finish	12.00pm	<b>£55.00</b>
JR2		Tue – Wed	31 <sup>st</sup> – 1 <sup>st</sup>	May/June	Start	9.00am	Finish	12.00pm	<b>£55.00</b>
JR3		Tue – Wed	26 <sup>th</sup> – 27 <sup>th</sup>	July	Start	13.00pm	Finish	16.00pm	<b>£55.00</b>
JR4		Tue - Wed	2 <sup>nd</sup> – 3 <sup>rd</sup>	August	Start	13.00pm	Finish	16.00pm	<b>£55.00</b>
JR5		Mon – Tue	8 <sup>th</sup> – 9 <sup>th</sup>	August	Start	9.00am	Finish	12.00pm	<b>£55.00</b>
JR6		Mon – Tue	24 <sup>th</sup> – 25 <sup>th</sup>	October	Start	9.30am	Finish	12.30pm	<b>£55.00</b>

### Junior Rowing Club Age 11+

Code	Weeks	Day	Date From	Date To	Start	Time	Finish	Time	Price
JRC1	4 wks	Monday	25 <sup>th</sup> April (excluding 2 <sup>nd</sup> May)	23 <sup>rd</sup> May	Start	16.15pm	Finish	17.15pm	<b>£24.00</b>
JRC2	7 wks	Monday	6 <sup>th</sup> June	18 <sup>th</sup> July	Start	16.15pm	Finish	17.15pm	<b>£42.00</b>
JRC3	7 wks	Monday	5 <sup>th</sup> Sept	17 <sup>th</sup> Oct	Start	16.15pm	Finish	17.15pm	<b>£42.00</b>

Must have attended a Go Row Course.

### ADULT Rowing Taster Sessions

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
ART1	Taster	Saturday	30 <sup>th</sup>	April	Start	10.30am	Finish	12.30am	<b>£26.00</b>
ART2	Taster	Saturday	18 <sup>th</sup>	June	Start	10.30am	Finish	12.30am	<b>£26.00</b>
ART3	Taster	Thursday	30 <sup>th</sup>	June	Start	18.00pm	Finish	20.00pm	<b>£26.00</b>
ART4	Taster	Saturday	10 <sup>th</sup>	Sept	Start	10.30am	Finish	12.30am	<b>£26.00</b>

### Adult Explore Rowing

Comprised of 4x2 hr sessions. The complete course to get you started.

Code	Weeks	Day	Date From	Date To	Start	Time	Finish	Time	Price
R1	4wks	Saturday	7 <sup>th</sup> May	28 <sup>th</sup> May	Start	9.30am	Finish	11.30am	<b>£80.00</b>
R2	4wks	Thursday	7 <sup>th</sup> July	28 <sup>th</sup> July	Start	18.00	Finish	20.00pm	<b>£80.00</b>
R3	4wks	Saturday	17 <sup>th</sup> Sep	8 <sup>th</sup> Oct	Start	18.00pm	Finish	20.00pm	<b>£80.00</b>
R4	4wks	Thursday	22 <sup>nd</sup> Sept	13 <sup>th</sup> Oct	Start	9.30am	Finish	11.30am	<b>£80.00</b>

Other courses available upon request.

## **EQUIPMENT HIRE**

Prices are per hour. Pre booking essential.

**Dinghy Hire** From £10.00 Adult and £7.50 Junior

**Adult Hire** Adults must have RYA Level 2 and demonstrate competence before hire or demonstrate equivalent Level 2 competence.

**Junior Hire** Junior hire is at the discretion of the Senior Instructor. Juniors must have RYA Stage 3 and demonstrate competence before hire.

**Kayak/Canoe Hire** £10.00 Adult, £7.50 Junior

**Adult Hire** Adults must have 1 Star and demonstrate competence before hire.

**Junior Hire** Juniors must have Paddlepower Passport and demonstrate competence before hire.

**Windsurfing Hire** £10.00 Adult, £7.50 Junior

Adult Hire must have Start Windsurfing Level 1

Junior Hire must have Stage 2

**Rowing Hire** £10.00 Adult £7.50 Junior

Adult Hire must have Learn to Row Stage 1

Junior Hire must have Go-Row 2

**Stand up Paddleboard Hire** £10.00 Adult £7.50 Junior

Must have completed a Leeds Sailing & Activity Centre Taster Session

Hire is available during our opening hours (subject to availability). All hire must be prebooked. Contact Centre for details.

## Indoor Cave

Find your way through our maze of stalactites and stalagmites in search of hidden fossils in our fabulous, multi layered, indoor cave. It's fun for all ages (8 years +) and abilities. There are trolleys for disabled access allowing everyone to enjoy the twists and turns of our very own subterranean adventure.

