

Learn to

sail

powerboat

windsurf



Cardiff
Sailing
Centre
2014

www.cbwac.com

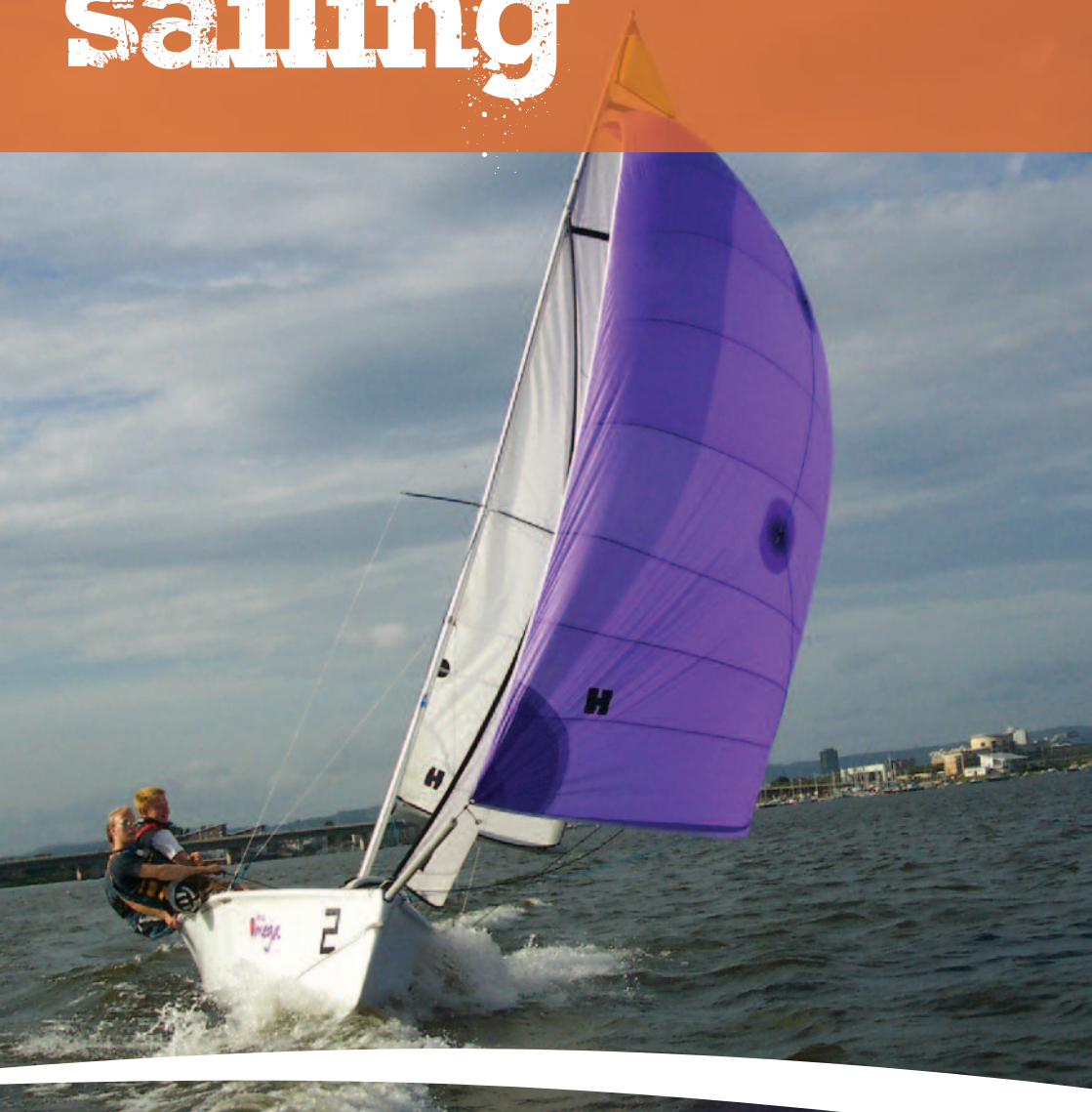


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adult dinghy sailing



RYA Level 1: Start Sailing

With a choice of either a two day course or a six week evening course, this is the first step for absolute beginners or those with basic knowledge.

