

SUMMER 2013

# CALSHOT

## ACTIVITIES CENTRE



**SUPERB LOCATION  
EXCITING  
CHALLENGING  
BEGINNERS  
FAMILIES  
FUN**



[www.calshot.com](http://www.calshot.com) [www.calshot.com](http://www.calshot.com) [www.calshot.com](http://www.calshot.com)



DINGHY SAILING  
 POWERBOATING  
 WINDSURFING  
 CANOEING  
 ROCK CLIMBING  
 ARCHERY

FIRST AID  
 SKIING  
 SNOWBOARDING  
 TRACK CYCLING

# Welcome to CALSHOT!



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## Welcome to our Summer Brochure for 2013

Calshot is one of the largest outdoor adventure centres in Britain and offers a wide range of activities, for all abilities and age ranges. We offer residential and non-residential courses in an unrivalled number of exciting water and land based activities. Situated in a unique position on the shores of the Solent, its magnificent setting gives immediate access to the country's most popular watersports location. Ashore, historic hangars accommodate a state of the art climbing complex, the only indoor velodrome in Southern England and a dry ski slope. We have a reputation for excellence and professionalism and operate to the highest standards.

### GROUPS

If you have your own group, small or large, and would like to organise anything from a single activity session to a residential course, please contact our bookings department to discuss your requirements.

### COURSES FOR FAMILIES AND YOUNG PEOPLE

A number of our courses are nominated 'Family' courses and are open to youngsters of 14 upwards for watersports or 12 upwards for land based activities together with a participating adult. 16 and 17 year olds are welcome on their own (non-residential only). We also run a full programme of dedicated courses for under 16s.

### WHY CALSHOT?

- Our residential courses offer an inclusive package and are excellent value for money
- We offer an unrivalled number of land and water activities
- We have courses and activities for virtually every age group
- Many of our activities give you the opportunity to progress in your chosen sport, with beginners classes through to advanced instruction, which along with pay and play and supervised hire sessions give you the 'Complete Package'
- Coaching and instruction is to a high standard and provided by a team of qualified enthusiasts

These are just a few of the reasons you should choose Calshot, look through the rest of this brochure and we're sure you'll find more.

Find us on Facebook  
 @CalshotActs



### GETTING TO CALSHOT IS EASY!

We are only ten miles from the motorway network, less than 2 hours from London, within easy reach of Birmingham, Bristol and only 45 minutes from Portsmouth and Bournemouth. Southampton is 30 minutes by road and has a main-line railway station and regional airport.

# DINGHY SAILING WIND, WATER, SAILS - ACTION!

Join the Action. With immediate access to an excellent teaching location, a large fleet of dinghies to choose from and a team of experienced RYA Instructors to guide you, Calshot provides a dinghy sailing experience which is second to none.

Our teaching programme is designed to take you from complete beginner through to confident sailor. Our 'club' sessions provide an excellent opportunity for you to practice and develop new skills, with instructors providing safety cover and offering 'top tips'.

This complete package offers excellent value for money and is hassle free - no boat purchase, storage, maintenance etc, required!



## Our boats

Calshot has a large fleet of training dinghies carefully chosen to provide a wide range of safe and exciting learning opportunities.

- 7 RS FEVAS
- 2 TOPPER XENONS
- 1 LASER STRATOS
- 16 LASER PICOS
- 3 WAYFARERS
- 1 TOPPER BUZZ
- 2 DART 16 CATAMARANS
- 12 OPIES
- 8 LASER FUNBOATS

## COURSES FOR FAMILIES AND YOUNG PEOPLE

A number of our courses are nominated 'Family' courses and are open to youngsters of 14 upwards for watersports or 12 upwards for landbased activities together with a participating adult. 16 and 17 year olds are welcome on their own (non-residential only). Don't forget we also run sailing courses for young people, see page 7 and Family Sessions, see page 22.

## SINGLEHANDED COURSES

### Taster

**£50**  
Time: 0930 - 1230 or 1330 - 1630

Not sure if dinghy sailing is for you? Why not try this short fun session?. All specialist equipment is provided and following a short briefing you will soon be afloat discovering the enjoyment and freedom sailing offers. Your instructor will teach and support throughout. By the end of the session, for the vast majority of new sailors it's YES, I'd like to book a Level One course!

26 May (Sun am)	SSHT 1
13 July pm (Sat am)	SSHT 2
20 July (Sat am)	SSHT 3
4 Aug (Sun am)	SSHT 4
10 Aug (Sat pm)	SSHT 5
18 Aug (Sun am)	SSHT 6

## Two day courses

**£195** Non-residential includes lunches  
**£210** Residential includes lunches, one night B&B and evening meal on 1st day, Extra B&B £27 per night (subject to availability). **Price includes free 'club night' session worth £26**

Times: 0900 - 1730 (Sat)  
0900 - 1700 (Sun)

## Start Sailing RYA Level One

This fun and exciting course is the perfect introduction to singlehanded sailing. Your instructor will cover all the basics including rigging, launching, how to sail in all directions and capsizing recovery. You will spend most of the course afloat, however short theory sessions will ensure you have an understanding of topics such as tides and weather. By the end of the course you should be confident sailing in light winds under supervision.

20 - 21 April	SSHL1 1
11 - 12 May	SSHL1 2
25 - 26 May	SSHL1 3 Family
22 - 23 June	SSHL1 4
6 - 7 July	SSHL1 5
27 - 28 July	SSHL1 6 Family
24 - 25 Aug	SSHL1 7 Family
14 - 15 Sept	SSHL1 8
19 - 20 Oct	SSHL1 9

## ADULTS LEARN TO SAIL OPTIONS

Boat type	Class	Sailing information	Max teaching ratio
Singlehanded Dinghy	Pico, Feva and Funboat	These boats are sailed solo which means you helm all the time, allowing you to make considerable progress. While a little wetter and more physically demanding than crewed boats, singlehanders do offer the perfect weekend for those with a "go for it" attitude. Your instructor will coach and provide support from a powerboat.	1:6
Crewed Dinghy	Wayfarer, Stratos, Xenon Buzz Dart 16	These twin sail boats are crewed by up to 3 students. Initially, your instructor will be on board providing immediate feedback and guidance. As you progress (and provided the conditions are suitable) your instructor will move into a powerboat to provide further coaching.	1:3

## Basic Skills RYA Level Two

The perfect follow up for those having completed a single handed or a crewed dinghy 'Start Sailing' course. You will develop your sailing skills and knowledge to enable you to sail your boat more effectively and safely. By the end of the course you should be able to sail and make decisions in good conditions.

1 - 2 June	SSHL2 1 Family
13 - 14 July	SSHL2 2
3 - 4 Aug	SSHL2 3 Family
21 - 22 Sept	SSHL2 4

**Additional course dates are added throughout the year - please see [www.calshot.com](http://www.calshot.com) or phone 023 8089 2077 for details**

**Remember once you have completed your Level One course you can attend our Club sessions**

**COMPARING PRICES? REMEMBER OUR RESIDENTIAL COURSES ARE FULLY INCLUSIVE OFFERING EXCELLENT VALUE FOR MONEY.**



## DINGHY SAILING 'CLUB' SESSIONS

**£26** per session  
**£117** for 5 Sessions  
**£229** for 10 sessions or **£250** for all sessions, when block booked and paid for in one transaction. (All sessions option is for Max 17 sessions. If more than 5 sessions are cancelled we will refund £19 for each session subsequently cancelled).

### SAVE UP TO 40% BY BLOCK BOOKING

Time: Tuesdays 1800-2030  
Weekends 1000-1230 or 1330-1600

What better way to continue your sailing than at our club sessions. Instructors will be on hand to give 'top tips' and provide safety cover and every session will include a free optional coaching clinic. Bookings should be made in advance. Timings are inclusive of changing and rigging boats

Minimum sailing standard;

**Singlehanders** - RYA Level One, in crewed or singlehanders.

**Crewed Boats** - RYA Level Two, obtained in crewed boats.

**14 - 15 year olds who meet the above criteria can attend with participating adult.**

We will only cancel a session if the weather conditions make the risks unmanageable. e.g. Strong winds, fog etc.

23 April	CN 1
7 May	CN 2
21 May	CN 3
4 June	CN 4
18 June	CN 5
2 July	CN 6
13 July (Sat pm)	CN 7
16 July	CN 8
21 July (Sun am)	CN 9
23 July	CN 10
30 July	CN 11
10 Aug (Sat pm)	CN 12
20 Aug	CN 13
3 Sept	CN 14
8 Sept (Sun pm)	CN 15
22 Sept (Sun pm)	CN 16
28 Sept (Sat pm)	CN 17

## CREWED DINGHY COURSES

### Taster

**£63**  
Time: 0930 - 1230 or 1330 - 1630  
Not sure if dinghy sailing is for you? Always fancied trying it? Then our Taster session is for you. All specialist equipment is provided and following a short briefing you will soon be afloat discovering the enjoyment and freedom sailing offers. You will learn how to steer, balance and turn the boat under the direct supervision of your instructor, who will be on board throughout. By the end, we believe you will be hooked and keen to book a Level One course.

25 May (Sat am)	SCT 1
14 July (Sun pm)	SCT 2
21 July (Sun am)	SCT 3
3 Aug (Sat pm)	SCT 4
11 Aug (Sun pm)	SCT 5
17 Aug (Sat am)	SCT 6

**Linked courses - Look out for our linked courses which link level 1, 2 and 3 courses together to make a combined 4 day course. Make a linked booking and receive a 25% discount on the second course.**

## Two day courses

**£230** Non-residential includes lunches  
**£245** Residential includes lunches, one night B&B and evening meal on first day Extra B&B £27 per night (subject to availability). **Price includes free 'club night' session worth £26**

Times: 0900 - 1730 (Sat)  
0900 - 1700 (Sun)

## Start Sailing RYA Level One

Using Wayfarer dinghies, our instructors will take you through all the basics of sailing, including rigging, launching, steering and balancing the boat. Most of the course will be spent afloat learning the practical aspects of the sport, however short theory sessions will also be included, to ensure you have a good understanding of topics such as tides, weather and personal equipment.

11 - 12 April (Thur-Fri)	SL1 1 Family linked course
27 - 28 April	SL1 2
11 - 12 May	SL1 3
8 - 9 June	SL1 4
13 - 14 July	SL1 5
12 - 13 Aug (Mon-Tue)	SL1 6 Family Linked course
17 - 18 Aug	SL1 7 Family Linked course
7 - 8 Sept	SL1 8
5 - 6 Oct	SL1 9

## Basic Skills RYA Level Two

An ideal follow up for those who have completed the Level One course, or for those with some previous helming experience. We aim to give you in-depth tuition in launching and recovery, coming alongside, sailing the boat effectively around a triangular course and the ability to deal with an accidental capsizing. Wayfarers or one of our other crewed boats will be used on this course.

13 - 14 April	SL2 1 Family linked course
1 - 2 June	SL2 2
20 - 21 July	SL2 3
14 - 15 Aug (Wed-Thur)	SL2 4 Family linked course
19 - 20 Aug (Mon-Tue)	SL2 5 Family linked course
14 - 15 Sept	SL2 6
12 - 13 Oct	SL2 7

**Once you have completed your Level Two why not join us on our 'club' sessions?**

## Better Sailing RYA Level Three

This course enables you to gain more confidence in the skills and techniques already learned, in Levels One and Two, and introduces a taster of the Advanced modules. The programme will aim at better individual performance. Depending on the prevailing weather conditions, it could include; more skilful tacking, gybing and upwind sailing, rig and boat tuning, introduction to spinnakers and sailing in stronger winds. Boats used could include Wayfarers, Laser Stratos or Topper Xenons.

11 - 12 May	SL3 1
21 - 22 Aug (Wed-Thur)	SL3 2 linked course



# DINGHY SAILING COURSES FOR YOUNG PEOPLE

## WIND, WATER, SAILS – ACTION!

### INSTRUCTOR COURSES

#### Instructors pre-entry assessment

Prior to attending a Dinghy Instructors course all candidates must pass a pre-entry sailing assessment.

**£110**

Time: 0900 – 1700

23 March (Sat)	DPE 1
6 July (Sat)	DPE 2
19 Oct (Sat)	DPE 3

#### RYA Dinghy Instructor

**£385** Non-residential includes lunches and evening meals

**£425** Residential as non-residential plus 4 nights B&B

Extra B&B available at £27 per night (subject to availability)

Times: 1000 start on first day  
Finish 1700 on last day  
Full timings on request

An intensive 5 day course run by RYA Coaches. The course will cover all aspects of the RYA syllabus including assessment by an RYA Coach/Assessor. Candidates should ensure they meet all the pre-entry requirements as laid out in the RYA Dinghy Coaching Handbook and Log Book G14.

8 – 12 April	SND 1
22 – 26 July	SND 2*
28 Oct – 1 Nov	SND 3

\*Also available residentially for 16/17 year olds



### RYA Senior Instructor

**£385** Non-residential includes lunches and evening meals

**£425** Residential as non-residential plus 3 nights B&B

Extra B&B available at £27 per night (subject to availability)

Times: 0900 (Mon)  
Finish 1700 (Thur)  
Full timings on request

An intensive four day training and assessment course for experienced RYA Instructors wanting to become fleet/sailing managers. Candidates must have the required experience and prerequisites as described in the RYA Dinghy Coaching Handbook/Logbook G14. A pre-course workbook must be completed, so early booking is recommended.