Available for groups for up to 8 people. Contact Centre for details of group rates.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
CA1		Thursday	7 <sup>th</sup>	April	Start	15.00pm	Finish	16.00pm	<b>£6.00</b>
CA2		Thursday	21 <sup>st</sup>	April	Start	15.00pm	Finish	16.00pm	<b>£6.00</b>
CA3		Wednesday	1 <sup>st</sup>	June	Start	15.00pm	Finish	16.00pm	<b>£6.00</b>
CA4		Tuesday	26 <sup>th</sup>	July	Start	10.00pm	Finish	11.00pm	<b>£6.00</b>
CA5		Tuesday	2 <sup>nd</sup>	August	Start	10.00pm	Finish	11.00pm	<b>£6.00</b>
CA6		Thursday	27 <sup>th</sup>	October	Start	15.00pm	Finish	16.00pm	<b>£6.00</b>

## ROCK CLIMBING

### Introduction To Rock Climbing Adult (Age 14+)

Learn about equipment, rope work and essential safety techniques. A variety of outdoor and indoor venues depending on the weather.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
RC1		Friday	27 <sup>th</sup>	May	Start	10.00am	Finish	14.30pm	<b>£55.00</b>
RC2		Saturday	25 <sup>th</sup>	June	Start	10.00am	Finish	14.30pm	<b>£55.00</b>

### Climbing Improvers Adult (Age 14+)

Develop climbing skills from Introduction course. Belaying, Ropework, Setting up top ropes and the use of guidebooks. At a variety of outdoor and indoor venues depending on the weather.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
RI1		Sunday	29 <sup>th</sup>	May	Start	10.00am	Finish	14.30pm	<b>£55.00</b>
RI2		Sunday	26 <sup>th</sup>	June	Start	10.00am	Finish	14.30pm	<b>£55.00</b>

### Rock Climbing Taster Junior Age 8-14

At a variety of outdoor and indoor venues dependant of weather.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
RJT1		Wednesday	3 <sup>rd</sup>	August	Start	10.00pm	Finish	12.30pm	<b>£26.00</b>
RJT2		Wednesday	31 <sup>st</sup>	August	Start	10.00pm	Finish	12.30pm	<b>£26.00</b>



## Off-Road Biking

(Bikes, gloves and helmets provided).

### Off-Road Biking Taster (8+)

Develop your ability on an off-road bike using gears and managing different terrain.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
B1		Thursday	7 <sup>th</sup>	April	Start	12.30pm	Finish	14.30pm	<b>£18.00</b>
B2		Thursday	21 <sup>st</sup>	April	Start	12.30pm	Finish	14.30pm	<b>£18.00</b>
B3		Wednesday	1 <sup>st</sup>	June	Start	12.30pm	Finish	14.30pm	<b>£18.00</b>
B4		Thursday	28 <sup>th</sup>	July	Start	13.00pm	Finish	15.00pm	<b>£18.00</b>
B5		Thursday	1 <sup>st</sup>	Sept	Start	13.00pm	Finish	15.00pm	<b>£18.00</b>
B6		Thursday	27 <sup>th</sup>	Oct	Start	12.30pm	Finish	14.30pm	<b>£18.00</b>

### Off-Road Biking Trip (8+)

Using local trails (must have attended a LSAC Biking Taster)

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
BT1		Friday	8 <sup>th</sup>	April	Start	10.00am	Finish	12.30pm	<b>£23.00</b>
BT2		Friday	22 <sup>nd</sup>	April	Start	13.30am	Finish	16.00pm	<b>£23.00</b>
BT3		Friday	29 <sup>th</sup>	July	Start	14.00pm	Finish	16.30pm	<b>£23.00</b>
BT4		Friday	2 <sup>nd</sup>	Sept	Start	10.00am	Finish	12.30pm	<b>£23.00</b>
BT5		Friday	28 <sup>th</sup>	Oct	Start	9.30am	Finish	12.00pm	<b>£23.00</b>

### Junior Off Road Biking Club Age 8 – 12

Introduces you safely and confidently to progressive steps to enhance your biking capabilities. Includes an insight into basic trailside maintenance.

