

SUMMER HOLIDAY PROGRAMME - 2013

CAMP PHOENIX

CAMP PHOENIX provides a great escape into the outdoors with a range of fantastic water sport activities; you and your friends will have the chance to try out some really cool activities. It's a great opportunity to meet new friends and build up your confidence with some exciting challenges. Choose from half day, day or up to 5 day sessions.



The sessions include kayaking, canoeing, bell boating, dinghy sailing, windsurfing, sit-on tops, stand-up paddle boards, raft building, plus canoe polo, games, races, treasure hunts and short journeys. You can take the BCU One & Two Star award, RYA Youth Sailing Stage 1 & 2 and RYA Youth Windsurfing Stage 1 & 2 awards.

The summer "day camps" are run by an experienced team of BCU (British Canoe Union) coaches and RYA (Royal Yacht Association) Instructors at our base on the Welsh Harp reservoir. All of our coaches are fully qualified for the activities; enhanced CRB checked and regularly work with young people. We have a modern fleet of boats and safety equipment.

PHOENIX OUTDOOR CENTRE

Phoenix Outdoor Centre
Cool Oak Lane (no postbox)
West Hendon
London, NW9 7ND

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All activity session costs include for coaching, supervision, use of boats, buoyancy aids and equipment.



We can only accommodate pre-booked participants on activity sessions. The activities are based on a varied week long programme of water sport activities. You must attend all the sessions for BCU and RYA courses. We can take young people from age 9-16 years. All participants must be able to swim 25m. There are limited places available.

To book onto **Camp Phoenix**, you can register and pay online by visiting:

<http://www.phoenixcanoecub.co.uk/school-holidays/camp-phoenix-bookings/>

Click on the blue **WebCollect Camp Phoenix** button and choose the activities you want to book. You can pay using PayPal, Debit or Credit Cards via the PayPal button. You can also pay with BACS from your own online bank, or pay with good old fashioned cash and cheques. Please use the WebCollect page to complete the forms and payments – we will update your records when BACS, cash or cheque payments appear in our account.

The Phoenix Outdoor Centre is licensed by the Adventurous Activities Licensing Authority for kayaking, canoeing, bell boating, sailing, windsurfing and improvised raft building – Registration No. L9349/R1940 and is an RYA Training Centre. The Phoenix Canoe Club is affiliated to the British Canoe Union and accredited with the prestigious Sport England "Club Mark".



Let's get wet!

