

# Albany Park Canoe and Sailing Centre



## Albany Park Canoe and Sailing Centre

Albany Mews  
Off Albany Park Road  
Kingston  
KT2 5SL

Tel: 020 8549 3066

Booking Enquiries: 020 8547 5812

## How to Book

We are pleased to offer both online and telephone bookings using your credit or debit card. Book online at [www.albanypark.co.uk](http://www.albanypark.co.uk) and select the book courses online link, or call Jill Bentley on **020 8547 5812**. You can still book by post using the form provided, with a cheque, made payable to 'Royal Borough of Kingston', or giving your card details to be sent with completed booking form to **Jill Bentley, Room 205, 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 **DO NOT** send booking forms or consent forms to  
Albany Park direct

# SUMMER 2009

## RYA Sailing Week

The Sailing **Taster Day** course for ages 8 plus is an introductory course for young people new to the sport of sailing. A full day of tuition working within small groups towards a better understanding of sailing and receiving advice on how to progress within the sport. The **Absolute Beginners** Course for ages 8-10 years **only**, is specifically for those who are new to the sport, working towards RYA Stage 1 using the Optimist dinghies. The **Novice** Course for ages 8 plus is for those with limited sailing experience working towards achieving RYA Stage 1, using the Laser Pico Dinghies. The **Improver** Course for ages 10 plus is designed for sailors who have successfully achieved RYA Stage 1, improving their skills and progressing towards RYA Stage 2, using the Laser Pico Dinghies. The **Advanced** Course for ages 10 plus is for sailors who have successfully achieved RYA Stage 2 and are aspiring to achieve RYA Stage 3, using a mixture of Pico, Topper Vibes and Topper Sport 16 crewed dinghies. *Young people who have achieved RYA Stage 1 in an Optimist will need to attend a Novice course **before** progressing to Improver.*

Age	Date	Activity	Time	Cost	Course Number
8+	Mon 20 <sup>th</sup> July	RYA Sailing Taster Day	9am – 5pm	£35	SSTD91
8+	Tues 21 <sup>st</sup> July	RYA Sailing Taster Day	9am – 5pm	£35	SSTD92
8+	Wed 22 <sup>nd</sup> July	RYA Sailing Taster Day	9am – 5pm	£35	SSTD93
8+	Thurs 23 <sup>rd</sup> July	RYA Sailing Taster Day	9am – 5pm	£35	SSTD94
8-10 Only	Mon 20 <sup>th</sup> July – Fri 24 <sup>th</sup> July	RYA Absolute Beginners Sailing Week	9am – 5pm	£149	SABW92
8-10 Only	Mon 27 <sup>th</sup> July – Fri 31 <sup>st</sup> July	RYA Absolute Beginners Sailing Week	9am – 5pm	£149	SABW93
8-10 Only	Mon 3 <sup>rd</sup> Aug – Fri 7 <sup>th</sup> Aug	RYA Absolute Beginners Sailing Week	9am – 5pm	£149	SABW94
8-10 Only	Mon 10 <sup>th</sup> Aug – Fri 14 <sup>th</sup> Aug	RYA Absolute Beginners Sailing Week	9am – 5pm	£149	SABW95
8-10 Only	Mon 17 <sup>th</sup> Aug – Fri 21 <sup>st</sup> Aug	RYA Absolute Beginners Sailing Week	9am – 5pm	£149	SABW96
8-10 Only	Mon 24 <sup>th</sup> Aug – Fri 28 <sup>th</sup> Aug	RYA Absolute Beginners Sailing Week	9am – 5pm	£149	SABW97
8+	Mon 20 <sup>th</sup> July – Fri 24 <sup>th</sup> July	RYA Novice Sailing Week	9am – 5pm	£149	SNSW92
8+	Mon 27 <sup>th</sup> July – Fri 31 <sup>st</sup> July	RYA Novice Sailing Week	9am – 5pm	£149	SNSW93
8+	Mon 3 <sup>rd</sup> Aug – Fri 7 <sup>th</sup> Aug	RYA Novice Sailing Week	9am – 5pm	£149	SNSW94
8+	Mon 10 <sup>th</sup> Aug – Fri 14 <sup>th</sup> Aug	RYA Novice Sailing Week	9am – 5pm	£149	SNSW95
8+	Mon 17 <sup>th</sup> Aug – Fri 21 <sup>st</sup> Aug	RYA Novice Sailing Week	9am – 5pm	£149	SNSW96
8+	Mon 24 <sup>th</sup> Aug – Fri 28 <sup>th</sup> Aug	RYA Novice Sailing Week	9am – 5pm	£149	SNSW97
10+	Mon 20 <sup>th</sup> July – Fri 24 <sup>th</sup> July	RYA Improver Sailing Week	9am – 5pm	£149	SISW92
10+	Mon 27 <sup>th</sup> July – Fri 31 <sup>st</sup> July	RYA Improver Sailing Week	9am – 5pm	£149	SISW93
10+	Mon 3 <sup>rd</sup> Aug – Fri 7 <sup>th</sup> Aug	RYA Improver Sailing Week	9am – 5pm	£149	SISW94
10+	Mon 10 <sup>th</sup> Aug – Fri 14 <sup>th</sup> Aug	RYA Improver Sailing Week	9am – 5pm	£149	SISW95
10+	Mon 17 <sup>th</sup> Aug – Fri 21 <sup>st</sup> Aug	RYA Improver Sailing Week	9am – 5pm	£149	SISW96
10+	Mon 24 <sup>th</sup> Aug – Fri 28 <sup>th</sup> Aug	RYA Improver Sailing Week	9am – 5pm	£149	SISW97
10+	Mon 27 <sup>th</sup> July – Fri 31 <sup>st</sup> July	RYA Advanced Sailing Week	9am – 5pm	£169	SASW93
10+	Mon 10 <sup>th</sup> Aug – Fri 14 <sup>th</sup> Aug	RYA Advanced Sailing Week	9am – 5pm	£169	SASW95
10+	Mon 24 <sup>th</sup> Aug – Fri 28 <sup>th</sup> Aug	RYA Advanced Sailing Week	9am – 5pm	£169	SASW97

