

# Multi-Activity 5 Day College/University Sample Programme

(Sailing, Windsurfing, Sea Kayaking, Powerboating & Yachting)



|           |                  | <b>Morning<br/>09:30—12:30</b>                                |              | <b>Afternoon<br/>13:30—16:30</b>   |               | <b>Evening<br/>19:00—21:00</b>  |
|-----------|------------------|---|--------------|--|---------------|---|
| Monday    |                  | Ferry from Largs Pier or powerboat transfer from Largs Marina | <b>Lunch</b> | Sailing session  | <b>Dinner</b> | <p><i>Activities organised by the visiting staff.<br/>These could include:</i></p> <ul style="list-style-type: none"> <li>• Navigation and tidal planning theory</li> <li>• Team development challenges</li> <li>• Activity reflections and analysis                             <ul style="list-style-type: none"> <li>• Orienteering</li> </ul> </li> <li>• Cycle round the island (optional, additional charge)                             <ul style="list-style-type: none"> <li>• Course work</li> <li>• Free time</li> </ul> </li> </ul> |
| Tuesday   | <b>Breakfast</b> | Theory session<br>Sailing session                             |              | Sailing session including race   |               |   |
| Wednesday |                  | Windsurfing session   |              | Powerboat session  |               |   |
| Thursday  |                  | Sea Kayak session   |              | Yachting session   |               |   |
| Friday    |                  | Round the island sail   |              | Awards and prize-giving<br>Ferry to Largs Pier or powerboat transfer to Largs Marina |               |   |

**Comments:** Lecturer goes free with every 10 students.

Cumbrae will supply all specialist equipment, logbooks and lecture materials.

We will work with you to achieve the correct blend of activities, course work and free time.

**The above are just examples; your group can choose to focus on a preferred activity/activities.**

For further information please feel free to call or email our office: 01475 530757 / [cumbraecentre@sportscotland.org.uk](mailto:cumbraecentre@sportscotland.org.uk)