You'll learn launching and recovery, how to sail in all directions and basic sailing techniques and manoeuvres. At the end of the course you will have an understanding of boat handling techniques and background knowledge.

Prior experience required: None

Duration: 2 Days (Weekend)

Cost: £165

Times: 09:30 – 16:30

Dates: 5 / 6 April
19 / 20 April
3 / 4 May
17 / 18 May
31 May / 1 June
14 / 15 June
28 / 29 June
12 / 13 July
26 / 27 July
9 / 10 August
30 Aug / 1 Sept
13 / 14 September
27 / 28 September

RYA Level 2: Basic Skills

This two day or 6 week evening course will build on the knowledge you learnt during your level 1 course and improve your sailing skills. With a focus on safety, sailing techniques & manoeuvres and capsizing recovery.

By the end of the course you will be a competent light wind sailor without an instructor onboard.

Prior experience required: RYA Level 1 Certificate or Direct Assessment

Duration: 2 Days (Weekend)

Cost: £160

Times: 09:30 – 16:30

Dates: 12 / 13 April
26 / 27 April
10 / 11 May
24 / 25 May
7 / 8 June
21 / 22 June
5 / 6 July
19 / 20 July
2 / 3 August
16 / 17 August
6 / 7 September
20 / 21 September
4 / 5 October

Duration: 6 Wed Evenings

Cost: £235

Times: 18:00 – 21:00

Dates: 9 April – 14 May
4 June – 9 July
23 July – 27 August

Duration: 6 Wed Evenings

Cost: £230

Times: 18:00 – 21:00

Dates: 9 April – 14 May
4 June – 9 July
23 July – 27 August

RYA Level 3: Better Sailing

This two day course is designed to consolidate the skills you learnt during your level 1 & 2 courses and trying new skills. During the course, you will touch upon subjects in the advanced modules such as Seamanship Skills, Start Racing & Sailing with Spinnakers.

At the end of the course, you should be more confident in your own skills in putting the techniques into practice and you will feel more ready to progress onto the advanced modules.

Prior experience required: RYA Level 2 Certificate or Direct Assessment

Duration: 2 Days (Weekend)

Cost: £160

Times: 09:30 – 16:30

Dates: 5 / 6 July

2 / 3 August

RYA: Sailing with Spinnakers

On this course you'll use a variety of our exciting asymmetric craft and learn everything you need to know about sailing with spinnakers as both helm and crew. You'll also gain the background theory you need to perform well with spinnakers and sail fast downwind.

Prior experience required: RYA Level 2 Certificate or Direct Assessment

Duration: 2 Days (Weekend)

Cost: £160

Times: 09:30 – 16:30

Dates: 30 Aug / 1 Sept *

RYA: Seamanship Skills

A skill development course where you will learn about launching and recovering the boat in different circumstances, stopping, reducing sail, man overboard recovery and anchoring. On completion you will be capable of manoeuvring a boat and be able to make competent decisions in moderate conditions.

Prior experience required: RYA Level 2 Certificate or Direct Assessment

Duration: 2 Days (Weekend)

Cost: £160

Times: 09:30 – 16:30

Dates: 30 Aug / 1 Sept *

RYA: Start Racing

Having learned to sail, you may want to start racing and join a club. This course takes you through the fundamentals of getting off the start line and round the course. We offer all the skills required to enjoy club racing including how to maximise boat speed and how to outwit your opponents.

Prior experience required: RYA Level 2 Certificate or Direct Assessment

Duration: 2 Days (Weekend)

Cost: £160

Times: 09:30 – 16:30

Dates: 30 Aug / 1 Sept *

* Subject to demand more dates are available



Supervised Sailing

For those who have already completed RYA Level 2, we offer the opportunity for you to come to Cardiff Bay to practise your newly learnt skills under our safety umbrella.

If you wish to sail a specific boat during your session, we recommend that you contact the centre to check availability. Please be aware that the Senior Instructor has absolute discretion over which boats are used.

If we deem the conditions to be unmanageable, e.g. strong winds, fog, etc, then we may cancel the session.