## Wet and Wild Week

For ages 8 years plus. Our Wet and Wild week is exactly as it sounds but extremely wet and very wild! Try out lots of different activities including Kayaking, Open Canoeing, Bell Boating, Raft Building and Dragon Boating, then take part in mini competitions, problem solving, treasure hunts and a regatta. A Barbeque will be provided for all participants on the last day.

Age	Date	Activity	Time	Cost	Course Number
8+	Mon 24 <sup>th</sup> Aug - Fri 28 <sup>th</sup> August	Wet and Wild Week	9am – 5pm	£150	SWWW97

## Multi Activity Day / Week

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. There are three Multi Activity Weeks running as well as single days. Ideal for beginners.

Age	Date	Activity	Time	Cost	Course Number
8+	Mon 27 <sup>th</sup> July – Fri 31 <sup>st</sup> July	Multi Activity Week	9am – 5pm	£130	SMAW93
8+	Mon 3 <sup>rd</sup> Aug – Fri 7 <sup>th</sup> Aug	Multi Activity Week	9am – 5pm	£130	SMAW94
8+	Mon 10 <sup>th</sup> Aug – Fri 14 <sup>th</sup> Aug	Multi Activity Week	9am – 5pm	£130	SMAW95
8+	Monday 13 <sup>th</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD091
8+	Tuesday 14 <sup>th</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD092
8+	Wednesday 15 <sup>th</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD093
8+	Monday 20 <sup>th</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD094
8+	Tuesday 21 <sup>st</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD095
8+	Wednesday 22 <sup>nd</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD096
8+	Thursday 23 <sup>rd</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD097
8+	Monday 27 <sup>th</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD098
8+	Tuesday 28 <sup>th</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD099
8+	Wednesday 29 <sup>th</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD0910
8+	Thursday 30 <sup>th</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD0911
8+	Friday 31 <sup>st</sup> July	Multi Activity Day	9am – 5pm	£30	SMAD0912
8+	Monday 3 <sup>rd</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0913
8+	Tuesday 4 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0914
8+	Wednesday 5 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0915
8+	Thursday 6 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0916
8+	Friday 7 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0917
8+	Monday 10 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0918
8+	Tuesday 11 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0919
8+	Wednesday 12 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0920
8+	Thursday 13 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0921
8+	Friday 14 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0922
8+	Monday 17 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0923
8+	Tuesday 18 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0924
8+	Wednesday 19 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0925
8+	Thursday 20 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0926
8+	Friday 21 <sup>st</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0927
8+	Monday 24 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0928
8+	Tuesday 25 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0929
8+	Wednesday 26 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0930
8+	Thursday 27 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0931
8+	Friday 28 <sup>th</sup> Aug	Multi Activity Day	9am – 5pm	£30	SMAD0932
8+	Tuesday 1 <sup>st</sup> Sept	Multi Activity Day	9am – 5pm	£30	SMAD0933
8+	Wednesday 2 <sup>nd</sup> Sept	Multi Activity Day	9am – 5pm	£30	SMAD0934