14 – 17 Oct	SNS 1
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### CORPORATE AND GROUP SAILING OR REGATTAS

Whether you are looking for a corporate day with a difference, an inland club wanting tidal experience, or an Association wanting to hold National championships, Calshot may be able to help, please contact us to discuss your specific requirements.

### PRIVATE TUITION

Fast track your personal performance with private tuition

	1 person
1.5 hrs	£80
3 hrs	£150
6 hrs	£260 (includes lunch)

Additional person(s) 50% extra. For 3 or more enquire about our group rates  
See booking conditions for own boat/craft training

**COMPARING PRICES? REMEMBER OUR RESIDENTIAL COURSES ARE FULLY INCLUSIVE OFFERING EXCELLENT VALUE FOR MONEY.**



### OPPIE TASTERS FOR 5-9 YR OLDS

**NEW**

**£40**

Time: 0900 – 1230 each day

A half day taster for 5-6 year olds to have their first introduction to sailing, or those aged 7-9 who want to try sailing before committing to a RYA Stage 1 course. The session will have an emphasis on fun, confidence building and having a go. No RYA stages will be achieved during this session and parents/guardians need to remain on site during the course.

26 July (Fri am)	STJ 1
2 Aug (Fri am)	STJ 2

### TWO DAY COURSES

**£150** non-residential includes lunches

Times: 0900 – 1630 each day

#### Oppie Sailing for 7 – 11 year olds RYA Stage One

For beginners, or those with little experience, this course is an excellent introduction to the fun and excitement of dinghy sailing.

4 – 5 May (Sat-Sun)	SL1J 1
28 – 29 May (Tue-Wed)	SL1J 2
29 – 30 May (Wed-Thur)	SL1J 3
6 – 7 July (Sat-Sun)	SL1J 4
22 – 23 July (Mon-Tue)	SL1J 5
24 – 25 July (Wed-Thur)	SL1J 6
29 – 30 July (Mon-Tue)	SL1J 7
31 July – 1 Aug (Wed-Thur)	SL1J 8
5 – 6 Aug (Mon-Tue)	SL1J 9
12 – 13 Aug (Mon-Tue)	SL1J 10

#### RYA Stage Two

For those having completed their Stage One, this course helps develop confidence further and introduce new techniques and skills.

13 – 14 July (Sat-Sun)	SL2J 1
24 – 25 July (Wed-Thur)	SL2J 2
31 July – 1 Aug (Wed-Thur)	SL2J 3
7 – 8 Aug (Wed-Thur)	SL2J 4
14 – 15 Aug (Wed-Thur)	SL2J 5

Our sailing courses are designed to develop young peoples skills in a fun and enjoyable way, whilst following the RYA Young Sailors Scheme. Under the guidance of a qualified instructor children will gradually be introduced to new skills and techniques with the aim of developing their confidence in and understanding of the sport.

Instruction takes place on sheltered water with safety boats always in attendance and a maximum ratio of 6 students to 1 instructor. On completion of each stage the appropriate certificate will be issued free of charge, logbooks can be purchased through our shop and all completed sections will be signed by your instructor. Courses are fully supervised. In the event of adverse weather, alternative activities will be provided.



### RESIDENTIAL WEEKS RYA DINGHY SAILING COURSES

**10 – 13 and 13 – 16 years**

**£385** Non-residential, includes lunches and evening meal

**£435** Residential, as non-residential plus 5 nights B&B. These courses run from Sunday to Friday.

#### Stage One/Two

For those with little or no previous sailing experience this is a great introduction to the sport. All the basics will be introduced in a fun and exciting way.

21 – 26 July (13-16yrs)	H3
4 – 9 Aug (10-13 yrs and 13-16yrs)	H10 or H11
18 – 23 Aug (10-13yrs)	H18

#### Stage Three/Four

For those holding the Stage Two award (or sail at that level) this course will introduce youngsters to more advanced sailing skills and double handed boats.

21 – 26 July (10-16yrs)	H4
4 – 9 Aug (10-16yrs)	H12

#### Performance Sailing and Spinnaker Course

This course is designed to refine techniques, develop skills and make sailing more efficient. Topics covered include upwind performance, use of tell tales, better tacking and gybing, and an introduction to spinnakers. Youngsters should hold a Stage Four award or be at that level before joining this course.

18 – 23 Aug (10-16yrs)	H19
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#### Pico Sailing for 11 – 16 year olds RYA Stage One

A fun way to start dinghy sailing, using these versatile singlehanded boats. Our expert instructors will teach you how to rig, launch and sail these lively and exciting dinghies and soon have you skimming across the waves.

29 – 30 May (Wed-Thur)	SL1Y 1
29 – 30 July (Mon-Tue)	SL1Y 2
5 – 6 Aug (Mon-Tue)	SL1Y 3
12 – 13 Aug (Mon-Tue)	SL1Y 4

#### RYA Stage Two

For those who already have their Stage One, this course aims to develop skills and confidence further, as well as introducing new techniques required to achieve the Stage Two award.

31 July – 1 Aug (Wed-Thur)	SL2Y 2
7 – 8 Aug (Wed-Thur)	SL2Y 3
14 – 15 Aug (Wed-Thur)	SL2Y 4

**FOR MORE DETAILS ON OUR RESIDENTIAL WEEKS INCLUDING MULTI ACTIVITY COURSES, ADVENTURE PLUS AND COURSES FOR 8 – 10 YEAR OLDS SEE PAGES 14-15**

# POWERBOATING FUN, FAST, AND EXHILARATING

Professional tuition is increasingly seen as vital to safe powerboating and is essential if you are taking your boat abroad. In many countries the International Certificate of Competence (ICC) is a requirement. Calshot has a range of fast planing craft available for all levels of the RYA scheme. For corporate clients we are able to tailor courses and dates to individual requirements.

## FAMILY AND YOUNG PEOPLE COURSES

A number of our courses are nominated 'Family' courses and are open to youngsters of 14 upwards with a participating adult or 16 and 17 year olds on their own (non-residential only).

## RYA LEVEL TWO - NATIONAL POWERBOAT CERTIFICATE (PLANING)

**£270** Non-residential includes lunches  
**£290** Residential as non-residential plus one night B&B and evening meal on first day. Extra B&B £27 per night (subject to availability). **RYA Start Powerboating Handbook included in course fees.** Passport photo required for certificate.

Time: 0900 - 1730 (Sat)  
0900 - 1700 (Sun)

An intensive course which provides a thorough introduction to boat handling skills. The course uses planing craft, and covers launching and recovery, high and low speed handling skills and essential theory. Successful candidates can apply for the ICC (Power/Coastal up to 10 M), ask for details when booking.

3 - 4 April (Wed-Thur)	PL2 1 Family
27 - 28 April	PL2 2
25 - 26 May	PL2 3 Family
22 - 23 June	PL2 4
20 - 21 July	PL2 5
10 - 11 Aug	PL2 6 Family
21 - 22 Sept	PL2 7
12 - 13 Oct	PL2 8



**COMPARING PRICES? REMEMBER OUR RESIDENTIAL COURSES ARE FULLY INCLUSIVE OFFERING EXCELLENT VALUE FOR MONEY.**

## PRIVATE HIRE/CORPORATE EVENTS

Whether you're entertaining clients, looking for something different to do with the family or seeking to motivate your staff then we have the answer. We are able to offer half or full day RIB experiences around the Solent. Using our 6.3 metre RIB, with a fully qualified driver you can navigate around one of the most popular and varied stretches of water in Britain. Visits to contrasting ports and estuaries are possible, including those based on the Isle of Wight or you could get a close up view of the Needles, one of the country's most recognisable landmarks. For large groups we are able to charter additional craft as required. Contact us for full details and to discuss your requirements.



## RYA SAFETY BOAT COURSE

**£195** Non-residential includes lunches  
**£210** Residential, as non-residential plus 1 night B&B and evening meal on 1st day Extra B&B £27 per night (subject to availability)

Time: 0900 - 1730 first day  
0900 - 1700 second day

This course will introduce you to the techniques required to provide safety or support cover to a range of craft, particularly sailing and windsurfing. Other topics will include towing, communication and rescuing other water users. Candidates must hold a Powerboat Level Two Award and a First Aid Qualification is strongly recommended.

20 - 21 April	PLS 1
3 - 4 Aug	PLS 2
28 - 29 Sept	PLS 3

## RYA INSTRUCTOR COURSES

### Instructor Skills Assessment

**£60** Non residential (If you book one of our Powerboat Instructor courses at the same time you'll receive a 5% discount off the combined price)

Time: 1330 - 1700 (Mon)

Prior to attending a Powerboat Instructors course all candidates must pass a skills assessment, run by a RYA Powerboat Trainer. Candidates for this course should already hold a Level Two Powerboat certificate. Full details of the assessment can be provided on request or can be found at [www.ryatraining.org.uk](http://www.ryatraining.org.uk)

29 April	PINPE 1
21 Oct	PINPE 2

## RYA Powerboat Instructor

**£335** Non-residential includes lunches and evening meals  
**£370** Residential as non-residential plus 2 nights B&B. Extra B&B £27 per night (subject to availability)

Times: 0900 start on first day  
Finish 1700 on last day  
Full timings on request

This intensive course covers the teaching of Levels One and Two of the RYA Scheme and includes practical sessions afloat and teaching theory. Candidates must have the pre-requisites (including skills assessment) and experience as outlined in the RYA Powerboat Instructors Handbook G19.

30 April - 2 May (Tue-Thur)	PINS 1
22 - 24 Oct (Tue-Thur)	PINS 2

## COURSES FOR YOUNG PEOPLE

### RYA Level Two 12 - 16 year olds

**£235** Non-residential includes lunches  
**RYA Start Powerboating Handbook included in course fees.** Passport photo required for certificate.

Time: 0900 - 1730 first day  
0900 - 1700 second day

This intensive course follows the same syllabus as the adult course and aims to promote safe and responsible powerboat driving to young people. The course is ideal for those with access to a powerboat, youngsters interested in developing their marine skills and knowledge and for those working towards RYA Instructor awards. Participants will use both wheel and tiller steered boats during this course.

The RYA would not recommend under 16's being left in charge of a powerboat without adult supervision. Successful candidates will be awarded a certificate endorsed as follows 'The holder should only use powercraft under the supervision of a responsible adult'

28 - 29 May (Tues-Wed)	PBL2Y 1
29 - 30 Oct (Tue - Wed)	PBL2Y 2

**Private Tuition:** Fast track your personal performance with private tuition

	1 person
1.5 hrs	£80
3 hrs	£150
6 hrs	£260 (includes lunch)

Additional person(s) 50% extra, for 3 or more enquire about our group rates. See booking conditions for own boat/craft training

# 'NO LIMITS' 7 - 19 YR OLDS

## 'No Limits' 7 - 19 yr olds

Our successful 'No Limits' sessions are designed to provide fun, challenging and exciting activities for those with a range of disabilities and their siblings. Using variations of standard and adaptive equipment we aim to make every activity accessible and inclusive. Activities include - Ski slope activities, inclusive cycling, archery, rock and rope and shooting

Sessions are subsidised, for Hampshire County Council residents, through 'Inspiring You' funding.

**£15** HCC Residents per session  
**£25** Out of County per session  
Time: 0930 - 1230

Rock n Rope and Archery  
27 April NL 1

Slope activities inclusive Cycling  
25 May NL 2

Motorboat trip  
6 July NL 3

Sit on Top and Rafted Kayaks  
3 Aug NL 4

**Other 'No Limits' sessions will be added throughout the year. Please see [www.calshot.com](http://www.calshot.com) or phone 023 8089 2077 for details**



# FIRST AID

For instructors and others working in the outdoor industry, Calshot is the ideal venue for first aid training. Our trainers are also coaches at the highest level in a range of outdoor activities. Using that experience they will ensure that your training is relevant and focussed on practical strategies to use in an emergency.

## ITC First Aid Courses

Immediate Temporary Care courses have an unrivalled reputation amongst outdoor activity instructors. ITC courses are practical and hands on. The scenario based syllabus ensures plenty of opportunity to put first aid training into direct practice. A large part of each course is spent outside - these are not the usual classroom based first aid courses!

## ITC Outdoor First Aid Course

This 2 day course is suitable for all outdoor workers and satisfies the requirements of most governing bodies including MLTB, BCU, RYA, BASI and BOF.

**£175** Non Residential includes lunch on both days  
**£190** Residential includes lunch on both days, evening meal on first day and one night Bed and Breakfast Extra Bed and Breakfast £27 per night (subject to availability)

Time: 0900 - 1730 first day  
0900 - 1700 second day

2 - 3 March (Sat-Sun)	FAR 2
11 - 12 May (Sat-Sun)	FAR 3
22 - 23 June (Sat-Sun)	FAR 4
4 - 5 Nov (Mon-Tue)	FAR 5
9 - 10 Dec (Mon-Tue)	FAR 6

## Group Courses

For schools and groups we offer bespoke first aid courses from 1 to 3 days duration and certificated through a range of HSE recognised organisations. Please phone for further details.