Code	Weeks	Day	Date From	Date To	Start	Time	Finish	Time	Price
BC1	6wks	Wednesday	20 <sup>th</sup> April	25 <sup>th</sup> May	Start	16.30pm	Finish	18.00pm	<b>£54.00</b>

### Off-Road Biking Skills Workshop Age 16+

Whether you're a complete beginner or seasoned improver, we offer workshops to enhance your Off-Road Biking Performance. Several local trails to choose from.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
AB1		Sunday	24 <sup>th</sup>	April	Start	10.00am	Finish	13.00pm	<b>£36.00</b>
AB2		Sunday	24 <sup>th</sup>	July	Start	10:00am	Finish	13:00pm	<b>£36.00</b>

## Outdoor Activity Camp Age 8+

A week Canoeing, Kayaking, Orienteering, Sailing, Raftbuilding, Standup Boarding, Problem solving, Mountain biking, Indoor Cave, Bushcraft.

Code	Days	Day	Date	Month	Start	Time	Finish	Time	Price
OA1	5	Mon - Fri	4 <sup>th</sup> – 8 <sup>th</sup>	April	Start	10.00am	Finish	16.00pm	<b>£190.00</b>
OA2	4	Mon – Thu	11 <sup>th</sup> – 14 <sup>th</sup>	April	Start	10.00am	Finish	16.00pm	<b>£150.00</b>
OA3	4	Tue – Fri	19 <sup>th</sup> – 22 <sup>nd</sup>	April	Start	10.00am	Finish	16.00pm	<b>£150.00</b>
OA4	5	Mon - Fri	30 <sup>th</sup> – 3 <sup>rd</sup>	May-Jun	Start	10.00am	Finish	16.00pm	<b>£190.00</b>
OA5	5	Mon - Fri	25 <sup>th</sup> – 29 <sup>th</sup>	July	Start	10.00am	Finish	16.00pm	<b>£190.00</b>
OA6	5	Mon - Fri	1 <sup>st</sup> – 5 <sup>th</sup>	August	Start	10.00am	Finish	16.00pm	<b>£190.00</b>
OA7	5	Mon - Fri	8 <sup>th</sup> -12 <sup>th</sup>	August	Start	10.00am	Finish	16.00pm	<b>£190.00</b>
OA8	5	Mon - Fri	15 <sup>th</sup> – 19 <sup>th</sup>	August	Start	10.00am	Finish	16.00pm	<b>£190.00</b>
OA9	5	Mon - Fri	22 <sup>nd</sup> – 26 <sup>th</sup>	August	Start	10.00am	Finish	16.00pm	<b>£190.00</b>
OA10	4	Tue - Fri	30 <sup>th</sup> – 2 <sup>nd</sup>	Aug - Sept	Start	10.00am	Finish	16.00pm	<b>£150.00</b>

## Multi Activity Day Age 8+

A shorter version of our popular Activity Camps and a chance to try various activities for a day, indoor and outdoor depending on the weather.

Code	Days	Day	Date	Month	Start	Time	Finish	Time	Price
MD1	1	Wednesday	23 <sup>rd</sup>	February	Start	10.00am	Finish	16.00pm	<b>£48.00</b>
MD2	1	Thursday	24 <sup>th</sup>	February	Start	10.00am	Finish	16.00pm	<b>£48.00</b>
MD3	1	Friday	15 <sup>th</sup>	April	Start	10.00am	Finish	16.00pm	<b>£48.00</b>
MD4	1	Thursday	2 <sup>nd</sup>	June	Start	10.00am	Finish	16.00pm	<b>£48.00</b>
MD5	1	Monday	29 <sup>th</sup>	August	Start	10.00am	Finish	16.00pm	<b>£48.00</b>
MD6	1	Tuesday	25 <sup>th</sup>	October	Start	10.00am	Finish	16.00pm	<b>£48.00</b>
MD7	1	Wednesday	26 <sup>th</sup>	October	Start	10.00am	Finish	16.00pm	<b>£48.00</b>

## Orienteering Age 8+

Code	Days	Day	Date	Month	Start	Time	Finish	Time	Price
O1	1	Friday	8 <sup>th</sup>	April	Start	13.00pm	Finish	14.30pm	<b>£8.00</b>
O2	1	Friday	22 <sup>nd</sup>	April	Start	9.30am	Finish	11.00am	<b>£8.00</b>
O3	1	Friday	29 <sup>th</sup>	July	Start	12.00pm	Finish	13.30pm	<b>£8.00</b>
O4	1	Friday	2 <sup>nd</sup>	September	Start	15.00pm	Finish	16.30pm	<b>£8.00</b>
O5	1	Friday	28 <sup>th</sup>	October	Start	14.30pm	Finish	16.00pm	<b>£8.00</b>