## Summer Adventure Week (includes offsite overnight camp on day 3)

For ages 12 years plus. With instruction from senior staff we aim to provide an exhilarating week of activity using Kayaks, Open Canoes and Mountain Bikes, including an overnight mid-week expedition. Please note all specialist equipment is provided by Albany Park.

Days 1 – 2 Improving your kayak and open canoe skills with instruction from senior Albany Park coaches, in addition gain practical experience in camp craft and expedition techniques in preparation for the river journey.

Days 3 – 4 Open Canoe, Sea Kayak/Touring Kayak expedition, self sufficient journey and overnight camp.

Day 5 Mountain bike/off road cycling activity day spent off site trail riding. Aspects covered will include basic mechanics, safe riding techniques, navigation and having fun on some of the best rides in Surrey Hills or Berkshire.

Not suitable for beginners.

Age	Date	Activity	Time	Cost	Course Number
12+	Mon 17 <sup>th</sup> Aug – Fri 21 <sup>st</sup> Aug	Summer Adventure Week	9am – 5pm	£204	SAW96

## BCU Canoeing and Kayaking Week

The **Beginners** course for ages 8 years plus, is for those with little or no previous experience in Canoeing or Kayaking, or who have not gained any of the BCU star test personal qualifications or Paddlepower Passport.

The **Improvers** course for ages 10 years plus, is for those who have some experience in Canoeing or Kayaking and have achieved at least BCU One Star or Paddlepower Passport. The course will focus on developing paddling techniques and skills and progress towards the next level award of Paddlepower Discovery, which is equivalent to the previous BCU 2 Star course. We will use some of the more specialist equipment and boats under the direct supervision of one of the senior staff.

Age	Date	Activity	Time	Cost	Course Number
8+	Mon 27 <sup>th</sup> July – Fri 31 <sup>st</sup> July	BCU Beginners Canoeing & Kayaking	9am – 5pm	£130	SBCKW93
8+	Mon 3 <sup>rd</sup> Aug – Fri 7 <sup>th</sup> Aug	BCU Beginners Canoeing & Kayaking	9am – 5pm	£130	SBCKW94
8+	Mon 10 <sup>th</sup> Aug – Fri 14 <sup>th</sup> Aug	BCU Beginners Canoeing & Kayaking	9am – 5pm	£130	SBCKW95
8+	Mon 17 <sup>th</sup> Aug – Fri 21 <sup>st</sup> Aug	BCU Beginners Canoeing & Kayaking	9am – 5pm	£130	SBCKW96
10+	Mon 27 <sup>th</sup> July – Fri 31 <sup>st</sup> July	BCU Improvers Canoeing & Kayaking	9am – 5pm	£130	SIMCKW93
10+	Mon 3 <sup>rd</sup> Aug – Fri 7 <sup>th</sup> Aug	BCU Improvers Canoeing & Kayaking	9am – 5pm	£130	SIMCKW94
10+	Mon 10 <sup>th</sup> Aug – Fri 14 <sup>th</sup> Aug	BCU Improvers Canoeing & Kayaking	9am – 5pm	£130	SIMCKW95
10+	Mon 17 <sup>th</sup> Aug – Fri 21 <sup>st</sup> Aug	BCU Improvers Canoeing & Kayaking	9am – 5pm	£130	SIMCKW96

## Off-Road Cycling (Mountain Biking) Day

This course will provide an opportunity to sample off-road cycling and trail riding at one of a number of approved off-road cycling venues. Concentrating on bike handling skills, bike maintenance and set up using one of our fleet of Specialized MTB's. Transport to and from venues provided along with cycle helmet and bike.

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

**Examples of some of the venues:**

### Richmond Park

Concentrating on bike handling skills and techniques, bike maintenance and set up.

### Box Hill (Surrey Hills)

This venue will involve some real "Mountain Biking"! Each rider will learn about hill climbing and descending skills on wide bridleway tracks.