Prior experience required: RYA Level 2 Certificate or Direct Assessment

Pass Cost:	1 session:	£20
	5 Sessions:	£95
	10 Sessions:	£180

Available Times:

Wednesdays: 18:00 – 21:00
9 April – 27 August

Sundays: 09:30 – 12:30
6 April – 5 October

Updates: Updates & Information on Supervised Sailing and any cancellations can be found on our Facebook or Twitter pages.

Facebook.com / CardiffSC
Twitter.com / CardiffSC

youth dinghy sailing



RYA Stage One

A three day or six week course for beginners with no sailing experience necessary. You'll learn how to launch and recover, to steer the vessel, different parts of the boat and basic sailing. All you need for an introduction to sailing.

Prior experience required: None

Duration: 3 Days
Cost: £160
Times: 09:30 – 16:30
Dates: 14 – 16 April
23 – 25 April
28 – 30 May
21 – 23 July
28 – 30 July
4 – 6 August
11 – 13 August
18 – 20 August
27 – 29 August
27 – 29 October

Duration: 6 Sat Afternoons
Cost: £170
Times: 13:30 – 16:30
Dates: 12 April – 17 May
7 June – 12 July
13 Sept – 18 Oct

RYA Stage Two

A three day or six week course to improve on skills learnt in Stage One including starting to understand more about the principles of sailing and the theory about the wind, tacking, gybing and avoiding collisions. At the end of this course you'll be able to control speed and understand basic principles.

Prior experience required: RYA Stage 1 Certificate or Direct Assessment

Duration: 3 Days
Cost: £160
Times: 09:30 – 16:30
Dates: 14 – 16 April
23 – 25 April
28 – 30 May
21 – 23 July
28 – 30 July
4 – 6 August
11 – 13 August
18 – 20 August
27 – 29 August
27 – 29 October

Duration: 6 Sat Afternoons
Cost: £170
Times: 13:30 – 16:30
Dates: 12 April – 17 May
7 June – 12 July
13 Sept – 18 Oct

RYA Stage Three

A three day or six week course designed to advance your sailing skills. You'll learn about rigging, sailing techniques, capsized recovery and sailing theory. You'll also master how to sail in all directions in moderate conditions. Once Stage Three is achieved you are well on the way to becoming a competent sailor.

Prior experience required: RYA Stage 2 Certificate or Direct Assessment

Duration: 3 Days
Cost: £160
Times: 09:30 – 16:30
Dates: 14 – 16 April
23 – 25 April
28 – 30 May
21 – 23 July
28 – 30 July
4 – 6 August
11 – 13 August
18 – 20 August
27 – 29 August
27 – 29 October

Duration: 6 Sat Afternoons
Cost: £170
Times: 13:30 – 16:30
Dates: 12 April – 17 May
7 June – 12 July
13 Sept – 18 Oct

RYA Stage Four

This three day or six week course will give you the skills to sail in all directions in a crewed dinghy, concentrating on crew work and communication. By the end of the course you will have learned the skills to recover a man overboard, pick up a mooring and come alongside effectively.

Prior experience required: RYA Stage 3 Certificate or Direct Assessment

Duration: 3 Days
Cost: £160
Times: 09:30 – 16:30
Dates: 14 – 16 April
23 – 25 April
28 – 30 May
21 – 23 July
28 – 30 July
4 – 6 August
11 – 13 August
18 – 20 August
27 – 29 August
27 – 29 October

Duration: 6 Sat Afternoons
Cost: £170
Times: 13:30 – 16:30
Dates: 12 April – 17 May
7 June – 12 July
13 Sept – 18 Oct



RYA Advanced Modules

This course, designed for sailors who have progressed to a minimum of RYA Stage 3, builds on their previous experience and knowledge in a variety of different subjects.

The course will focus on improving your sailing knowledge, rigging and boat handling in a variety of craft, while also looking at different aspects of the RYA advanced modules which include Sailing with Spinnakers, Seamanship Skills and Start Racing.

Prior experience required: RYA Stage 3 Certificate or Direct Assessment

Duration: 2 Days

Cost: £115

Times: 09:30 – 16:30

Dates: 14 / 15 April
22 / 23 April
27 / 28 May
31 July / 1 August
14 / 15 August
30 / 31 October

Duration: 6 Sat Mornings

Cost: £170

Times: 09:30 – 13:00

Dates: 12 April – 17 May
7 June – 12 July
13 Sept – 18 Oct

adult windsurfing



RYA Start Windsurfing

A thorough introduction for the absolute novice, or those with very limited experience. After a short land based session on a simulator, we will give you plenty of practical time afloat with expert tuition. Using our fleet of the latest wide style beginner's boards, which are very stable and manoeuvrable, you can progress rapidly. Sessions on safety, equipment and relevant windsurfing theory will ensure you get the most from your course.

