

# Multi-Activity 5 Day College Programme

(Sailing, Windsurfing & Sea Kayaking)



	Break-fast	Morning 0915-1215	Lunch	Afternoon 1330-1630	Dinner	Evening 1700-1900
MON		<ul style="list-style-type: none"> <li>Ferry from Largs to the island of Cumbrae.</li> </ul>		<ul style="list-style-type: none"> <li>Introduction to the centre</li> <li>Sailing session</li> </ul>		Choose from: <ul style="list-style-type: none"> <li>Navigation and tidal planning theory</li> <li>Team development challenges</li> <li>Activity reflections and analysis</li> <li>Orienteering</li> <li>Cycle round the island</li> <li>Course work</li> <li>Free time</li> </ul>
TUE		<ul style="list-style-type: none"> <li>Theory session</li> <li>Sailing session</li> </ul>		<ul style="list-style-type: none"> <li>Sailing session including race</li> </ul>		
WED		<ul style="list-style-type: none"> <li>Windsurfing session</li> </ul>		<ul style="list-style-type: none"> <li>Windsurfing session</li> </ul>		
THU		<ul style="list-style-type: none"> <li>Sea Kayak session</li> </ul>		<ul style="list-style-type: none"> <li>Sea Kayak session</li> </ul>		
FRI		<ul style="list-style-type: none"> <li>Round the Island Sail</li> </ul>		<ul style="list-style-type: none"> <li>Awards &amp; Prize giving.</li> <li>Depart by Ferry back to Largs.</li> </ul>		

## 2018 Costs

£342.00 per student.

1 Lecturer free with every 10 students

NGB Certificates:  
Additional £7 per/certificate.

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.

For further information please feel free to call or email our office:

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