## Bushcraft/Survival skills/Campcraft Age 8+

Code	Days	Day	Date	Month	Start	Time	Finish	Time	Price
P1	1	Friday	8 <sup>th</sup>	April	Start	14.30am	Finish	16.30pm	<b>£22.00</b>
P2	1	Friday	22 <sup>nd</sup>	April	Start	11.00am	Finish	13.00pm	<b>£22.00</b>
P3	1	Friday	29 <sup>th</sup>	July	Start	10.00am	Finish	12.00pm	<b>£22.00</b>
P4	1	Friday	2 <sup>nd</sup>	September	Start	13.00pm	Finish	15.00pm	<b>£22.00</b>
P5	1	Friday	28 <sup>th</sup>	October	Start	12.30am	Finish	14.30pm	<b>£22.00</b>

## **BIRTHDAY PARTIES** Available for adults and juniors ( age 8+)

<b>ACTIVITY</b>	<b>Minimum Numbers</b>	<b>Maximum Numbers</b>
Raft Building	10 participants per Instructor	12 participants per Instructor
Bushcraft	10 participants per Instructor	12 participants per Instructor
Bellboat Helm	10 participants per Instructor	10 participants per Instructor
Cave	8 participants per Instructor	10 participants per Instructor
Soft Archery	8 participants per Instructor	10 participants per Instructor
Canoeing	8 participants per Instructor	8 participants per Instructor
Kayaking	8 participants per Instructor	8 participants per Instructor
Stand Up Paddleboarding	8 participants per Instructor	8 participants per Instructor
Off Road Biking	8 participants per Instructor	8 participants per Instructor
Windsurfing	6 participants per Instructor	6 participants per Instructor
Sailing (singlehandlers)	6 participants per Instructor	6 participants per Instructor
Sailing (double handlers)	3 participants per Instructor	3 participants per Instructor

To discuss your individual party requirements in more detail please contact the centre.  
All equipment provided.

Prices from **£90.00** per hour includes 1 hour room hire.

## **OTHER ACTIVITIES PROVIDED BY THE CENTRE**

- **Team Building Activity Days. We offer a range of options all tailored to suit your specific needs.**
- **Raft Building, Bouldering wall, Problem Solving, Soft Archery**
- **Hiring of meeting/conference rooms**
- **Bespoke Packages for schools, youth and community groups**
- **Work in schools/clubs**
- **Coaching, employment and work experience opportunities**
- **D of E**

## **ACTIVITY VOUCHERS**

Available as birthday and Christmas presents. Contact the Centre for details

IF YOU HAVE ANY OTHER QUESTIONS PLEASE CONTACT US AT LEEDS SAILING AND ACTIVITY CENTRE Cemetery Road, Yeadon, LS19 7UR. Tel: 0113 3781271,  
Email [sailingcentre@leeds.gov.uk](mailto:sailingcentre@leeds.gov.uk)  
[www.leeds.gov.uk/sailingcentre](http://www.leeds.gov.uk/sailingcentre)

## FREQUENTLY ASKED QUESTIONS

### Q. How do I book

R. All our courses must be prebooked. Visit [www.leeds.gov.uk/sailingcentre](http://www.leeds.gov.uk/sailingcentre) to check availability, access a Registration/Consent Form and book online. Please note we cannot confirm a booking without the completed Registration /Consent Form. Return Completed form to [sailingcentre@leeds.gov.uk](mailto:sailingcentre@leeds.gov.uk) or post to the address below.

Course members must advise the Centre of any medical or other conditions, which may affect their full participation in any course. Refunds due to cancellation can only be made in exceptional circumstances.

Q. What if I'm not sure the best course for me?

R. Please contact us on 01133781271 we will be happy to discuss this with you.

Q. What if the course is full

R. Contact us [sailingcentre@leeds.gov.uk](mailto:sailingcentre@leeds.gov.uk) or 01133781271 to be included on a waiting list.

### Q. What will I sail?

The Centre has a number of different classes of dinghy – Adults start off in the **Wayfarer**. Other types of dinghy are then introduced such as the **Topper/Laser (single hander)** or **Omega/Topaz (double hander)** as your skills develop. Juniors learn in Topper or Optimist progressing to a double hander.

### Q. What's the difference between a Canoe and a Kayak?

A Canoe is an open or closed boat which you can kneel or sit in, paddled with a single bladed paddle. A Kayak is a boat which you can sit in or on, paddled with a double bladed paddle.

### Q. What should I wear?

Whatever you feel comfortable in, clothes that you don't mind getting wet and suitable for the weather. It may be fine enough for shorts and T-shirts or cold enough for full thermals! Trainers are ideal No flip flops or crocs. Please bring swimwear for under wetsuits.

### Q. What should I bring?

A full change of clothes, including footwear, underwear and a towel Lightweight waterproofs are useful in the case of a rain shower. Sun block may be required on warmer days. On all-day courses students should bring a packed lunch. Cold drinks only are available from the vending machine.

