

Youth Activities Programme

Summer Holiday's 2010



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ADVENTURE DAYS

The cost for each day is **£35**

Each day starts at 9am & finishes at 4.30pm

Minimum age 8 years

Activity

Dates

Hawk 20 Sailing Day

28th July & 4th, 11th, 18th & 25th August

An introduction to expedition sailing, working together with an instructor and 6 students in each boat. The day consists of a sail around Plymouth Sound and lunch at a local spot. Non certificated.

Kayaking & Canoeing Day
August

30th July & 6th, 13th, 20th & 27th

Try raft running or kayak polo. A playful introduction or an opportunity to practice paddling skills in a mixture of kayaks & open canoes. Non certificated.

Climbing & Abseiling Day

5th & 19th August

An introduction to climbing and abseiling on our local limestone beach crag. No experience needed. Non certificated.

Caving Adventure Day

10th & 24th August

Explore Devon underground in the limestone caves at Buckfastleigh. Everything is provided except Wellington Boots. Non certificated.

Single Handed Sailing Day
August

29th July & 5th, 12th, 19th & 26th

A one day taster session. This day is for beginners who would like to see if they enjoy the sport. Non certificated.

Windsurfing Adventure Day

3rd & 17th August

It's wet, its wild, its windsurfing. An opportunity to find out whether this popular sport is for you. Non certificated.

Coasteering Adventure Day

4th & 18th August

Challenge your climbing skills traversing the sea cliffs, challenge yourself jumping and swimming the gaps. A safety boat is in attendance and buoyancy aids are worn. Water confidence is essential. Non certificated.

Multi Activity Week (5 days)
August

26th July & 2nd, 9th, 16th & 23rd

£165

A combination of several adventure activities. These will be a mixture of fun Adventure Days e.g. kayaking, sailing, climbing. The weather will dictate which activities are available on which days. Non certificated.





Certificated Courses



<u>Activity</u>	<u>Cost</u>	<u>Dates</u>
BCU Paddlepower Passport Level 1/2 (2days) 16 th & 23 rd August	£70	26th July & 2nd, 9th,
This two day introductory course is for beginners or those with limited experience. You will be taught the basic skills of forward and reverse paddling, turning, and basic safety techniques including what to do in the event of a capsize. Skills will be taught using plenty of games.		
RYA Junior Powerboat Level 1 (1 day)	£65	29th July and 12th & 26th August
Learn how to drive a powerboat! This RYA course covers basic safety and boat handling skills. Minimum age 12 years. Certificates will be endorsed until the age of 16 for supervised use only.		
RYA Youth Sailing Stage 1 & 2 (5 days)	£230	26th July & 2nd, 9th, 16th & 23rd August
This course covers various aspects of sailing, including launching and recovery, steering, parts of the boat and basic sailing. By the end of the course you will have a range of sailing skills and background knowledge. You will be able to tack and control boat speed, have an understanding of basic principles and be well on the way to becoming a confident small boat sailor. Successful candidates will receive an RYA Qualification.		
RYA Youth Sailing Stage 3 (5 days)	£230	26th July & 2nd, 9th, 16th & 23rd August
On successfully completing a stage 3 course the sailor can make independent discussions as to, choice of course, sail setting, dagger board adjustment. They will also be able to happily sail upwind, downwind and around a triangular course.		
RYA Youth Sailing Stage 4 (5 days)	£230	26th July & 2nd, 9th, 16th & 23rd August
Youth scheme training generally takes place in single-handed dinghies; stage 4 concentrates on developing team work in crewed sailing boats. Allowing the sailors to develop the skills learnt in stage three. During a five day course this could include an introduction to racing, spinnaker handling and day sailing.		
RYA Youth Sailing Advanced (5 days)	£230	26th July & 2nd, 9th, 16th & 23rd August
This course requires a high level of sailing skill and covers the Sailing with Spinnakers and Performance Sailing modules of the National Sailing Scheme. It is suitable for those who hold the Stage 4 certificate or are at that level.		

N.B. ALL COURSES ARE SUBJECT TO A MINIMUM NUMBER OF PARTICIPANTS

www.mount-batten-centre.com



"Come out of your shell at the Mount Batten Centre!"



Kids Clubs



Saturday Youth Sailing Club - From Saturday 24th Apr – end of Nov

2010. £72.00 for 4 weeks. The morning session is designed for beginners and young sailors working towards their RYA Youth Sailing Stage 1 & 2. The afternoon sessions is designed for more advanced young sailors, working towards their stage 3 & 4.

Tuesday Junior Kayaking Club - From Tuesday 20th Apr – end of October 2010. £42.50 for 5 weeks. This club is aimed for 8 -12 year olds and held on Tuesday Evenings from 4.30pm until 7.30pm at a subsidised price of £8.50 a session. This has been achieved as the result of an Active England Grant which has been awarded for the development of a 'Young Paddlers Club'. You will work towards your Paddle Power Passport which is an exciting scheme which has been designed to meet the needs of young people. It has a youth centred approach which has five progressive levels taking the paddler to just beyond the BCU 1 star.

The Mount Batten Watersports and Activities Centre is experienced in delivering an outdoor education service not only to the people of Plymouth, but nationwide. It is staffed by qualified instructors and has full activity insurance.

All activities have been risk assessed and approved; we have been awarded the Adventurous Activities License and are a recognised RYA Teaching establishment.

The Mount Batten Watersports & Activities Centre is a member of the Institute of Outdoor Learning and has recently been awarded with the Learning Outside the Classroom Quality Badge. The centre is voluntarily registered with Ofstead and can therefore be classed as providing child care for young people whilst parents work, hence costs maybe offset by many parents.

How to Book your place

Booking are acceptable on a first come, first served basis on receipt of a fully completed booking form plus payment. We accept cash, cheque or most credit and debit cards. Cheques must be made payable to Mount Batten Park Ltd. Booking forms can be obtained at the Mount Batten Centre or online at www.mount-batten-centre.com.

Included in the full price of the course is all instruction, equipment and certificates (unless stated otherwise), transport to off site locations and parking for attendees.

Not included in the price is a packed lunch and change of clothes.

The Mount Batten Watersports and Activities Centre has changing rooms, hot showers, training rooms and a licensed bar. Our new Waterside Café serves light refreshments; opening times will vary during the winter season. Please ask for up to date details.

Accommodation - We have a range of comfortable, good value fully catered accommodation for up to 53 people in 23 rooms—twin, double, three or four bedded—many with spectacular waterside views. The rooms are simple but comfortably furnished with bunk style beds and hand basins. We have 4 en-suite rooms.

Wheel chair access to the rooms, toilets and showers plus a lift makes staying at the Centre easier.

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