Prior experience required: None

Duration: 2 Days (Weekend)

Cost: £160

Times: 09:30 – 16:30

Dates: 17 / 18 May
19 / 20 July
16 / 17 August

Supervised Windsurfing

For those who have already completed Intermediate non-planing or are at the equivalent standard, we offer the opportunity for you to come to Cardiff Bay to practise your newly learnt skills. Please contact us should weather conditions be poor as sessions could be subject to cancellation. Getting certified to windsurf on Cardiff Bay could not be simpler. You should already be able to gybe/tack/use the harness/beach start/windsurf in control in 11 knots or over. This session should only take approximately 1 hour to complete. Please call to arrange.

Prior experience required: RYA Intermediate non-planing (inc Self Rescue) or Direct Assessment

Pass Cost: 1 Session: £15

Available Times:

Wednesdays: 18:00 – 21:00 9 April – 27 August
Sundays: 09:30 – 12:30 6 April – 5 October



RYA Stage One

A two day course for those with little or no experience, these courses will introduce the sport in a fun and enjoyable way. Using specialist junior equipment you should soon be whizzing across the waves and experiencing this exciting sport. For those that achieve the required standard a Stage One Certificate will be awarded.

Prior experience required: None

Duration: 2 Days
Cost: £115
Times: 09:30 – 16:30
Dates: 16 / 17 April
29 / 30 May
24 / 25 July
28 / 29 August

RYA Stage Two

A two day course for those who can already sail across the wind and back. This course will teach you how to tack & gybe, how to make progression towards and away from the wind and give you confidence in your ability. For those that achieve the required standard a Stage Two Certificate will be awarded.

Prior experience required: RYA Stage 1

Duration: 2 Days
Cost: £115
Times: 09:30 – 16:30
Dates: 24 / 25 April
31 July / 1 August



www.team15.org.uk

powerboat



RYA Powerboat Level 1

This course is a 1 day introduction to powerboats where you'll learn various boating techniques: preparing & launching the boat, basic boat handling and returning to the shore. You'll also find out about recovering the boat and the use of safety equipment.

Minimum age: 8

Assumed Knowledge: None

Duration: 1 Day

Cost: £110 (Based on 3 people attending)

Times: 09:30 – 16:30

Dates: Please contact our bookings office for availability.

RYA Safety Boat

This two day course provides the skills and knowledge you need in order to act as safety boat, escort craft or coach boat for a fleet of dinghies, canoes or windsurfers. You will receive practical instruction in boat recovery, towing of disabled and capsized craft, boat handling techniques and safety around persons in the water. This course is a must for anyone wishing to take an RYA Senior Instructor course.

Minimum age: 16

Prior experience required: RYA Powerboat Level 2

Duration: 2 Days

Cost: £220 (Based on 3 people attending)

Times: 09:30 – 16:30

Dates: Please contact our bookings office for availability.

RYA Powerboat Level 2

An 2 Day intensive course which provides a thorough introduction to boat handling skills. The course will use planing and/or displacement craft, and cover launching and recovery, high and low speed handling skills, coming alongside, picking up a mooring, man overboard, anchoring and essential theory.

Successful candidates can apply for the ICC (Power Coastal up to 10 M). Please ask for details when booking. This course is a must for anyone wishing to take an RYA dinghy instructor course.

Minimum age: 12

Assumed Knowledge: None

Duration: 2 Days

Cost: £220 (Based on 3 people attending)

Times: 09:30 – 16:30

Dates: 25 / 26 January
15 / 16 February
22 / 23 March
19 / 20 April
24 / 25 May
21 / 22 June
12 / 13 July
16 / 17 August
20 / 21 September
18 / 19 October
15 / 16 November
13 / 14 December

We can offer this course at other times as well. Please contact our bookings office for availability and details.