### Leith Hill (Surrey Hills)

Each rider will be able to put their riding skills into practice. Enjoy lunchtime with a fantastic view and a fun and speedy descent through the forest.

### Swinley Forest (Near Bracknell)

Each rider will need to use his or her skills and knowledge learned throughout the course around this great venue. The forest has a variety of terrain from gentle forest tracks to technical track with plenty of climbing and descending. All the riding venues have been checked and ridden recently by our fully trained and experienced Mountain Bike leaders, who will be running each of the days activities.

Age	Date	Activity	Time	Cost	Course Number
12-16	Wednesday 26 <sup>th</sup> Aug	Off-Road Cycling (Mountain Biking)	9am – 5pm	£35	SMTB97

## 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 13 <sup>th</sup> July	RYA Powerboat Level 1	9am – 5pm	£79	SPB1091
10-16	Wednesday 15 <sup>th</sup> July	RYA Powerboat Level 1	9am – 5pm	£79	SPB1092
10-16	Tuesday 21 <sup>st</sup> July	RYA Powerboat Level 1	9am – 5pm	£79	SPB1093
10-16	Thursday 23 <sup>rd</sup> July	RYA Powerboat Level 1	9am – 5pm	£79	SPB1094
10-16	Tuesday 28 <sup>th</sup> July	RYA Powerboat Level 1	9am – 5pm	£79	SPB1095
10-16	Thursday 30 <sup>th</sup> July	RYA Powerboat Level 1	9am – 5pm	£79	SPB1096
10-16	Tuesday 4 <sup>th</sup> August	RYA Powerboat Level 1	9am – 5pm	£79	SPB1097
10-16	Thursday 6 <sup>th</sup> August	RYA Powerboat Level 1	9am – 5pm	£79	SPB1098
10-16	Tuesday 25 <sup>th</sup> August	RYA Powerboat Level 1	9am – 5pm	£79	SPB1099
10-16	Thursday 27 <sup>th</sup> August	RYA Powerboat Level 1	9am – 5pm	£79	SPB10910

## RYA Powerboat Level 2

This two day course offers a thorough introduction to small powerboat handling.

This intensive course will cover many manoeuvres such as coming alongside a pontoon and man overboard recovery. On the second day of the course you will head downriver to Wandsworth where you will cover the high speed manoeuvres. You will be constantly under the supervision of our experienced and fully qualified Powerboat Instructors. There will also be a practical assessment of boat handling capability which will involve undertaking manoeuvres learnt earlier in the course. Participants must have achieved RYA Powerboat Level 1 certificate.

Age	Date	Activity	Time	Cost	Course Code
12-16	Tues 1 <sup>st</sup> & Wed 2 <sup>nd</sup> September	RYA Powerboat Level 2	9am – 5pm	£150	SPB209

## River Trips and Tours

Two days of guided river trips using Sea Kayaks on different local rivers. Participants must have achieved at least BCU One Star Award or Paddlepower Passport and be aged 10 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. These journeys may also be used in conjunction with the BCU awards.

Age	Date	Activity	Time	Cost	Course Code
10-16	Tues 1 <sup>st</sup> & Wed 2 <sup>nd</sup> September	RYA River Trips and Tours	9am – 5pm	£85	SRT09

***Please ensure that you book your child/ren onto the correct course for their age and ability, this will avoid inevitable difficulty and disruption caused to their group by participants booked onto an inappropriate course.***

There will be a £10 course amendment fee for **any** changes made after a booking has been completed. This fee applies to cancellations, refunds and any change of course details, including participant name. Please check details clearly and co-ordinate with friends/commitments **before** booking.

# Summer 2009 Courses Application Form

POSTAL APPLICATIONS ONLY

Childs Name																						
Full Address																						
		Postcode																				
Date of Birth				Age																		
Parent/Guardian Name												Mr/Mrs/Miss/Ms										
Daytime Telephone No.						Other Contact No.																
Course Number						Cost Enclosed		£														
Using my Credit/Debit Card	Card Type			Card No																		
Start Date		Expiry Date			Card Security No. (last 3 digits on back of card within signature strip)					Issue Number (Switch Only)												
Card Holders Name																						

Please make cheques payable to 'Royal Borough of Kingston'.

Please note that credit card payments will incur a 1.04% surcharge, debit card payments are free.

Post completed form to:

Jill Bentley  
 Youth Service  
 Room 205  
 Guildhall 1  
 Kingston upon Thames  
 Surrey  
 KT1 1EU