# VHF



## VHF MARINE RADIO SHORT RANGE CERTIFICATE (SRC) COURSE

This course covers the basic operation of VHF radios, Global Maritime Distress and Safety Systems (GMDSS) and Digital Selective Calling (DSC). The centre provides computer simulation programmes and training radios for practical, routine, emergency and other procedures. No previous experience is required, however, it is strongly recommended that students are familiar with the phonetic alphabet and have read RYA publications-VHF Radio (inc. GMDSS), code G22 and VHF Afloat (by Sara Hopkins) and VHF Radio SRC Assessments, code G26, prior to the course. These books are available from our shop.

**£85 + £30** administration fee payable to the RYA, includes lunch  
Time: 0900 - 1730

19 Feb (Tue)	SRC 1
13 June (Thur)	SRC 2



# WINDSURFING EXCITING, DYNAMIC AND ADDICTIVE

Windsurfing is one of the most exciting watersports on offer. Thanks to its unique location, Calshot offers the ideal venue with both sheltered water for the novice and open water for the more experienced.

Once you have mastered the basics you will be able to progress through our regular 'Club' sessions, under the guidance of an instructor who will provide safety cover and offer top tips. An excellent range of modern boards and rigs are available for immediate use. This complete package offers excellent value for money and is hassle free – book a board, sail, go home – easy!

## Courses for Families and Young People

A number of our courses are nominated 'Family' courses and are open to youngsters of 14 upwards for watersports or 12 upwards for landbased activities together with a participating adult. 16 and 17 year olds are welcome on their own (non-residential only). Don't forget we also run windsurfing courses for young people, see page 11 and Family Sessions, see page 22.

## WINDSURFING TASTER

**£50**

Times: 0930 – 1230 or 1340 – 1640

A great session for those that just want to have a go or try before booking a full RYA course. After a short landbased briefing you will soon be afloat experiencing this energetic and dynamic sport. Your instructor will be on hand to provide instruction and support throughout.

22 June (Sat am)	WT 1
7 July (Sun am)	WT 2
3 Aug (Sat am)	WT 3
18 Aug (Sun am)	WT 4
8 Sept (Sun am)	WT 5

## RYA Start Windsurfing

**£195** Non-residential includes lunches  
**£210** Residential includes lunches, one night B&B and evening meal on first day  
Extra B&B £27 per night (subject to availability)

\*Price includes free 'club' session worth £26

Times: 0900 – 1730 (Sat)  
0900 – 1700 (Sun)

A thorough introduction for the absolute novice or those with very limited experience. After a short landbased session on a simulator, we will give you plenty of practical time afloat with expert coaching. We use the latest wide-style beginner boards, which are very stable and manoeuvrable, allowing you to progress rapidly. Sessions on safety and equipment will ensure you get the most from your course.

25 – 26 May	WL 1
22 – 23 June	WL 2
6 – 7 July	WL 3
20 – 21 July	WL 4
3 – 4 Aug	WL 5
17 – 18 Aug	WL 6
14 – 15 Sept	WL 7
19 – 20 Oct	WL 8

## RYA Intermediate Windsurfing

**£195** Non-residential includes lunches  
**£210** Residential includes lunches, one night B&B and evening meal on first day  
Extra B&B £27 per night (subject to availability)

Times: 0900 – 1730 first day  
0900 – 1700 last day

Once you have completed a Start Windsurfing course the next move is an Intermediate course. Using the FASTFWD coaching formula you will develop your skills and be able to use this throughout your windsurfing, whatever your level, whatever the manoeuvre. The course will cover non-planing and planing techniques (conditions permitting).

If you would like to acquire the tools to progress further in windsurfing then this is the course for you.

11 – 12 May	WL2 1
7 – 8 Aug (Wed-Thur)	WL2 2 Family
21 – 22 Sept	WL2 3
30 – 31 Oct (Wed-Thur)	WL2 4 Family

## Windsurfing 'Club' sessions

**£26** per session, five sessions for **£117**, ten sessions for **£229** or all sessions for **£250**, when block booked in one transaction. All session option is for Max 17 sessions. **If more than 5 sessions are cancelled we will refund £19 for each session subsequently cancelled.**

**SAVE UP TO 40% BY BLOCK BOOKING**

Times: Weekday: 1800 – 2030  
Weekends: 1000 – 1230 or 1330 – 1600 (please note these

times are inclusive of rigging and changing)

For those who have already completed a Start Windsurfing course, we offer the opportunity to use our equipment to practise your newly learned skills under our safety umbrella. Windsurfing takes place when there is sheltered water available. Bookings should be made in advance.

14 – 16 year old who meet the above criteria can attend with a participating adult.

Please note we will only cancel a session if the weather conditions make the risks unmanageable. e.g. Strong winds, fog etc.

23 April	CN 1
7 May	CN 2
21 May	CN 3
4 June	CN 4
18 June	CN 5
2 July	CN 6
13 July (Sat pm)	CN 7
16 July	CN 8
21 July (Sun am)	CN 9
23 July	CN 10
30 July	CN 11
10 Aug (Sat pm)	CN 12
20 Aug	CN 13
3 Sept	CN 14
8 Sept (Sun pm)	CN 15
22 Sept (Sun pm)	CN 16
28 Sept (Sat pm)	CN 17



## 24-7 Boardsports

Established in 1982, you can rely on us to give you the best help & advice.

Vast stocks & the UK's Premier Demo Fleet for Windsurfing - Kitesurfing Kayaks & Stand Up Paddle Boarding

Multi sport Clothing inc. Wetsuits, Boots, Gloves, Buoyancy Aids, etc.

**Qualified and Enthusiastic staff**  
**Rigging & tuning advice included**  
**New - Used - Spares - Repairs**

## Here to help you have MORE FUN!

On the beach, near site entrance with free Parking while visiting the shop.

## Fantastic Kitesurfing & S.U.P. Courses

Everything you need is here, all year round, so drop in, call, or visit our website to see great equipment and get the best Help & Advice possible for all your watersports needs!

**Buy Right - Spend Less - Get More!**

Tel: 02380 894000  
Email: sales@24-7boardsports.com  
www.24-7boardsports.com



# WINDSURFING FOR YOUNG PEOPLE

We offer windsurfing courses based on the RYA Youth Windsurfing Scheme, which is designed to introduce and develop young people's skills in a fun and enjoyable way. Using small, light-weight equipment, specifically designed for children, youngsters will be quickly up and sailing under the guidance of their instructor. Instruction takes place in small groups and sheltered water with safety boats always in attendance. Certificates are provided free of charge. This is an excellent course to gain all the basic windsurfing skills, after which many youngsters go on to join the 'Calshot Flyers' junior windsurfing club. In the event of bad weather, alternative activities will be provided.

## RYA Stage One

**£150** Non-residential includes lunches  
Times: 0900 – 1630 each day

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

8 – 12 year olds

5 – 6 Aug (Mon – Tue) WL1J 1

12 – 16 year olds

1 – 2 June (Sat – Sun) WL1Y 1

7 – 8 Aug (Wed – Thur) WL1Y 2

## Residential weeks RYA Windsurf courses for 10 – 13 and 13 – 16 years

**£385** Non-residential includes lunches and evening meal

**£435** Residential, as non-residential plus 5 nights B&B. These courses run from Sunday to Friday

## Stage One/Two

For those with little or no previous windsurfing experience this is a great introduction to the sport. All the basics will be introduced in a fun and exciting way. Using small, light-weight equipment, specially designed for children, youngsters will be quickly up and sailing under the guidance of their instructor. The course will follow the RYA Youth Windsurfing Scheme. So as not to miss out on the centre's exciting landbased activities, one day will



be shore-based with the opportunity to take part in activities such as climbing, skiing and archery.

28 July – 2 Aug (10-13yrs)	H8
18 – 23 Aug (13-16yrs)	H17

## Calshot Flyers Junior Windsurfing Club for 8 – 18 year olds

Prices to be confirmed Spring 2013

Times: 1800 – 2000 evenings  
1000 – 1230 weekends

'Calshot Flyers' is an independent club run by fully qualified volunteers and meets regularly on Mondays and Wednesdays during the Summer and Saturdays in the Autumn. It provides youngsters from 8-18 the opportunity to progress in a safe, friendly and fun environment. Most members usually take a two day Stage One course before joining the club. Coaching and instruction will be given at all levels and for those that are interested the fun and excitement of racing will be introduced.

If you are interested in joining the Flyers contact;

Paul Lewis  
paul@calshotflyers.org.uk  
023 8089 4125

or Andrew Wood  
drew@calshotflyers.org.uk  
07850 347421

All memberships and sessions are administered by the club.

Evenings

22, 24 April
8, 20, 22 May
3, 5, 17, 19 June
1, 3, 15, 17 July
5, 12, 14, 19 Aug
2, 4 Sept

Saturdays

7, 21 Sept
5 Oct

**For more info on our children's Adventure Holidays see pages 24-25.**

**Private Tuition:** Fast track your personal performance with private tuition

1.5 hrs	£80
3 hrs	£150
6 hrs	£260 (includes lunch)

Additional person(s) 50% extra, for 3 or more enquire about our group rates. See booking conditions for training using your own kit.  
RYA Instructor Courses

## RYA Start Windsurfing Instructor

**£385** Non-residential includes lunches and evening meals

**£425** Residential as non-residential plus 4 nights B&B

Extra B&B available at £27 per night (subject to availability)

Times: 1000 start on first day  
Finish 1700 on last day  
Full timings, including evening timings on request

This course covers the skills needed to teach and assess the RYA Start Windsurfing course. Candidates should be at the sailing level defined by the RYA, possess a valid first aid certificate and hold a Level Two Powerboat Certificate.

8 – 12 April	WSI 1
22 – 26 July	WSI 2*
28 Oct – 1 Nov	WSI 3

## RYA Intermediate Windsurfing Instructor

**£360** Non-residential includes lunches and evening meals

**£395** Residential as non-residential plus 3 nights B&B

Extra B&B available at £27 per night (subject to availability)

Times: 1000 start on first day  
Finish 1700 on last day  
Full timings on request

This four day course incorporates the 'non planing' and 'planing' elements within the new Intermediate syllabus. Much of the focus will be on coaching skills and in particular the use of the FASTFWD coaching model. Candidates should hold a Start Windsurfing Instructors Award. Successful candidates will be awarded an Intermediate 'non planing' or Intermediate 'planing' Instructor certificate depending on personal sailing standard and performance on the course. A valid First Aid Certificate is also required.

14 – 17 Oct	WNII 1
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# CANOEING AND KAYAKING FREEDOM AND ADVENTURE

Kayaking and canoeing are hugely popular due to the variety, freedom and adventure they offer. Whether it's a relaxed paddle along a canal or a more challenging coastal journey, paddlesport really does offer something for everyone. We have a variety of teaching locations and instant access to more challenging waters, all with the Solent and the Isle of Wight as an impressive backdrop. As a BCU Recognised Centre we offer courses at all levels, using an impressive fleet of over 100 kayaks and canoes. Our team of BCU qualified coaches are ready to help, whether you have a problem keeping your kayak in a straight line or are planning an advanced expedition.

## COURSES FOR FAMILIES AND YOUNG PEOPLE

A number of our courses are nominated 'Family' courses and are open to youngsters of 14 upwards for watersports or 12 upwards for landbased activities together with a participating adult. 16 and 17 year olds are welcome on their own (non-residential only). Don't forget we also run kayaking courses for young people, see page 13 and Family Sessions, see page 22.

### Sit-on Top / Kayak Taster

**£50**

Time: 0930 – 1230 or 1330 – 1630

The perfect session for those waiting a short introduction to paddlesports. You can choose to use either a Sit-on-Top or closed cockpit kayak or even give both a go! All specialist equipment is provided and following a short briefing you will soon be afloat discovering the enjoyment and freedom the sport offers.

20 April (Sat pm)	KT 1 Family
19 May (Sun pm)	KT 2
26 May (Sun pm)	KT 3
23 June (Sun am)	KT 4 Family
7 July (Sun pm)	KT 5
27 July (Sat pm)	KT 6

### Beginners BCU One Star Kayak

**£95** Non-residential includes lunch

Time: 0900 – 1700

A perfect course to introduce the fun and excitement of paddling your own boat and to learn the fundamentals. In the sheltered waters around Calshot Spit, one of our experienced instructors will go through all the strokes and safety considerations required to achieve the One Star award. You will also have the chance to paddle

a variety of different boats, such as, specialist sea kayaks and touring boats and discover the different characteristics of each design. This is especially useful for those considering buying their own boat.

27 April (Sat)	K1S 1
4 May (Sat)	K1S 2 Family
2 June (Sun)	K1S 3
22 June (Sat)	K1S 4
28 July (Sun)	K1S 5 Family
4 Aug (Sun)	K1S 6 Family
10 Aug (Sat)	K1S 7 Family
31 Aug (Sat)	K1S 8 Family
28 Sept (Sat)	K1S 9
6 Oct (Sun)	K1S 10
26 Oct (Sat)	K1S 11 Family

**COMPARING PRICES? REMEMBER OUR RESIDENTIAL COURSES ARE FULLY INCLUSIVE OFFERING EXCELLENT VALUE FOR MONEY.**

### Kayak Improver

**£95** Non-residential includes lunch

Time: 0900 – 1700

If you've completed a One Star Kayak course and you want to develop your skills, knowledge and experience further then this is the course for you. During the day the strokes you were introduced to during the one star course will be further developed and new strokes, such as those to help prevent capsize, will also be introduced. You will also practice some rescue techniques and take part in a short local journey.