### Q. What if I wear Glasses?

If you need to wear spectacles or sunglasses then bring a suitable strap to keep them secure. These are available from many sports shops or opticians

### Q. What if I can't swim?

Nobody goes afloat without a **Buoyancy Aid**. In addition, the Tarn is a very shallow lake, there are not too many parts that you can't stand up in and at its deepest it is only 6 feet!

### Q. Are log books and certificates included in the course prices.

Dependant on NGB course. Please enquire on booking.

**Leeds Sailing and Activity Centre**  
**Registration and Consent Form**

<b>Title of Course/Activity</b>		<b>Course Code</b>		<b>Date of Activity</b>	
<b>Participant Details</b>					
<b>Name:</b>		<b>D.O.B</b>		<b>Age</b>	
<b>Email:</b>		<b>Phone:</b>			
<b>Address:</b>					
<b>Post Code</b>					
<b>Gender - please tick</b>			<b>Male</b> <input type="checkbox"/>	<b>Female</b> <input type="checkbox"/>	
<b>Do you have any long term illness, health problem or a disability? If YES</b> , please state, e.g. learning disability / downs syndrome / cerebral palsy / etc. Please also provide any other additional information you feel necessary, e.g. wheelchair user / guide dog / etc.					
<b>Medical Information</b> please give details of any important medical information that our staff should be aware of (e.g. epilepsy, asthma, diabetes,).					
<b>Emergency Contact. (If participant is under 16 this must be completed by the legal Parent / Guardian).</b>					
<b>Name:</b>		<b>Relationship to child if participant is under 16</b>	<b>Tel (1):</b>		<b>Tel(2):</b>
<b>If under 16 please detail your child's arrangements for returning home</b>					
<b>Will be collected by</b>			<b>Will make own way home</b>		

**Please be aware:**

**THIS REGISTRATION/CONSENT FORM MUST BE RETURNED TO THE CENTRE BEFORE THE ACTIVITY TAKES PLACE.**

**JUNIORS: NO CHILD WILL BE PERMITTED TO TAKE PART WITHOUT A SIGNED REGISTRATION CONSENT FORM.**

**PARTIES: IT IS THE RESPONSIBILITY OF THE PARTY ORGANISOR TO ENSURE THAT A SIGNED REGISTRATION/ CONSENT FORM IS COMPLETED FOR EACH CHILD TAKING PART.**

**Declarations:**

I undertake to inform a member of staff of any changes in the information provided on this form. I understand that in the event of any injury or illness all reasonable steps will be taken to contact me, and to deal with the injury / illness appropriately.

**JUNIORS:** by returning this completed form I agree to my child taking part in the activity.

**Consent Statement:**

I accept that watersports and adventure activities are hazardous by their nature and that there is a possible risk of injury.

The artificial cave is not suitable for anyone with back, neck or heart problems, pregnant, pace maker, claustrophobia, epilepsy or with a stature deemed unsuitable by our staff. To help us make an informed decision about whether the cave is suitable for you please inform us if you have any other medical conditions not listed or any reasons why you should not take part in the physical activity.

I accept that climbing and absailing are activities with a danger of personal injury.

You are signing to confirm you are aware of and accept the risks of taking part in Watersports and adventure activities including caving, climbing and absailing and have declared any contra-indications.

JUNIORS: I give consent for my child to take part in the above activity / activities and, having received and read the information provided, agree to their participation. I acknowledge the need for obedience and responsible behaviour on their part.

**Data Protection /Privacy Statement**

The information you provide on this form will be held electronically in accordance with the General Data Protection Regulations (GDPR) 2018.

If you would like to receive promotional information from Leeds City Council please tick this box

If you give consent for your child to be photographed during the course/session please tick this box

**Cancellation/Re-programming/Change of Activity**

Under exceptional circumstances, Leeds City Council reserve the right to change all or some of the above at short notice.

**This should be signed by all participants or by the parent / guardian if the participant is under 16.**

<b>Print Name</b>	<b>Relationship to child (under 16's only)</b>
<b>Signature</b>	<b>Date</b>

<b>For office Use only:</b>			
Date form received:	Staff Initials:	Fee paid: £	Receipt No:

Please return this form to Leeds Sailing and Activity Centre via [sailingcentre@leeds.gov.uk](mailto:sailingcentre@leeds.gov.uk) or Cemetery Road, Yeadon, Leeds, LS19 7UR.

THIS REGISTRATION/CONSENT FORM MUST BE RETURNED TO THE CENTRE BEFORE THE ACTIVITY TAKES PLACE.

**This should be signed by the parent / guardian if the participant is under 16.**