RYA Intermediate

This two day course aims to teach you the required knowledge to complete short coastal passages in daylight. The course covers both traditional and modern navigation techniques, passage planning and pilotage, how to deal with emergency situations, boat handling and an introduction to rough water handling.

Minimum age: 17

Assumed Knowledge: Competent to the standard of RYA Powerboat Level 2 (coastal)

Duration: 2 Days

Cost: £245 (Based on 3 people attending)

Times: 09:30 – 16:30

Dates: 5 / 6 April
9 / 10 August *

RYA Advanced

This course provides you with the skills and knowledge needed to operate safely in more demanding coastal waters. The course focuses on boat handling, seamanship, and navigation to that required to operate a powerboat in rough conditions and in darkness.

Minimum age: 17

Assumed Knowledge: Competent to the standard of RYA Intermediate Powerboat Navigation knowledge to Yachtmaster Theory standard. First Aid Certificate. VHF Short Range Certificate

Duration: 2 Days (Plus a night exercise)

Cost: £265 (Based on 3 people attending)

Times: 09:30 – 16:30

Dates: 8 / 9 March
13 / 14 September *

* Subject to demand more dates are available



“

I had my first proper sailing lessons in Cardiff in January 1998 and now I've sailed at the Olympics for Team GBR winning a Silver Medal in the 470 Class with Saskia. My dreams are coming true so why not try sailing, you never know, you might sail at the Olympics in the future.

”

Hannah Mills
470 Helmswoman
2012 Olympics



▲ Hannah Mills and Saskia Clark Olympic Silver Medal Winners 2012 © Richard Langdon/RYA

2012 Olympic 470 Silver medallists travelling flat out © Richard Langdon/RYA ▶



schools / onboard



Cardiff Sailing Centre provides educational activities for schools and young people from a single activity to week long programmes. Whether it's an end of school term activity day, alternative curriculum based study or part of Key Skills Development; we offer an extensive range of schools programmes and activities.

We can offer activities and courses at both our centres and offsite; catering for a wide range of groups, from a few children to a whole class. All courses run by the centre are designed to support Key Stages 2 - 4 of the National Curriculum.

Our adventure activities help to gain valuable life skills such as confidence, leadership, self esteem, motivation, problem solving ability, group communication and learning from success and failure.



OnBoard - Sailing & Windsurfing

Following RYA Stages 1 - 4, students will gain experience in sailing and windsurfing, delivered alongside the RYA OnBoard Scheme. Sailing and windsurfing provide a wide range of educational, personal and health benefits which enable young people to:

- Gain knowledge of fitness and health
- Personal/social development and build communication skills
- Select and apply skills, tactics and compositional ideas
- Evaluate and improve performance
- Earn a certificate from the RYA's sailing syllabus
- Have great fun into the bargain!
- Your local OB Development Officer (ODO) will help you to make all the logistical arrangements you need to get kids out on the water and can help you to address any LEA requirements including risk assessment.

They can come into the school and show pupils either as part of a lesson or an assembly what sailing and windsurfing are all about. Our aim is to make it as easy as possible for you to add sailing and windsurfing to your school sports curriculum or extra curriculum.

The South Wales OnBoard Development Officer can be contacted on:

Tel: 029 2087 7977

E-mail: wateractivity@cardiff.gov.uk



corporate & group bookings



We have been offering corporate and group activities for a number of years with great success. Between our excellent location in Cardiff Bay and the expertise of our dedicated staff, we can put together a program to suit your needs.

Corporate Bookings

Whatever line of business you are in, you cannot underestimate the value of adventure activities and team building. Cardiff Bay is an excellent location for outdoor pursuits, and takes full advantage of the bays impounded water area.

We have a range of experienced, highly qualified coaches and first rate equipment to enable you to come and try any of the following activities:

Premium Activities - £85 per person per half day, £140 per person Full day

- Sailing
- Windsurfing
- Powerboating

Standard Activities - £65 per person per half day, £105 per person Full day

- Raft Building
- Bell Boating
- Problem Solving

Please contact the Centre to discuss your requirements and receive a quote.

Group Bookings

We can cater for small or large groups, offering a range of exciting activities from raft building and problem solving, to dinghy sailing and powerboating. These activities are based around groups and we are happy to design a programme to suit each booking.