5 May (Sun)	KI 1
13 July (Sat)	KI 2 Family
11 Aug (Sun)	KI 3 Family
1 Sept (Sun)	KI 4

**Private Tuition:** Fast track your personal performance with private tuition

	1 person
1.5 hrs	£80
3 hrs	£150
6 hrs	£260 (includes lunch)

Additional person(s) 50% extra, for 3 or more enquire about our group rates. See booking conditions for own boat/craft training.

### BCU Two Star Training (New Syllabus)

**£175** Non-residential includes lunches

**£190** Residential includes lunches, one night B&B and evening meal on 1st day

Extra B&B £27 per night (subject to availability)

Times: 0900 – 1730 Sat  
0900 – 1700 Sun

For paddlers who already possess the basic skills, this course provides a balanced programme to prepare candidates for the Two Star Assessment. You will use both kayaks and canoes during the course and develop a good understanding of double and single bladed paddling. Not forgetting that paddling a kayak or canoe should be fun, we introduce new techniques and skills to help develop your boat control and confidence. At the end of the course you will be given an action plan so you can fully prepare for the Two Star Assessment.

8 – 9 June	K2S 1 Family
24 – 25 Aug	K2S 2 Family

### BCU Two Star Assessment (New Syllabus)

Please contact the centre for details

### Introduction to Sea Kayaking

**£95** Non-residential includes lunch

Time: 0900 – 1700

If you are at or above BCU One Star level, this one day course is ideal for gaining an insight into this ever popular branch of kayaking. There will be an opportunity to try a variety of different boats and to take part in a short local journey.

28 April (Sun)	SKD 1
5 May (Sun)	SKD 2
23 June (Sun)	SKD 3
14 July (Sun)	SKD 4
29 Sep (Sun)	SKD 5



### SEA KAYAK ADVENTURE

If you have already cracked the basics, then this trip is the perfect way to extend your paddling, and to explore the coastline from a very different perspective.

#### Calshot-Lepe-Calshot

**£95** Non-residential  
Time: 0900 – 1700 (Sat)

This day paddle is an excellent first full day trip. Following the coastline from Calshot you will have excellent views across the Solent towards the Isle of Wight. En route there will be plenty to see, including racing yachts, commercial vessels and if lucky a close up view of an ocean liner. If time permits we will explore the entrance of the Beaulieu River. Lunch will be taken ashore before the return journey. This trip covers about seven miles. You will need a packed lunch and drinks for this trip.

Pre-course experience – you should have completed a BCU One Star course and an Introduction to Sea Kayaking day, or be of equivalent standard, before booking this course.

17 August	SKA 1
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### OUTRIGGER CANOEING – ALOHA!

Hugely popular in Hawaii, the west coast of the United States and Australia this is a growing sport in the UK. Our two OC6 boats, based on traditional designs, are stable six person craft which are great fun, good exercise and a little bit different. They are an excellent way to promote teamwork and communication within a work based team or for a group of friends to have a fun and very different experience afloat.

We have a perfect location in which to introduce the sport, with immediate access to sheltered waters. Once the basics have been mastered, the more challenging waters of the Solent are on our doorstep.

Why not put together a group of friends or colleagues for a day or half day of paddling? Dates and sessions will be tailored to the group and can include races, local or more extended journeys to locations such as Lepe or the Isle of Wight. Prices from £320 per group. Contact our Bookings office for more information.

# KAYAKING FOR YOUNG PEOPLE

We offer kayaking courses based on the BCU junior coaching scheme 'Paddlepower'. Operating in two age groups, 7-11 and 11-16, we introduce children to the fun and excitement of paddling their own boat. Instruction takes place in the sheltered waters around Calshot Spit or in our outdoor canoe pool. With a maximum instructor to student ratio of 1:8 each child will get plenty of feedback and guidance. With lots of games and activities it won't be long before the group are setting off on their first mini expedition!

### BCU Paddlepower 'Start'

**£40**

Time: 0930 – 1230

The Start course is aimed at those with no previous experience of paddling, and will introduce you to the sport in a fun and enjoyable way. With your instructor's help you will quickly learn the basics and be enjoying the thrill of paddling and controlling your own boat.

26 July (Fri am)	KPSJ 1
6 August (Tue am)	KPSJ 2

9 June (Sun am)	KPSY 1
23 August (Fri am)	KPSY 2

### BCU Paddlepower 'Passport'

**£145** includes lunch

Time: 0900 – 1630 each day

If you've tried kayaking before and are keen to develop your skills further then the 'Passport' course is for you. Lots of fun games will be used to help you develop your paddling skills, confidence and boat control. You will also have the chance to try different types of boats and take part in some short journeys!

7 – 11 year olds	
28 – 29 May (Tue-Wed)	KPPJ 1
15 – 16 June (Sat-Sun)	KPPJ 2
20 – 21 July (Sat-Sun)	KPPJ 3
19 – 20 Aug (Mon-Tue)	KPPJ 4
11 – 16 year olds	
28 – 29 May (Tue-Wed)	KPPY 1
15 – 16 June (Sat-Sun)	KPPY 2
20 – 21 July (Sat-Sun)	KPPY 3
21 – 22 Aug (Wed-Thur)	KPPY 4

**Sit-on-Top Family sessions – Adults and accompanied children (8yrs +)**  
See page 22 for full detail.

Additional course dates are added throughout the year – please see [www.calshot.com](http://www.calshot.com) or phone 023 8089 2077 for details.



# ADVENTURE HOLIDAYS AND SAILING WEEKS FOR CHILDREN GREAT FUN, NEW FRIENDS, UNFORGETTABLE MEMORIES

Calshot Adventure and Sailing holidays are a great mix of adventure, challenge, excitement and fun. Our top class facilities, excellent equipment and experienced staff combine to make a stay at Calshot a truly memorable experience.

With a full programme of activities throughout the day and into the evening, Calshot really does provide an action packed week to share with friends new and old.

## KIDS READ HERE!

Not only is Calshot great fun, but it's also an ideal place to learn a new sport, get active and challenge yourself. Our watersports take place in one of the best locations on the South coast, which along with excellent kit will ensure you are soon skimming across the waves. Ashore you will have the chance to climb on one of the biggest indoor climbing walls in Britain, ski indoors and maybe even ride the indoor cycle track, just like the ones seen at the Olympics.

You will leave Calshot with new friends, unforgettable memories and a great sense of achievement.



## MULTI ACTIVITY ADVENTURE 8 - 10 AND 10 - 13 YEARS

### Week long courses

**£375** Non-residential includes lunches and evening meals

**£425** Residential as non-residential plus 5 nights B&B

### Part week

**£225** Non-residential includes lunches and evening meals

**£255** Residential as non-residential plus 3 nights B&B

An exciting course, providing a great introduction to a wide range of adventure activities. Don't worry if you have not done them before, we will introduce them step by step, in an exciting and enjoyable way. The programme will include a selection of our adventure activities which includes Skiing, Rock Climbing, Abseiling, Archery, Orienteering, Problem Solving, Canoeing, Sailing and Windsurfing.

Working in small groups you are sure to meet new friends, try lots of challenging activities and have plenty of fun along the way.



## ADVENTURE PLUS 13-16 YEARS INCLUDING POWERBOATING AND SNOWBOARDING

**£405** Non-residential includes lunches and evening meals

**£450** Residential as non-residential plus 5 nights B&B

If you're looking for a challenging and exciting week then look no further than Adventure Plus. Not only will you Ski, Climb, Abseil and Track Cycle, you'll also Snowboard, spend a day rock climbing on the sea cliffs at Swanage or Portland, paddle a 6 person ocean-going Hawaiian outrigger canoe and if that's not enough you'll also navigate the Solent on board a 6.3 metre RIB, helmed by an experienced instructor. In this powerboat with a top speed of over 25 knots and weather permitting a visit to the Isle of Wight is possible.

## RYA DINGHY SAILING 10 - 13 AND 13 - 16 YEARS

**£385** Non-residential includes lunches and evening meals

**£435** Residential as non-residential plus 5 nights B&B

An exciting week for those who want to specialise in the ever popular sport of sailing. Courses are based on the RYA Young Sailors Scheme and will give beginners and advanced sailors alike the opportunity to develop their skills under the guidance of our experienced instructors. Instruction takes place in small teaching groups and sheltered water with safety boats always in attendance. Certificates are provided free of charge. So as not to miss out on the centre's exciting landbased activities, one day will be shore-based with the opportunity to take part in activities such as climbing, skiing and archery.

### STAGE ONE/TWO

For those with little or no previous sailing experience this is a great introduction to the sport. All the basics will be introduced in a fun and exciting way.

### STAGE THREE/FOUR

For those holding the Stage Two award or needing a re-cap on Stage Three this course will introduce more advanced sailing skills, and introduce young sailors to double handed boats.

### PERFORMANCE SAILING/ SPINNAKER COURSE

This course is designed to refine techniques, develop skills and make sailing more efficient. Topics covered include upwind performance, use of tell tales, better tacking and gybing, and an introduction to spinnakers.

## RYA WINDSURF COURSES 10 - 13 AND 13 - 16 YEARS

**£385** Non-residential includes lunches and evening meals

**£435** Residential as non-residential plus 5 nights B&B. These courses run from Sunday to Friday.

### STAGE ONE/TWO

For those with little or no previous windsurfing experience this is a great introduction to the sport. All the basics will be introduced in a fun and exciting way. Using small, light-weight equipment, specially designed for children, youngsters will be quickly up and sailing under the guidance of their instructor. The course will follow the RYA Youth Windsurfing Scheme. So as not to miss out on the centre's exciting landbased activities, one day will be shore-based with the opportunity to take part in activities such as climbing, skiing and archery.

# PARENTS - ALL YOU NEED TO KNOW

## Safety

The safety of your child is our prime consideration. Calshot is registered with the Adventure Activities Licensing Service, as licensed to provide specified activities under the following headings: Watersports, Abseiling, Rock Climbing, Hill Walking and Mountaineering. Licence details can be confirmed by calling the Licensing Service. Tel: 029 2075 5715.

We also adhere to the stringent safety standards of Hampshire County Council. We adhere to and, in many cases exceed the safety standards laid down by the major governing bodies of sport. All watersports take place under the direct supervision of qualified British Canoe Union and Royal Yachting Association Instructors and all our other activities are taught by appropriately qualified staff.

## DURATIONS

### Week long courses

Week long holiday courses start at 1600 on Sundays, include high tea on arrival, and finish at 1400 on Friday. For those booking non-residentially, courses start at 0850 on Monday and finish each day at 1830, following evening meal, except Friday when the finish time is 1400.

### Part week courses for 8 - 10 yr olds

Part week courses start at the same time as our week long courses but finish at 1400 on Wed. These shorter courses are designed for the younger age group, who might find a full week away from home too long.

## EQUIPMENT

We provide all the specialist equipment, including wetsuits, all of which is maintained to a high level by our professional technical staff.

## STAFF

Unlike many adventure holiday operators, Calshot runs for 12 months of the year and the majority of our teaching staff are permanent and full time. We have a rigorous and ongoing staff training programme.

## ACCOMMODATION

Children are accommodated in a mixture of twin, triple and larger four to eight bunked rooms. Whenever possible we use the smaller rooms. Ample toilets and showers are available on each corridor.

We try to meet all reasonable requests for friends of the same sex to share rooms.

## SUPERVISION

We offer a full activity programme throughout the day and evening. Evening activities include competitions, problem solving and group tasks, badminton, table tennis, five-a-side football and an end of course disco. At night specialist residential staff will ensure the safety and wellbeing of your children and are on call at all times.

## PARENTS

We are very aware that when sending your children to a residential centre you need to have total confidence in our ability to care for and look after your children. We are pleased to answer any questions you may have, discuss any issues with which you are concerned or arrange a visit, prior to booking. Please contact us to make an appointment.

## CHILDCARE VOUCHERS

We are able to accept child vouchers for our holiday courses. Please contact us for further details.

## PRICES

There are no hidden extras in our fees. Prices include a full programme of activities, all specialist equipment, 24 hour supervision (residential), meals/ accommodation and drinks during breaks. Children may want a small amount of pocket money to purchase souvenirs from our shop, to use the payphones and for those with an off-site element to their programme, some ice cream money!!! Pocket money can be looked after in the Centre's safe if required.

