

ALBANY PARK Canoe & Sailing Centre

How to Book



Albany Park Canoe and Sailing Centre
Albany Mews
Off Albany Park Road
Kingston upon Thames
Surrey
KT2 5SL
Tel 020 8549 3066
Booking Enquiries: 020 8547 5812

We are pleased to offer both online and telephone bookings using your credit or debit card. Book on line at www.kingston.gov.uk and select Book It or call Jill Bentley on **020 8547 5812**. You can still book by post, using the form provided, with a cheque or giving your card details to be sent with completed booking form to **Jill Bentley, Youth Services, Room 103, Guildhall 1, Kingston upon Thames, SURREY KT1 1EU**. All young people must have a completed consent form before they will be allowed to take part in any activities. Please note that October Courses are only on offer to young people aged 10+ due to weather conditions.

Please DO NOT send booking or consent forms to Albany Park direct

OCTOBER 2008 WATERSPORTS ACTIVITIES FOR AGE 10+

RYA Sailing Week

The **Improver** Course for ages 10+ is designed for sailors who have successfully achieved RYA Stage One, improving their skills and progressing to RYA Stage 2, using the Laser Pico Dinghies. The **Advanced** course for ages 10+ is for sailors who have successfully achieved RYA Stage Two and are aspiring to achieve RYA Stage Three, using a mixture of Wanderer and topper sport 16 crewed dinghies.

Age	Date	Activity	Time	Cost	Course Code
10+	Mon 27 th – Fri 31 st October	RYA Improver Sailing Week	9am – 5pm	£149	OCTSIM08
10+	Mon 27 th – Fri 31 st October	RYA Advanced Sailing Week	9am – 5pm	£168	OCTSAD08

RYA Powerboat Level 1

This one day course will cover the basic powerboat handling techniques including launch and recovery and safety whilst afloat. Suitable for beginners age 10 – 16 only.

Age	Date	Activity	Time	Cost	Course Code
10-16	Monday 27 th October	RYA Powerboat Level 1	9am – 5pm	£79	OCTPB108
10-16	Wednesday 29 th October	RYA Powerboat Level 1	9am – 5pm	£79	OCTPB308
10-16	Friday 31 st October	RYA Powerboat Level 1	9am – 5pm	£79	OCTPB508

Multi Activity Days

Promoting better boating skills and awareness in a variety of activities, on and off the water. Have great fun getting to grips with activities including Kayaking, Open Canoeing, Bell Boating, Dragon Boating, Raft Building and Problem Solving Exercises. Aiming to provide two activities for participants visiting on a daily basis. Suitable for beginners.

Age	Date	Activity	Time	Cost	Course Code
10+	Monday 27 th October	Multi Activity Day	9am – 5pm	£30	OCTMA108
10+	Tuesday 28 th October	Multi Activity Day	9am – 5pm	£30	OCTMA208
10+	Wednesday 29 th October	Multi Activity Day	9am – 5pm	£30	OCTMA308
10+	Thursday 30 th October	Multi Activity Day	9am – 5pm	£30	OCTMA408
10+	Friday 31 st October	Multi Activity Day	9am – 5pm	£30	OCTMA508

River Trip – Kayak

A one day guided Kayak river trip using local rivers. Participants must have achieved the BCU One Star award or Paddle Power Passport and must be aged 12 years plus. This is a great opportunity for participants to experience a river journey in a supervised group environment with the Albany Park senior staff in direct charge. This journey may also be used in conjunction with the BCU qualifications.

Age	Date	Activity	Time	Cost	Course Code
12+	Tuesday 28 th October	River Trips (Kayak)	9am – 5pm	£35	OCTRT08

Off-Road Cycling (Mountain Biking)

This one day course is for those with an interest in off road cycling/MTB with experience of riding in off road/trail riding situations. Concentrating on bike handling skills, bike maintenance and set up using one of our fleet of Specialized MTB's. The course will be delivered by senior members of Albany staff who hold MTB Leadership qualifications. Awards may be taken dependant on previous experience of course participants. Transport to and from venues provided along with cycle helmet and bike.

Please note that due to the sizes of the bikes and minibus regulations these courses are limited to young people between the ages of 12 and 16 only and with a minimum inside leg measurement 26"/660mm.

Age	Date	Activity	Time	Cost	Course Code
12-16	Thursday 30 th October	Off-Road Cycling (Mountain Biking)	9am – 5pm	£35	OCTMTB08

