



Secondary Schools Residential Week

Sample Programme 2016—Dinghy Sailing, Windsurfing & Kayaking



	08:30	Morning	12:30	Afternoon	18:00	Evening
Monday		Leave school by bus. RIB ride to centre.	Lunch	Introduction to the centre. Sailing session: Rigging boats, Boat familiarisation, Reaching and tacking.	Dinner	Programme to be run by school staff, options include: Orienteering Table Tennis tournament Volleyball Teamwork games Cycle (optional, extra charge) Beach walk Quiz DVD Free time Barbecue—one night will include a barbecue, organised by the centre
Tuesday	Breakfast	Theory session: Tide studies. Sailing session: Launching & recovery, Tacking, Upwind sailing.		Sailing session: Upwind sailing, Downwind sailing, Fun race.		
Wednesday		Windsurfing session: Board balance games, Rigging a sail, Sailing across the wind.		Windsurfing session: Steering a board		
Thursday		Kayaking session: Forwards & turning, Kayak games.		Kayaking session: Backwards and sideways, Exploring the shallows.		
Friday		Round the Isle of Cumbrae cycle		Award certificates. Pack up. RIB ride to Largs Yacht Haven. Return to school by bus.		

Comments: Teacher goes free with every 10 pupils.

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