**COMPARING PRICES? REMEMBER OUR RESIDENTIAL COURSES ARE FULLY INCLUSIVE, OFFERING EXCELLENT VALUE FOR MONEY.**

## WEEKS AND PART WEEKS

Courses	21 - 26 July	21 - 24 July Part week	28 July - 2 Aug	4 - 9 Aug	4 - 7 Aug Part week	11 - 16 Aug	18 - 24 Aug
Multi Activity 8 - 10		H5			H13		
Multi Activity 10 - 13	H1		H6	H9		H14	H16
Adventure Plus 13 - 16	H2		H7			H15	
RYA Windsurf 10 - 13			H8				
RYA Windsurf 13 - 16							H17
RYA Dinghy Stage One/Two 10 - 13				H10			H18
RYA Dinghy Stage One/Two 13 - 16	H3			H11			
RYA Dinghy Stage Three/Four 10 - 16	H4			H12			
RYA Performance and Spinnaker Course 10 - 16							H19



# ROCK CLIMBING CHALLENGE AND ADRENALINE

Awesome! That is simply the only way to describe the climbing available at Calshot. Calshot's climbing facilities rate amongst the biggest and best in the country, with over 1200 m2 of climbing and over 80 rope lines. We have a wide range of routes from easy angled lower walls, for a gentle introduction, through to our massive overhangs and roofs, giving routes over 14m in length, guaranteed to test the best.

For beginners of all ages we run a variety of courses from taster sessions, through to becoming an independent climber able to attend our recreational sessions.

Climbers extend your skills further with our lead climbing courses and coaching clinics, and why not venture outdoors with our real rock programme.

## Recreational Use

Open to competent climbers able to demonstrate safe belaying techniques. Equipment hire available.

## SUMMER HOURS (APRIL – OCTOBER)

**Monday, Tuesday and Friday**  
1800 – 2200 (Last climb 2145)

**Wednesday and Thursday**  
1400 – 2200 (Last climb 2145)

**Saturday**  
1000 – 1730 (Last climb 1715)

**Sunday and Bank Holidays**  
1000 – 1700 (Last climb 1645)

Check our website for details of our extended winter opening hours  
[www.calshot.com](http://www.calshot.com)

<b>Adult Members £8.90</b>	Off peak £7.60
<b>Adult Members (concs) £7.90</b>	Off peak £7.00
<b>Adult Visitors £10.50</b>	Off peak £10.50
<b>Under 18s £7.00</b>	Off Peak £6.20

## Monthly membership (30 days unlimited visits)

Adult members: £50  
Adult Members (concs): £45  
Under 18s: £35

## Monthly Direct debit membership (min term 6 months)

£35 per month

## Annual Membership registration fee £6.00

Off peak hours Wednesday and Thursday, entry before 1700 and all day Saturday.

Prices applicable from 1 April 2013.

## Family Climbing Sessions

**£15** for one adult and two children including free kit hire  
Time: Saturdays from 1500 until closing

An ideal chance for families to climb together even if the parents are only individual members of the wall and could not normally sign their children in. Our staff will be on hand to give top safety tips where necessary.

## FAMILY AND YOUNG PEOPLE COURSES

Many of our courses are nominated "Family" courses, open to youngsters of 12 upwards with an accompanying adult or 16 and 17 year olds on their own. Don't forget we run climbing courses for young people, see pages 18 – 19.

Additional course dates are added throughout the year – please see [www.calshot.com](http://www.calshot.com) or phone **023 8089 2077** for details

## TASTER SESSIONS

**£23**  
Time: 1900 – 2030  
This fun short session for those who wish to have a go to see what the sport is all about. You will get a chance to scale our roped walls, belay - hold the ropes for other course members - and have a go on our bouldering wall. All specialist equipment provided.

3 Apr (Wed)	RCT 4 Family
7 May (Tue)	RCT 5 Family
5 June (Wed)	RCT 6 Family
2 July (Tue)	RCT 7 Family
7 Aug (Wed)	RCT 8 Family
3 Sept (Tue)	RTC 9 Family

## BEGINNER COURSES

**£85 Adults** (and under 18 on Family courses)  
By far our most popular climbing course and an excellent way to learn the basics of this exciting sport. Our experienced instructors will give you instruction on general climbing safety, belaying your climbing partner, knots, rope work and safe use of climbing equipment, together with lots of practical climbing enabling you to become a competent top rope climber. Having completed this course, most participants age 16 plus should be able to pass the assessment required to use the wall during the recreational sessions. Under 16's will be able to climb with their parents on the family climbing sessions on Saturdays and/or join the level 2 NICAS course in our Limpets climbing club (see pages 18 – 19)

One years membership of the wall is included (normal entry fees apply). All specialist equipment provided.

Alternatively you could learn to climb on our Touching Stone Courses.

## Two evenings

Time: 1900 – 2200

8, 15 Jan (Tue)	RCBE 1 Family
30 Jan, 6 Feb (Wed)	RCBE 2
19, 26 Feb (Tue)	RCBE 3 Family
13, 20 Mar (Wed)	RCBE 4
16, 23 Apr (Tue)	RCBE 5
15, 22 May (Wed)	RCBE 6 Family
4, 11 June (Tue)	RCBE 7
26 June, 3 July (Wed)	RCBE 8 Family
17, 24 July (Wed)	RCBE 9
13, 20 Aug (Tue)	RCBE 10 Family
11, 18 Sept (Wed)	RCBE 11

## One day

Time: 0930 – 1630 (Lunch included)

20 Jan (Sun)	RCBD 1
9 Feb (Sat)	RCBD 2 Family
3 Mar (Sun)	RCBD 3
23 Mar (Sat)	RCBD 4 Family
14 April (Sun)	RCBD 5
4 May (Sat)	RCBD 6
26 May (Sun)	RCBD 7 Family
15 June (Sat)	RCBD 8
7 July (Sun)	RCBD 9 Family
3 Aug (Sat)	RCBD 10
25 Aug (Sun)	RCBD 11 Family
14 Sept (Sat)	RCBD 12 Family

## REAL ROCK COURSES

### Touching Stone

**£95**  
Time: 0830 – 1830

### AN INTRODUCTION TO REAL ROCK

These are ideal for total beginners and indoor wall climbers your opportunity to have your first go at climbing on real rock at Portland. Following a similar format to the climbing wall courses, climbing will be on top ropes set up by your instructor. Instruction, minibus transport from Calshot and specialist equipment included. You will need a packed lunch and drinks for this trip.

14 April (Sun)	RRD 1 Family
31 May (Fri)	RRD 2 Family
20 July (Sat)	RRD 3 Family
21 Sept (Sat)	RRD 4 Family

### Moving Outside

**£136 Adults Only**  
Time: 0830 – 1830

### INDEPENDENT CLIMBING ON REAL ROCK

This course is for experienced indoor lead climbers looking to start climbing on real rock by themselves. We will teach you the safety skills needed to move outside on to real rock climbs. Topics covered include route finding, setting up top ropes, sport climbing, placing traditional protection, setting up belays. Instruction, minibus transport from Calshot and specialist equipment included.

11 May (Sat)	RRS 1
21 July (Sun)	RRS 2
22 Sept (Sun)	RRS 3

## COURSES FOR CLIMBERS

### Climbing Refresher Course

**£23 Adults only**  
Time: 1900-2030

For those with previous experience of climbing wishing to update their knowledge before taking the assessment for recreational climbing.

16 Jan (Wed)	RCR 1
13 Feb (Wed)	RCR 2
12 Mar (Tue)	RCR 3
3 April (Wed)	RCR 4
7 May (Tue)	RCR 5
5 June (Wed)	RCR 6
2 July (Tue)	RCR 7
7 Aug (Wed)	RCR 8
3 Sept (Tue)	RCR 9

### Indoor Leading

**£50 Adults only**  
Time: 1900 – 2200

This course covers the basic skills needed by climbers wishing to move from top roping to leading indoors. Subjects covered include clipping the rope, lead belaying, equipment and climbing technique.

29 Jan (Tue)	RCLE 1
27 Mar (Wed)	RCLE 2
14 May (Tue)	RCLE 3
10 July (Wed)	RCLE 4
10 Sept (Tue)	RCLE 5

### Climbing Clinics

**£34 Adults only**  
Time: 1900 – 2200 (Tue)

These clinics provide coaching in small groups to improve one aspect of your climbing. Each month will concentrate on a different climbing technique. Your coach will analyze your current climbing skills and give you top tips and exercises which will help you to improve your climbing.

30 April – Body position & balance	RCC 1
28 May – Faster Clipping	RCC 2
25 June – Steep ground techniques	RCC 3
30 July – Training for climbing	RCC 4
27 Aug – Footwork	RCC 5
24 Sept – Falling	RCC 6

## PERSONAL COACHING AND PRIVATE TUITION

With this bespoke service we can tailor a coaching or instruction session just for you. Coaching input can range from developing a personalised training plan to a specific coaching session in a particular climbing technique. Instruction can vary from improvised rescue to multi-pitch climbing. The options are endless.

These courses are normally best suited to individuals or small groups. Sessions length can vary from 45 minutes to a whole day or a series of weekly sessions. Instruction can take place at the climbing wall or on real rock.

Please contact us on 02380 892077 to discuss your requirements.

45 mins	£50	1 person
1.5 hrs	£80	
3 hrs	£150	
6 hrs	£260 (includes lunch)	



# CLIMBING COURSES FOR YOUNG PEOPLE

Progression through our youth climbing courses will take complete beginners, teach them the basics of the sport, through to making them independent climbers. We provide a safe, fun environment for all levels of young climber from 4-18 split into three age groups. Rock Hoppers for 4-7 year olds, Barnacles for the 7-10 year olds and Limpets for 10-18 year olds.

For each age group we run introductory courses giving them a taste of the sport as well as instruction in safety, techniques and procedures. Individuals can then join the regular club sessions where they will do lots of climbing as well as further instruction on climbing technique and the safety systems used. The Limpets club follows the new National Indoor Climbing Achievement Scheme (NICAS) with club members working towards the five levels of certification as part of the club sessions.

## ROCK HOPPERS 4-7 year olds

### INTRODUCTORY COURSES

**£16**

Time: 0930-1030 (Sat) or 1400-1500 (Sat)

A great introduction to climbing. The session will be a mixture of bouldering and traversing on the low walls combined with one roped climb belayed by the instructor. These one hour sessions work on a 1:6 instructor ratio to ensure plenty of climbing.

5 April (Fri)	RH 4
12 April (Fri)	RH 5
20 April (Sat)	RH 6
18 May (Sat)	RH 7
15 June (Sat)	RH 8
20 July (Sat)	RH 9
17 Aug (Sat)	RH 10
21 Sept (Sat)	RH 11

## ROCK HOPPERS CLUB

### Alternate Sunday afternoons

**£11 per session**, payable each term in advance. All remaining sessions in the term must be paid for at the time of booking  
Time: 1545 - 1645

Contact the centre for term dates.

This is a fun club where the climbing will involve lots of games & challenges on the traversing & bouldering walls. Each session will also include one or two roped climbs. Each week you will have a chance to complete a challenge to win a sticker for your own Rock Hoppers sticker sheet.

## BARNACLES 7-10 year olds

### INTRODUCTORY COURSES

Each course will give the participants a chance to do plenty of climbing as well as learn the basics of how to belay (hold the rope) for each other. During the course participants will progress from the 'easy'

6m high novice walls to our larger and more challenging walls. They will have the opportunity to play a variety of climbing games and have a go on our bouldering wall. They will also be taught the important safety procedures needed to make climbing a safe and enjoyable sport.

### Two sessions

**£45**

Time: 0915 - 1230 (Sat)

9, 16 Feb	BS 1
9, 16 Mar	BS 2
25 May, 1 June	BS 3
6, 13 July	BS 4
7, 14 Sept	BS 5

### 1 Day courses (lunch included)

**£45**

Time: 0900 - 1630

19 Jan (Sat)	BD 1
18 Feb (Mon)	BD 2
24 Mar (Sun)	BD 3
4 April (Thurs)	BD 4
8 April (Mon)	BD 5
28 April (Sun)	BD 6
19 May (Sun)	BD 7
8 June (Sat)	BD 8
21 July (Sun)	BD 9
18 Aug (Sun)	BD 10
22 Sept (Sun)	BD 11

Extra day courses may be run during the summer holidays contact us centre for details 023 8089 2077 or [www.calshot.com](http://www.calshot.com)

## Barnacles club

**£52 per month Direct Debit or £156 per quarter**

Time: Sundays 0900 - 1045 or Tuesdays 1630 - 1800

The aim of this club is to give the club members as much climbing as possible in a safe environment. Club sessions will involve plenty of roped climbing, climbing games and bouldering, as we try to develop each club member's climbing ability. Club members will be able to work towards our own Barnacles climbing and safety awards. These courses are run every week throughout the year (except for two weeks at Christmas and bank holidays) and individuals can join at any time on completion of the introductory course providing there are spaces.

## LIMPETS 10-18 year olds

The Limpets club follows the National Indoor Climbing Achievement Scheme (NICAS) with club members working towards the five levels of certification as part of the club sessions. Calshot is a Primary Centre for this Scheme. This scheme is designed to give participants an exciting and structured introduction to climbing. It then aims to develop each individual to become competent and accomplished climbers. Using a log book, climbers record their progress through the scheme, logging climbs, belays and boulder problems that they need to complete for each level of the award. The five level of the award are

Level 1	'Foundation climber'
Level 2	'Top rope climber'
Level 3	'Technical climber'
Level 4	'Lead climber'
Level 5	'Advanced climber'

### Introductory level 1 courses

These courses give participants a basic introduction to climbing, covering climbing technique, equipment, safety, belaying and knots. The course includes a NICAS log book part 1 (covering levels 1 and 2).

