



# Secondary Schools Residential Week

Sample Programme 2018—Dinghy Sailing, Windsurfing & Kayaking



	08:30	Morning	12:30	Afternoon	18:00	Evening
<b>Monday</b>		Leave school by bus. Arrive at Cumbrae by ferry from Largs Pier	<b>Lunch</b>	Introduction to the centre. <b>Sailing session:</b> Rigging boats, Boat familiarisation, Reaching and tacking.	<b>Dinner</b>	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
<b>Tuesday</b>	<b>Breakfast</b>	<b>Theory session:</b> Tide studies. <b>Sailing session:</b> Launching & recovery, Tacking, Upwind sailing.		<b>Sailing session:</b> Upwind sailing, Downwind sailing, Fun race.		
<b>Wednesday</b>		<b>Windsurfing session:</b> Board balance games, Rigging a sail, Sailing across the wind.		<b>Windsurfing session:</b> Steering a board		
<b>Thursday</b>		<b>Kayaking session:</b> Forwards & turning, Kayak games.		<b>Kayaking session:</b> Backwards and sideways, Exploring the shallows.		
<b>Friday</b>		Round the Isle of Cumbrae cycle		Award certificates. Pack up. Return to Largs by ferry. 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](mailto:cumbraecentre@sportscotland.org.uk)



# Secondary Schools Residential Week

Sample Programme 2016—Dinghy Sailing



	08:30	Morning	12:30	Afternoon	18:00	Evening
<b>Monday</b>		Leave school by bus. RIB ride to centre.	<b>Lunch</b>	Introduction to centre, Kit issue, Rigging boats, Boat familiarisation, Reaching & tacking.	<b>Dinner</b>	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
<b>Tuesday</b>	<b>Breakfast</b>	Launching & recovery, Controlling speed, Stopping, Tacking, Upwind Sailing.		Downwind sailing, Practice of 5 essentials.		
<b>Wednesday</b>		Practice of 5 essentials on triangular course		Solo sailing on triangular course, Picking up moorings.		
<b>Thursday</b>		Coming alongside jetty, MOB		Short journey		
<b>Friday</b>		Regatta		Award certificates, RIB ride to Largs Yacht Haven, Return to school by bus.		

**Comments:** Teacher goes free with every 10 pupils.

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