We excel in delivering day and week long activity programmes to youth groups, scout & guide groups, cadets, colleges, families & friends.

Every activity gives you the chance to learn new skills and improve teamwork.

Please contact the Centre for more information.



about the centre



About the Centre

Cardiff Sailing Centre is a specialist Royal Yachting Association (RYA) Training Centre, and is registered with the Adventure Activities Licensing Authority (AALA). In recognition of our services to sailing, we hold RYA Champion Club Status, host a team 15 windsurfing club and are both an RYA OnBoard and RYA Sailability Centre.

Managed by Cardiff County Council, the centre has been operating for over 35 years. The Centre has introduced thousands of individuals, families and schools to the exciting world of watersports.

The Centre offers a wide range of courses that will take you from being a complete novice to a fully qualified instructor or even an Olympic silver medallist. All ages are catered for through a comprehensive programme, where you can receive tuition on either a weekly basis, or by attending one of our many 2 or 3 day courses.

Over the years, we have taught many schools, families and other organisations to sail, windsurf and drive powerboats, with many participants coming back on subsequent courses to further their skills. Those who have already participated are coming back again and again to experience sailing, windsurfing and powerboating.

Our Staff

All members of the team are dedicated to ensuring that programmes are delivered to the highest professional standards.

All instructors hold appropriate National Governing Body Instructor/Coach qualifications from the Royal Yachting Association (RYA) and British Canoe Union (BCU), and have the

necessary relevant experience in the activities that they supervise. All staff are DBS checked

Our Courses

We offer access to watersports and land based activities in the heart of the city. In Cardiff Bay we have all the equipment you need for a fun and safe time.

We specialise in using a variety of vessels and each course is explained throughout the brochure. All activities are subject to weather conditions, which may result in the cancellation of the course. We will, however, endeavour to accommodate all booking commitments should cancellations occur.

Individual and group Bookings

If you have never experienced the thrill of water sports then now is your chance! We cater for both amateur and professional enthusiasts from age 8 upwards. Young people or adults can make a booking individually or as part of a larger group, selecting dates, times and activities. A group booking of over 20 people will need to be made as far in advance as possible.

Please contact the centre for further details.

Visiting us before making a booking

To find out more about the Centre in Cardiff Bay, you are welcome to come and have a look

around. Group leaders, parents and members of the group may be interested in having a tour of the facilities and watch the activities in action.

Access for All

Mentor Allan run programmes which help develop new opportunities for people with disabilities in the Cardiff area. We are a partner organisation delivering accessible adventurous activities through the 'Innovate Trust' on behalf of Mentor Allan and are committed to continuing this through 2014.

Environmentally Friendly

Most people these days are more than aware of the impact we all have on the environment. Those of us who spend our leisure time out of doors are very conscious about the need to protect the natural environment by adopting environmentally responsible practices.

We hold Green Dragon Level 5, the national environmental standard for Wales. This links into the overall sustainability policy of the Harbour Authority and Cardiff Council.

Our Prices and Qualifications

Our prices are listed in the tables under each course. Course price includes all tuition, equipment; logbooks and certificates where appropriate.

Youth charges apply to students aged 8 - 16 years.

All our courses follow the RYA syllabus. The student will be issued with the appropriate certificate if all the requirements of the Course are attained.

Catering

The Sailing Centre does not have any catering facilities on site, so it is recommended that you bring lunch with you when coming for a full day session.

The 'Barrage Café' is close to the Centre, and is usually available for hot & cold food & drinks. Alternatively, the shops at Mermaid Quay are a 10 min walk away along the Coastal Path.

About You

All participants should be confident in the water. If you are not water confident, please contact the Centre and we will be pleased to advise you.

If you are suffering from any illness or medical condition (asthma, diabetes etc), please enter this on your application form. All information is treated in confidence.

What to wear

Buoyancy aids, wetsuits and waterproofs are supplied by the centre, though you are more than welcome to bring your own.

You will receive details of what you need to bring for your course with your course confirmation letter.



**Cardiff Sailing Centre
Cardiff Bay Water Activity Centre
c/o Cardiff Harbour Authority
Queen Alexandra House
Cargo Road
Cardiff
CF10 4LY**

**Tel: 029 20 877 977
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Email: wateractivity@cardiff.gov.uk
www.cbwac.com**