### Two sessions

**£49**

Time: 0930 - 1230 (Sat)

26 Jan, 2 Feb	LS 1
23 Feb, 2 Mar	LS 2
27 April, 4 May	LS 3
22, 29 June	LS 4
24, 31 Aug	LS 5



## 1 Day courses (lunch included)

**£49**

Time: 0900 - 1630

12 Jan (Sat)	LD 1
10 Feb (Sun)	LD 2
19 Feb (Tue)	LD 3
16 Mar (Sat)	LD 4
3 April (Wed)	LD 5
9 April (Tue)	LD 6
21 April (Sun)	LD 7
11 May (Sat)	LD 8
9 June (Sun)	LD 9
14 July (Sun)	LD 10
10 Aug (Sat)	LD 11
15 Sept (Sun)	LD 12

## Intermediate and advanced NICAS level 2 - 5 courses

These are normally run as part of our limpets climbing clubs, although we do run some concentrated NICAS level 2 courses during some school holidays.

### Concentrated NICAS Level 2 Course

Open to anyone who has attended a NICAS Level 1 course or a family introductory course (they do not need to have completed their Level 1).

**£115**

Time: 0900 - 1630 days 1 & 2, 0900 - 1230 day 3

20 - 22 Feb (Wed-Fri)	LL2 1
10 - 12 April (Wed-Fri)	LL2 2

### Limpets Climbing Clubs

These clubs meet every week. Club members can climb and boulder under the supervision of our instructors. Club nights will be a mixture of training and assessment for the NICAS awards and supervised climbing allowing them to log climbs for their awards. Club members complete the awards at their own pace. From time to time we also organise trips to other walls and real rock. (There may be an extra charge for these.)

These courses are run every week through out the year (except for two weeks at Christmas and bank holidays) and individuals can join at any time on completion of the introductory course providing there are spaces.

**£52 per month Direct Debit or £156 per quarter**

Time: Sunday Club 1100 - 1230 or Monday Club 1800 - 1945

These are both intermediate clubs concentrating on NICAS levels 2 and 3 only. Club members must have attended a NICAS Level 1 course or a family introductory course (they do not need to have completed their Level 1). Thursday Club 1800 - 1945  
Our advanced club runs NICAS level 3, 4 and 5 courses only. Club members must have completed their NICAS level 2 before joining this club.

Additional course dates are added throughout the year - please see [www.calshot.com](http://www.calshot.com) or phone 023 8089 2077 for details



## CALSHOT CLIMBING SQUAD

This is an independent club for young climbers interested in competition climbing. This Squad provides specific coaching for competition climbing and takes squad members to local, regional and national climbing competitions. Squad members must be climbing regularly outside of squad sessions and be willing to follow set training plans. The squad meets and climbers with the support of but independent from Calshot Activities Centre.

See their web site for further details. [www.calshotclimbingsquad.co.uk](http://www.calshotclimbingsquad.co.uk)

# INSTRUCTOR AWARDS

We run the following nationally recognised climbing and walking awards produced by the Mountain Training Boards. Each award follows a similar format, candidates -

- register for the award with the Mountain Training Board [www.mountain-training.org](http://www.mountain-training.org)
- attend a training course
- consolidate their skills & fulfil the experience requirements in their log books
- attend an assessment course.

### Climbing Wall Award

This award qualifies you to supervise others on artificial climbing walls. The syllabus includes teaching belaying, group management and coaching climbing movement. Candidates should have experience of leading routes at climbing walls and an interest in group supervision. Minimum ages - 17 training, 18 assessment.

### Single Pitch Award

This qualifies you to supervise others on single pitch crags and climbing walls. Skills covered include rope management, equipment and group management. Candidates should have experience of leading on traditional protection and an interest in group supervision. Minimum age 18.

### Climbing Wall Leading Award

This additional award for SPA and CWA holders will qualify you to teach lead climbing on a rtificial climbing walls. Skills covered include personal climbing, teaching lead belaying, and group management. Candidates should hold either the SPA or CWA and be lead climbing at 6a on indoor walls. Minimum age 18.

For more details on all instructor awards including dates and prices please see our web site, [www.calshot.com](http://www.calshot.com)

### Mountain Leader Award and Walking Group Leader Award

These awards for taking groups walking in the mountains and moorlands of the UK are run in conjunction with Hampshire County Council Education Department Outdoor Service see their web site [www3.hants.gov.uk/education/outdoor-education/oe-homepage/oe-training.htm](http://www3.hants.gov.uk/education/outdoor-education/oe-homepage/oe-training.htm) for details.



# TRACK CYCLING 'THE NEED FOR SPEED'

Calshot has the only indoor banked velodrome in the South of England. Used by a wide range of cyclists from novices to international standard. Come and experience the thrill of 'riding the boards', under the watchful eye of a coach.

Cycling on Calshot velodrome couldn't be easier. We offer five stages of progression, from the 'have a go' first timer, through to race ready track rider. However far you choose to go, everyone's a WINNER!

## FAMILY AND YOUNG PEOPLE COURSES

Not exclusively for families, courses marked family are open to adults and youngsters over 12. Come on your own, or why not bring your son or daughter along for the ride? Excellent fun for all the family.

### FITNESS LEVELS:

**Low:** A person who enjoys an active lifestyle

**Medium:** These people will participate regularly in aerobic activities eg cycling, swimming, running etc

**High:** These people will participate at least twice per week in aerobic activities

If you would like any advise on fitness level please contact use to discuss 023 80892077

### Stage 1 - TrackStart

Adults and children min age 12

£28 Adult

£23 U18s

Time: 0900 - 1030 Weekends  
1900 - 2030 Mondays

Fancy having a go at track cycling? We make it easy for you, providing shoes, helmets, bikes and great coaching. The sessions are designed to teach skills, build confidence and deliver fun and excitement! If you can ride a bike you can ride the Calshot track, so what are you waiting for?

### RECOMMENDED MINIMUM FITNESS LEVEL: LOW

6 April (Sat)	TS 11 Family
8 April (Mon)	TS 12
21 April (Sun)	TS 13 Family
29 April (Mon)	TS 14
11 May (Sat)	TS 15 Family
20 May (Mon)	TS 16
2 June (Sun)	TS 17 Family
10 June (Mon)	TS 18
22 June (Sat)	TS 19 Family
1 July (Mon)	TS 20
14 July (Sun)	TS 21 Family
22 July (Mon)	TS 22
3 Aug (Sat)	TS 23 Family
12 Aug (Mon)	TS 24
1 Sept (Sun)	TS 25 Family
2 Sept (Mon)	TS 26
21 Sept (Sat)	TS 27 Family
23 Sept (Mon)	TS 28

### Stage 2 - Let's Go Group Riding

Adults and children min age 12

£48 Adults

£37 Junior

Time: 0930 - 1230  
or 1400-1700 if indicated\*

For those cyclists who have had a TrackStart in the last 12 months and want to try the next exciting step of riding the track with others. The sessions look to build rider confidence, developing observation, bike-handling and cornering skills, as well as riding closer together before moving on to team pursuit-type drills. Riders will be assessed throughout the course. **Please note that progression to the next level is not guaranteed.**

### RECOMMENDED MINIMUM FITNESS LEVEL: MEDIUM

9 Feb (Sat)	FGR 2 Family
10 Mar (Sun)	FGR 3 Family
31 Mar (Sun)	FGR 4 Family
7 April (Sun)	FGR 5 Family
28 April (Sun)	FGR 6 Family
19 May (Sun)*	FGR 7 Family
16 June (Sun)*	FGR 8 Family
20 July (Sat)	FGR 9 Family
17 Aug (Sat)	FGR 10 Family
8 Sept (Sun)	FGR 11 Family

### Stages 1 and 2 - Slipstream!

£50 1 x 4 hr session (min age 16yrs)

£55 Adults 3 x 1.5 hr session

£45 U18's 3 x 1.5 hr session

(min age 12yrs)

Time: 1900 - 2030

SLIPSTREAM! - Stages 1 and 2... but fast!

SLIPSTREAM! Is the quickest way to progress from Track novice to Calshot's GAS sessions.

For riders in a hurry! Fast-track your way from track novice to GAS as we progress from basic skills like braking and steering, through riding closer together, to team pursuit drills.

SLIPSTREAM has a strong focus on skill development and track etiquette to progress riders and build confidence. Riders will be assessed throughout the course.

Additional course dates are added throughout the year - please see [www.calshot.com](http://www.calshot.com) or phone 023 8089 2077 for details

Please note that progression to the next level is not guaranteed.

### RECOMMENDED MINIMUM FITNESS LEVEL: MEDIUM

#### Three x 1.5 hr sessions (min age 12 yrs)

2, 9, 16 April (Tue)	SS 4
2, 9, 16 May (Thur)	SS 5
28 May, 4, 11 June (Tue)	SS 6
27 June, 4, 11 July (Thur)	SS 7
23, 30, July, 6 Aug (Tue)	SS 8
22, 29 Aug, 5 Sept (Thur)	SS 9
17, 24 Sep, 1 Oct (Tue)	SS 10

#### One 4hr session 0900 - 1300 Sat (min age 16 yrs)

20 April	SSD 1
18 May	SSD 2
15 June	SSD 3
6 July	SSD 4
10 Aug	SSD 5
7 Sept	SSD 6

### Stage 3 - GAS (Group Accelerator Session)

£26 inc bike and shoe hire

Times: Mid week 1900 - 2100  
Weekends as indicated

For graduates of SLIPSTREAM! and Group Riding. This session will develop group riding abilities and include sprinting techniques and drills for riding safely and effectively at higher speeds. Riders will be assessed throughout the course. **Please note that progression to the next level is not guaranteed.**

### RECOMMENDED MINIMUM FITNESS LEVEL: MEDIUM/HIGH

28 Mar (Thur)	GAS 4
21 April (Sun 1045 - 1245)	GAS 5
30 April (Tue)	GAS 6
30 May (Thur)	GAS 7
2 June (Sun)	GAS 8
22 June (Sat 1045 - 1245)	GAS 9
25 June (Tue)	GAS 10
7 July (Sun 1100 - 1300)	GAS 11
25 July (Thur)	GAS 12
3 Aug (Sat 1045 - 1245)	GAS 13
20 Aug (Tue)	GAS 14
31 Aug (Sat 0850-1050)	GAS 15
19 Sept (Thur)	GAS 16
14 Oct (Mon)	GAS 17

### Stage 4 - GAS Plus (Group Accelerator Session Plus)

£15 per session exc bike and shoe hire

Bike hire at £4.70 per session  
Times: 1900 - 2100 Wed

These sessions are great training opportunities for cyclists who have progressed from Stage 3. With a variety of drills offered, the emphasis will be on endurance riding, but the sessions will also include a sprint content.

### RECOMMENDED MINIMUM FITNESS LEVEL: HIGH

27 Mar
10, 24 April
8, 22 May
5, 19 June
3, 17, 31 July
14, 28 Aug
11, 25 Sept

## GROUPS, CLUBS AND PRIVATE LESSONS

If you are a group of friends wanting to try the track for the first time, a club wanting a training session or an individual wanting to try the track or develop your skill then we should be able to provide what you need. We can provide everything you need including bike, shoes, helmet and a coach (unless you can provide your own Calshot accredited coach). Contact our booking office for further details.

Private Tuition: Fast track your personal performance with private tuition

	1 person
45 mins	£50
1.5 hrs	£80
3 hrs	£150
6 hrs	£260 (includes lunch)



NEW

# BIKE MAINTENANCE

Whether you just want to service your own bike or you have a fleet of bikes to maintain, Calshot will have a VELOTECH course for you. All tools and bikes are provided, however students are welcome to bring their own, great for familiarisation and you'll leave with a fully serviced bike! All courses are delivered by qualified accredited technicians and approved by the Bicycle Association of Great Britain. For those completing a course successfully and requiring certification their is an additional fee of £25

## VELOTECH BRONZE

£100 (Lunch included)

Time: 0900 - 1730

An introduction to the basic maintenance and adjustment required to keep a bike in good working order. The course includes wheel assessing, gear set up, brake checks and adjustments, all covered in a very practical and hands on way. No previous experience is required.

2 March (Sat)	VELOB 3
20 April (Sat)	VELOB 4
10 June (Tues)	VELOB 5
6 July (Sat)	VELOB 6
27 Aug (Tues)	VELOB 7
21 Sept (Sat)	VELOB 8

## VELOTECH SILVER

£195 Non Residential (Lunches included)

£210 Residential (includes lunch both days, evening meal on 1st day and one nights Bed and Breakfast  
Extra Bed and Breakfast £27.50 per night (subject to availability)

Time: 0900-1730 first day  
0900-1700 second day

If you have a fleet of bikes to maintain or you want to raise your bike maintenance skills to a professional level then this is the course for you. By the end of the course you will be able to fully strip and reassemble a bike (excluding removal of bottom bracket and headset) and replace basic components, such as brakes and gears. No previous experience is necessary however an understanding of bike terminology such as 'rear derailleur' is helpful.

5-6 March (Tue-Wed)	VELOS 2
30 April - 1 May (Tue-Wed)	VELOS 3
1-2 June (Sat-Sun)	VELOS 4
3-4 Aug (Sat-Sun)	VELOS 5
5-6 Oct (Sat-Sun)	VELOS 6

## VELOTECH GOLD

£390 Non Residential (Lunches included)

£430 Residential (includes lunch both days, evening meal on 1st day and one night Bed and Breakfast)  
Extra Bed and Breakfast £27.50 per night (subject to availability)  
Time: 1000 start on first day  
Finish 1700 on last day. This course has some evening content.

The Gold award is perfect for those wanting greater depth to their knowledge. As with the silver award, the course is ideal for those with fleet maintenance responsibilities. The gold award also includes the removal and refitting of a head set and bottom bracket. No previous experience is required however it is beneficial to have the understanding and skills required to fulfil the silver award.

25-28 Feb (Mon-Thur)	VELOG 2
2-5 May (Thur-Sun)	VELOG 3
29 July-1 Aug (Mon-Thur)	VELOG 4
5-8 Sept (Thur-Sun)	VELOG 5

If you have your own group (min 4) who wish to complete a Velotec course and our published dates are not suitable then please contact us to discuss alternatives. Velotech courses are suitable for a variety of groups including youth service groups, shop staff and cycle clubs.



# FAMILY AND GROUP ACTIVITIES

If you're looking for excitement, challenge and enjoyment then you need look no further than a visit to Calshot. The range and quality of activities are exceptional and irrespective of your length of stay will provide a memorable experience. No previous experience is required, just a willingness to have a go.

## FAMILIES

### Dinghy Sailing – Adults and accompanied children (8yrs+)

**£50** Adults  
**£40** Under 18  
Time: 0930 – 1230

Using Laser Funboats and/or Picos your instructor will organise the group depending upon age, conditions and previous experience. Younger children will normally sail with a parent, sibling or another youngster. The group will all operate in the same area so it should be easy to see how everyone is getting on. Children must be accompanied by at least one participating adult, with a maximum of two children per adult. These sessions progress with the whole family in mind, and the structure of the session will depend on the group mix and conditions.

25 May (Sat am)	FTS 1
26 May (Sun am)	FTS 2
4 Aug (Sun am)	FTS 3
17 Aug (Sat am)	FTS 4

### Sit-on-Top Kayak – Adults and accompanied children (8yrs+)

**£50** Adults  
**£40** Under 18  
Time: 0930 – 1230 or 1330 – 1630

A great way for the family to get afloat together. Using single and double Sit-on-Top kayaks your instructor will organise a fun and informative session using this increasingly popular and accessible craft. Younger children will normally paddle a two seater craft with an accompanying adult.

Children must be accompanied by at least one participating adult, with a maximum of two children per adult. These sessions progress with the whole family in mind, and the structure of the session will depend on the group mix and conditions.

14 July (Sun pm)	SOTF 1
9 Aug (Fri am)	SOTF 2
17 Aug (Sat am)	SOTF 3

Additional course dates are added throughout the year – please see [www.calshot.com](http://www.calshot.com) or phone 023 8089 2077 for details

## Archery

Our taster sessions are a great way to try this increasingly popular Olympic sport. All equipment is provided and your instructor will cover all the shooting and safety information you need to know and soon have you releasing your first arrows towards the Gold! The session will be based in one of our purpose built indoor ranges, which offer the perfect environment for novices to experience the sport for the first time.

Family sessions are open from children of 7 upwards with an accompanying adult or 16 and 17 year olds on their own.

## Taster

**£22** Adult  
**£16** Under 18  
7 – 15 yr olds must be accompanied by an adult on the course  
Times: 1110 – 1240 or 1340 – 1510

6 Jan (Sun am)	AR 1
17 March (Sun pm)	AR2 Family
3 April (Wed am)	AR3 Family
2 June (Sun pm)	AR 4
13 July (Sat pm)	AR5 Family
10 Aug (Sat am)	AR6 Family
15 Sept (Sun am)	AR7 Family

**IF YOU HAVE YOUR OWN GROUP (MAX 12) WHY NOT ORGANISE YOUR OWN SESSION? CONTACT OUR BOOKINGS DEPARTMENT TO DISCUSS YOUR REQUIREMENTS.**



## GROUPS – SHARE THE FUN, THE CHALLENGE AND THE EXPERIENCE

### Children, Adults, Parties, Clubs

Whether you're a group of friends wanting a fun day out, you're organising a celebration with a difference or you're a club wanting a social event then Calshot should be able to provide what you're looking for.

Everything from single sessions through to week long residential visits are available, with every programme tailored for the individual group.

## Single sessions

**From £110** (U18's) **£160** (Adults)  
Single sessions (1.5hrs) are available in most of our landbased activities. With groups up to 10 this is a popular party option.

## Adventure Days

**£600** per group of adults  
**£395** for under 18s.  
Half days are available from **£320** (Adults) and **£220** (Children)

Try up to four exciting and challenging activities in a day, these have proven extremely popular with adults and children. Waterbased activities are available April to October, and the landbased activities are available all year round. Adventure days run from 0920 to 1630, with various options available:

- Two waterbased activities.
- One water and two landbased activities.
- Four landbased activities.

Prices do not include lunch, however, a variety of meal options are available which can be discussed when making your booking.



## Multi Activity Weekend

**£235** Residential Adults  
**£122** (winter) Under 18 years  
**£182** (summer) Under 18 years  
Residential includes lunches, evening meal on first night, plus one night B&B  
Extra B&B available at £27 per person, per night (subject to availability)

Times: 0900 – 2030 first day  
0900 – 1700 second day

This is an extremely popular option with groups and friends wanting an action packed weekend. We would discuss and tailor a programme with you in advance to ensure the activities suited your group.

**Group Size:** Multi Activity. Multiples of 6 Adults or 8 under 18s.  
Landbased. Multiples of 10.  
We offer one free adult place for every ten fully paying under 18 participants. Adult supervision is required for all groups of under 18's.

## Multi Activity Weeks

We are also able to offer week long residential course for both adults and children. Please contact our booking department to discuss options etc.

## ACTIVITIES AND FACILITIES AVAILABLE INCLUDE;

- Dinghy Sailing
- Powerboat experience - using our 6.3 metre RIB (ask for quote)
- Kayaking
- Windsurfing – in sheltered water using quality equipment
- Outrigger Canoeing – paddling 6 person ocean-going Hawaiian canoes
- Rock Climbing- using the largest indoor climbing facility on the South coast
- Skiing - on our indoor plastic slope
- Snowboarding – on our indoor plastic slope
- Track Cycling – on one of Britain's only indoor banked velodromes
- Archery
- High/Low Ropes
- Initiative Tasks
- Orienteering – in The New Forest National Park
- Residential accommodation for up to 170
- On site catering - in our dining room overlooking the Solent
- Conference/training rooms - suitable for groups up to 120
- All specialist equipment is provided

# CORPORATE EVENTS AND DEVELOPMENT TRAINING

For companies large and small, Calshot has something for you. If it's fun and entertainment you want, then corporate events fit the bill. If you want to enhance your employees effectiveness as a team then development training is for you.

## Corporate Events

Whether you want a fun day out for your employees or a promotional day for your clients, Calshot is able to offer a truly memorable experience. With some of the best facilities on the South Coast and a team of experienced instructors you are guaranteed a day to remember.

Why not mix business with pleasure and combine the use of our specialist conference and seminar facilities with a light hearted activity session? We also offer a variety of competitively priced catering and accommodation options.

## Development Training

We offer a variety of development training opportunities for business and industry. Development training using the outdoors has become increasingly popular as employers have realised its potential effectiveness and relevance to the working environment. The advantage of the outdoors is that the setting is new and challenging with groups working together to achieve success. It also offers the opportunity for groups to have a shared experience away from their normal environmental constraints.

If you are interested in organising a group or corporate event then please contact our bookings team on 023 8089 2077 they will be happy to discuss your requirements, provide a quote and assist you in developing your programme.

## Conference and Seminar Facilities

The Centre has a number of conference and seminar rooms which can be hired either by themselves, or as part of a package to include activities, training and accommodation. We can cater for groups of up to 150 and have a range of audio visual equipment available, including data projector and PC. Please call for your 'Complete Package' conference, seminar and meetings information pack.

## How can we help you?

We tailor courses to the needs of every client and are happy to work with your training staff to gain a thorough understanding of your requirements. We can offer non-residential or residential packages and courses ranging from a day to a weekend or longer.



# SKIING AND SNOWBOARDING EXHILARATING AND EXCITING

Our ski and snowboard facilities offer an excellent environment in which to learn the basics and develop new skills. Calshot's three slopes are covered in Snowflex, a revolutionary new surface which has no holes, is easy to ski on and softer to fall on. All slopes have lifts, are floodlit and being inside our massive Sunderland Hangar offer an ideal learning environment whatever the weather. After your session you can relax with a drink or have a meal in our fully licensed bar, which is at the bottom of the slopes.

## SNOWBOARD TASTER

£23

Time: 1900 – 2030 (Tue)

If you fancy having a try but you're not sure if you want to commit to a full length course, then this is the lesson for you. Guaranteed to get you hooked!

7 May	SBT 3
18 June	SBT 4
23 July	SBT 5

## SNOWBOARD BEGINNERS

£85 Adults only

Time: 1900 – 2200 (Tue)

The two evening course is aimed at first time boarders, or those who have had a taster and want to learn more. Each session will develop basic skills and introduce new techniques, and after the course, you should be thoroughly prepared for a trip to the snow or to use our slope during Snowboard Club nights.

Two evenings

23, 30 April	SBBE 4 Family
21, 28 May	SBBE 5
9, 16 July	SBBE 6 Family

## SKI TASTER

£23

Time: 1900 – 2030 (Tue)

A great way to have a go at skiing without having to commit to a full course. Your instructor will introduce the sport in a fun and enjoyable way. By the end you will be ready to book a full length course.

16 April	ST 3 Family
14 May	ST 4
25 June	ST 5 Family

## GROUP SKI LESSON

£110 (U18's)

£160 (Adults)

1½ hour lesson for up to ten people, min. age 8. age 8, these groups work best with similar ages and abilities, however your whole family, club or society are welcome!

## GROUP SNOWBOARD LESSON

£110 (U18's)

£160 (Adults)

1½ hour lesson for up to 8 people, learn to board with your friends. Min age 11.

**Private Tuition:** Fast track your personal performance with private tuition

	1 person
45 mins	£50
1½ hrs	£80
3 hrs	£150
6 hrs	£260 (includes lunch)

Additional person(s) 50% extra, for 3 or more enquire about our group rates. See booking conditions for own boat/craft training.

## RECREATIONAL SNOWBOARDING

For competent boarders, recreational sessions carry on through most of the summer on Wednesday evenings, with the option of ramps, to practise those radical aerial manoeuvres. Please confirm times and dates with Reception or visit [www.calshot.com](http://www.calshot.com).

**LOOKING FOR AN EARLIER COURSE? THEN CONTACT US FOR A COPY OF OUR 2011/12 WINTER BROCHURE OR CHECK OUT OUR WEBSITE [WWW.CALSHOT.COM](http://WWW.CALSHOT.COM)**  
**LOOKING FOR A LATER DAY? THEN CONTACT US FOR A COPY OF OUR 2013/14 WINTER BROCHURE, WHICH WILL BE AVAILABLE FROM SEPT 2013.**



# OUTDOOR EDUCATION COURSES FOR SCHOOLS AND COLLEGES

Calshot's exceptional range of facilities, our impressive location together with our highly trained staff enable us to offer outdoor education courses of the highest educational and safety standards to schools and colleges.

The Calshot Experience is a unique mix of physical and academic activities. The instructors at Calshot challenge and enthuse students whatever their physical or academic abilities. The residential experience plays an important role in the development of interpersonal skills, as well as having a positive effect upon self-confidence, self-esteem and both academic and social success.

The Calshot Experience aims to ensure that students will leave with a better understanding of themselves and others, along with personal experiences which they will value and remember long after they have left.

Safety is our prime consideration and the Centre operates within the guidelines laid down by National Governing bodies, as well as conforming to the very stringent standards laid down by Hampshire County Council. Calshot is registered with the Adventure Activities Licensing Service, as licensed to provide specified activities under the following headings: Watersports, Rock Climbing and Abseiling, Hill Walking and Mountaineering. Calshot is also

recognized by the Royal Yachting Association, the British Canoe Union and other sporting bodies and we hold the Learning Outside the Classroom Quality Badge. Calshot was also found to be "outstanding" in a recent, independent inspection of our Field Studies and Outdoor Education.

Our courses are tailored to each group so please contact us to discuss your requirements or we can send you further information and a DVD of our schools' programmes. Teachers are always welcome to inspect our facilities.... we are only too pleased to them show off.

- **FIELD STUDIES – RIVERS, THE SOLENT, BEACH AND COASTLINE, NEW FOREST, TUDORS, A LEVEL GEOGRAPHY AND BIOLOGY**
- **WATERSPORTS – SAILING, CANOEING, KAYAKING, WINDSURFING, OUTRIGGER CANOEING**
- **LANDSPORTS – SKIING, CLIMBING, TRACK CYCLING, ARCHERY, HIGH AND LOW ROPES, ORIENTEERING**



# CALSHOT CASTLE AND OTHER FACILITIES

## Calshot Castle

Calshot Castle, constructed in 1540 by Henry VIII has superb views over the Solent and is open daily to the public from Easter to 30th September. Our Heritage Trail enables visitors to learn about Calshot's long and varied history, including its important role in World War Two. A booklet about the history of the site may be purchased from our Visitor Centre.

## Conference and Seminar Facilities

The Centre has several conference and seminar rooms which can be hired either individually, or as part of a package to include activities, training, accommodation and meals. We can cater for groups of up to 150 and we have a range of audio/visual equipment, including data projector and PC. Why not make use of our unique setting overlooking the Solent for your next conference, seminar or AGM? Contact us for further details.

## Centre Annual Memberships

These are available for car parking, boat annual storage, windsurfing and kitesurfing, angling, caravanning and camping and boat launching. Members are entitled to various discounts on centre course, facilities and shop purchases.

## Indoor Sports Facilities

Calshot has a large multi-purpose indoor playing area which includes badminton and netball courts and five-a-side football pitches. The centre of the Velodrome also houses further badminton courts, and a volleyball court, all with vinyl sports flooring. These are available for hire either to individuals or groups throughout the year.

## Boat Launching and Storage

The Centre has three slipways and offers launching at all states of the tide right at the hub of the Solent. Facilities are available for casual launching, annual trailer boat parking and keelboat winter storage, all at competitive rates. Please contact us for further details.

## Specialist Catering and Events

The Centre can be hired for functions, such as wedding receptions, birthday parties, shows, exhibitions, corporate entertainment, excursions etc.

## Spinnakers Bar and Beachside Café

Spinnakers Bar has unrivalled views of the Solent and Isle of Wight. Food and drinks are available in a comfortable and friendly environment. The Bar also looks out onto the ski slopes and climbing complex.

An adjoining function room can be booked by families, social or corporate groups. Please note the bar is unable to accept credit or debit cards.

## Shops

Our shop, in the Visitor Centre and Reception, sells a variety of items, including logbooks, postcards and souvenirs. Drinks are available from vending machines, snacks and soft drinks from the bar. There is also a windsurfing shop on site stocking a wide range of equipment (023 8089 4000).

## Other Attractions

The RNLI has two lifeboats based here. The fisherman's quay, nearby bird reserve and beachfront views, are also popular with visitors.

## General information

Calshot has a programme of over 400 courses across a wide range of activities, catering for all levels of ability. Our bookings staff will ensure that you receive the most appropriate advice on your choice of course, or will refer you to our instructional staff if more technical advice is required. We also offer private tuition for all our activities.

## Course Start and Finish times

Start and finish times are indicated with the course details. If you would like any advice or further information regarding course timings please contact our bookings staff. If you are residential on a Saturday night we offer the chance to use our bouldering wall from 1900-2030.

## Groups

If you have a group wanting to take part in any of our activities, please contact us to discuss dates and detailed requirements. These can then be tailored to your specific needs.

## Safety

Safety is our prime consideration. The Centre operates within the guidelines laid down by National Governing Bodies, and the Adventure Activities Licensing Service (029 2075 5715), as well as conforming to the very stringent standards laid down by Hampshire County Council.

Examples of our commitment to safety include:

- Activities overseen by experienced and qualified staff.
- All instructional staff are first aid qualified.
- Mobile phones are available for groups off site.
- VHF radios are used afloat and ashore.

- Minibuses have forward facing seats with seat belts.
- Helmets are worn by all novice sailors in singlehanders.
- All ski bindings are set to individuals 'DIN' setting.
- Full body or chest harnesses are available for climbing.

However, the activities provided by Calshot are potentially hazardous in nature and participants must accept a certain degree of risk. Those with parental responsibility must also recognise a degree of risk when signing the consent form.

## Can't find dates or the course you want?

If you want something other than our standard courses, or our dates do not suit please contact us to discuss your requirements. If you have your own group, (this could be as few as three), we can tailor courses or dates to your specific requirements. We also offer private tuition in all of our activities.

## Staff

Calshot's instructional team is led by a highly qualified and experienced group of staff, whose qualifications include RYA Dinghy Coach/Assessors, RYA Windsurfing Trainers, RYA Powerboat Trainers, BCU Coaches and MLTB Trainers. As Instructor Trainers/Assessors they have the perfect credentials to ensure our whole instructional team is working to the highest standards.

## Equipment

The design, construction and performance of outdoor sports equipment is ever changing and evolving. Many of these changes have led to safer, easier and more enjoyable participation for beginners and experts alike. To take advantage of these developments we are continually evaluating and where necessary updating equipment.

## Accommodation

We can provide accommodation for up to 170 visitors in a mixture of twin, triple bunked and larger four to eight bunked rooms. Whenever possible adults are accommodated in the smaller rooms. Rooms in Houston and Keymer have washbasins with hot and cold water and ample toilets and showers are available on each corridor. Rooms in Mitchell and Lawrence have adjacent private showers, wash basin and WC. Single rooms can be booked, subject to availability, on payment of a supplement (see booking form).

## Catering

Our catering is to a high standard in our large modern dining room which overlooks the Solent. We recognise that active people have healthy appetites and we provide three good meals a day. If you are going off-site, then we'll provide a filling packed lunch. There is always a choice of main meals with an excellent vegetarian alternative available. Visitors with special dietary needs can be catered for provided we know in advance.

## Value For Money

There are no extra hidden costs to spoil your enjoyment. Our course fees include:

- All specialist equipment and clothing.
- Residential - accommodation and all meals for the duration of the course.
- Non-residential - meals as indicated in course descriptions.
- Evening activities when appropriate.
- All course transport (when needed).
- Detailed set of joining instructions.
- Tea and coffee during breaks.
- Certificates or pass slips (unless indicated otherwise).
- On site parking.

Not included:

- Travel to and from the Centre.
- BCU certificates
- Accommodation prior to the course start date (can be booked, subject to availability).
- Registration or examination fees.
- National Governing Body books (except Level Two Powerboat handbook).
- Footwear, towels, soap.

**For further details contact our Bookings Office on 023 8089 2077**  
**Calshot Activities Centre, Calshot Spit, Fawley, Southampton, Hampshire**  
**S045 1BR**  
**Fax: 023 8089 1267**  
**Email: calshot.ac@hants.gov.uk**

# BOOKING CONDITIONS

## Booking

Once you have selected your course date/s, either book and pay by telephone, using credit or debit card. Alternatively download and complete a booking form from our website (www.calshot.com) and post it to us with the appropriate payment (we strongly advise postal customers to telephone to check availability first). You can also book in person at our reception during normal office hours, including weekends.

Booking of Bed and Breakfast for the night before a course is subject to availability, which cannot be confirmed more than 2 weeks ahead.

Confirmation of course booking and payment receipt will be posted within 7 days, along with detailed course joining instructions.

If agreed by the customer we will e-mail the above details, apart from the payment receipt, which will then be available for collection when you book in on the first day of your course.

## Payment

For courses of 4 days or less, fees are payable in full on booking. For longer courses a non-refundable deposit of £75 is required, the balance must be paid eight weeks before the course starts. Payment can be made by Maestro, MasterCard, Visa or cheque. We are unable to book places on a course until we have received full payment (or deposit for courses over 4 days), cheques must be backed by a cheque guarantee card if submitted less than 2 weeks before course start date. For bookings made by organisations, an official order or other written document against which we can invoice is acceptable in lieu of full advance payment.

## Cancellation / Transfers by us

The Centre reserves the right to:

- cancel a course should the numbers fail to reach a viable minimum. A transfer to an acceptable alternative date or a full refund will be made. Courses may be cancelled by us up to 14 days prior to the starting date.
- request a participant who does not meet the course criteria to withdraw without refund.
- decline to award a certificate (but we will supply reasons and an action plan).
- cancel or curtail a course due to forecast or prevailing weather conditions, or due to other factors beyond our control. We will endeavour to provide mutually acceptable alternative date(s), but if unable to do so, we will make a pro-rata refund.

## Cancellations/ Transfers by Client

All cancellations/transfers must be made in writing to our bookings office (Fax or email is acceptable. Change of date or of participant constitutes cancellation).

Once notified in writing we will make every effort to resell the course place/s.

If the place is resold by us prior to the start of the course, we will refund the course fee, less a £15 administration charge for courses costing £55 to £120 or less a £30 charge for courses over £120.

If the place is resold by you prior to the start of the course, without requiring a refund from us, the administration charge will be £15.

For courses or sessions costing less than £55 no refund will be made, however, provided you or we can resell the place, we will transfer your booking to another person or date free of charge.

Refunds will only be made after the course start date. If we are unable to resell a place prior to the start of the course, we will refund as follows:

Cancellation received eight weeks or more prior to the start date: fees paid less £75 deposit (5 day or longer courses) or fees paid less £30.

Cancellation received more than two weeks but less than eight weeks before start date: 25% of total course fees will be refunded.

Cancellation 2 weeks or less before start date: no refund.

## Insurance and loss of property

**It is your responsibility to arrange appropriate insurance against cancellation, curtailment, personal accident, personal liability and theft. We strongly recommend this. Hampshire County Council only accepts liability for loss, damage or injury resulting from negligence by the**

**County Council, its servants or agents. We must be notified of lost property within 2 weeks, as any items found are disposed of after this period.**

## Use of own boat / craft

Clients receiving tuition in their own craft should check their insurance policy covers this and provide us with a copy of the current certificate at the time of booking.

## Physical Fitness / Swimming ability / Safety

Many of our courses are physically demanding and may involve bending, lifting, balancing, jumping, falling, climbing stretching and a degree of co-ordination - you should ensure that you have an adequate level of fitness for the activities undertaken.

Everyone taking part in our water activities should be able to swim 50m in light clothing. All course members must comply with the safety regulations and instructions of Centre staff. Rings, chains, earrings etc must be removed or taped over whilst participating in activities which could result in them being snagged.

## Medical and dietary declarations

If you have a medical condition, illness, any physical disability or special needs of which we should be aware, you must inform us in advance by completing the relevant section of the booking form. We strongly recommend anyone with a medical condition such as epilepsy, heart condition, pregnancy to check with their doctor and with the Centre before making a booking.

Booking forms confirming the above or any special dietary requirements should be received by us at least 7 days in advance.

## Smoking policy

Smoking is not permitted in any building. Sensitive smoke detection operates throughout the site, residential customers are not permitted to use aerosol deodorants or hairsprays in accommodation block bedrooms.

## Under 18 participants

We require parental consent and additional medical information for all under 18 year old participants. You will be sent a form for completion and return within 7 days of booking.

We will not accept handover from parents earlier than course start time and expect collection to be promptly at course finish time.

In adverse weather conditions it may be necessary to substitute alternative activities for some sessions, no refund will be given. Course members under 16 years of age are not permitted in our public bar, except when accompanied by their parent.

## 16 - 17 year olds on adult courses

Subject to acceptance of the following by both the young person and the adult with parental responsibility, 16 and 17 year olds may attend adult courses:

All instructions given by Calshot staff must be followed, including at break times, when a member of staff other than the instructor may be providing the pastoral supervision.

Young persons are expected to behave in a responsible and mature manner.

Misbehaviour may result in the young person being excluded from a session or from the rest of the course. Those with parental responsibility will be contacted at the earliest opportunity to discuss the situation and may be required to remove the young person from site. The Duty Manager's decision will be final, no refund will be made.

Residential places are only available if the young person is accompanied by a responsible adult at all times when not in a taught session, with the exception some dinghy and windsurfing instructors course (as highlighted in course descriptions) when pastoral supervision is provided outside course times.

## Acceptance of Booking Conditions

All bookings are accepted on condition that the customer agrees to abide by our booking conditions and confirms this acceptance on the Booking Form.

## Errors, Omissions, VAT rates

We endeavour to keep published prices and other information up to date but reserve the right to alter them at any time. You will be advised of any price changes or other relevant changes when your booking is processed and will be given the opportunity then to cancel if desired, without penalty.

## Data Protection Act 1998

The information you have supplied will be used only to process the booking and for our mailing list. If you do not wish to receive further brochures, please tick the box at the end of the booking form/online.

We also occasionally take photos of participants for publicity, including on our own website, if you do not wish to be photographed, please tick the box at the end of the booking form.



DURING 2013 CALSHOT WILL BE CELEBRATING IT'S 50 YEAR OF OPERATION.



## ACTION ADVENTURE DAYS

FOR 7 - 16 YR OLDS  
FEBRUARY HALF TERM, EASTER HOLIDAYS AND OCTOBER HALF TERM  
A great way to keep the kids active during the holidays.  
Full and half day options available.  
For full details and programme see [www.calshot.com](http://www.calshot.com)



## TRY CLIMB

During School Holidays and at weekends 'Try Climb' sessions will be available on certain days/times.  
Phone or check our website for full detail [www.calshot.com](http://www.calshot.com) to confirm times and dates



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Tel: 023 8089 2077 Fax: 023 8089 1267  
Email: [calshot.ac@hants.gov.uk](mailto:calshot.ac@hants.gov.uk) Website: [www.calshot.com](http://www.calshot.com)