| WEEK 1 | MON 12 AUG | TUES 13 AUG | WED 14 AUG | THUR 15 AUG | FRI 16 AUG |
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| EARLY DROP SUPERVISION - £5 from 08.30 | | | | | |
| PADDLESPORT 09.30 – 12.30 | KAYAKING S1/AM01P £17 | BCU 1* COURSE S1/AMC1* £58 | | | KAYAKING S1/AM05P £17 |
| SAILSPORT 09.30 – 12.30 | RYA DINGHY YOUTH STAGE 1 S1/AMDYS1 £85 | | | | SAILING S1/AM05S £20 |
| LUNCH TIME SUPERVISION - FREE | | | | | |
| PADDLESPORT 13.30 – 16.30 | RAFT BUILDING S1/PM01P £17 | CANOE TRAIL S1/PM02P £17 | TREASUREHUNT S1/PM03P £17 | CHALLENGE 8 S1/PM04P £17 | KAYAKING S1/PM05P £17 |
| SAILSPORT 13.30 – 16.30 | RYA WINDSURF YOUTH STAGE 1 S1/PMWYS1 £85 | | | | SAILING S1/PM05S £20 |
| LATE PICK-UP SUPERVISION - £5 TO 17.30 | | | | | |
| WEEK 2 | MON 19 AUG | TUES 20 AUG | WED 21 AUG | THUR 22 AUG | FRI 23 AUG |
| EARLY DROP SUPERVISION - £5 FROM 08.30AM | | | | | |
| PADDLESPORT 09.30 – 12.30 | RAFT BUILDING S2/AM01P £17 | CANOE TRAIL S2/AM02P £17 | TREASUREHUNT S2/AM03P £17 | CHALLENGE 8 S2/AM04P £17 | KAYAKING S2/AM05P £17 |
| SAILSPORT 09.30 – 12.30 | RYA WINDSURF YOUTH STAGE 1 S2/AMWYS1 £85 | | | | SAILING S2/AM05S £20 |
| LUNCH TIME SUPERVISION - FREE | | | | | |
| PADDLESPORT 13.30 – 16.30 | KAYAKING S2/PM01P £17 | BCU 1* COURSE S2/PMC1* £58 | | | KAYAKING S2/PM05P £17 |
| SAILSPORT 13.30 – 16.30 | RYA DINGHY YOUTH STAGE 1 S2/PMDYS1 £85 | | | | SAILING S2/PM05S £20 |
| LATE PICK-UP SUPERVISION - £5 TO 17.30 | | | | | |
| WEEK 3 | MON 26 AUG | TUES 27 AUG | WED 28 AUG | THUR 29 AUG | FRI 30 AUG |
| EARLY DROP SUPERVISION - £5 from 08.30 | | | | | |
| PADDLESPORT 09.30 – 12.30 | BCU 2* COURSE S3/AMC2* £75 | | | | RIVER TRIP S3/FDCRT £38 |
| SAILSPORT 09.30 – 12.30 | RYA DINGHY YOUTH STAGE 2 S3/AMDYS2 £80 | | | | SAILING S3/AM05S £20 |
| LUNCH TIME SUPERVISION - FREE | | | | | |
| PADDLESPORT 13.30 – 16.30 | RAFT BUILDING S3/PM01P £17 | CANOE TRAIL S3/PM02P £17 | TREASUREHUNT S3/PM03P £17 | CHALLENGE 8 S3/PM04P £17 | KAYAKING S3/PM05P £17 |
| SAILSPORT 13.30 – 16.30 | RYA WINDSURF YOUTH STAGE 2 S3/PMWYS2 £80 | | | | WINDSURFING S3/PM05S £20 |
| LATE PICK-UP SUPERVISION - £5 TO 17.30 | | | | | |

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BCU KAYAK & CANOE COURSES

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| BCU ONE STAR COURSE TUES – THURS AM OR PM | <p>THE BCU ONE STAR KAYAK COURSE IS A FLAT WATER AWARD THAT DEMONSTRATES AN INDIVIDUAL HAS BASIC BOAT CONTROL & FOUNDATION SKILLS THERE ARE 3 HALF DAY SESSIONS INCLUDING AN ASSESSMENT. AFTER GAINING THIS AWARD, WE CAN OFFER DISCOUNTED MEMBERSHIP TO THE PHOENIX CANOE CLUB ON COMPLETION.</p> <p>S1/AMC1* - 13, 14, 15 AUGUST – 09.30-12.30 £58 S2/PMC1* - 20, 21, 22 AUGUST – 13.30-16.30 £58</p> |
| BCU TWO STAR COURSE MON – THURS AM | <p>THE BCU TWO STAR KAYAK & CANOE COURSE IS AN IMPROVEMENT AWARD THAT HELPS PADDLERS DEVELOP FUNDAMENTAL PADDLESPOET SKILLS ON FLAT WATER. THE EMPHASIS IS ON GAINING A BREADTH OF EXPERIENCE, CREATING THE DESIRED MOVEMENT OF THE BOAT AND DEVELOPING AN UNDERSTANDING OF HOW THE PADDLE, BOAT AND WATER INTERACT. WE CAN OFFER DISCOUNTED MEMBERSHIP TO THE PCC ON COMPLETION.</p> <p>S3/AMC2* - 26, 27, 28, 29 AUGUST – 09.30-12.30 £75</p> |
| KAYAK RIVER TRIP ALL DAY | <p>A TRIP TO THE GRAND UNION CANAL AT HAREFIELD NEAR UXBRIDGE SUITABLE FOR ONE & TWO STAR PADDLERS. TRANSPORT INCLUDED – BRING A PACKED LUNCH AND CHANGE OF CLOTHES. FLAT WATER RIVER WITH A SMALL SECTION OF WHITEWATER AT THE END!</p> <p>S3/FDCRT - 30 AUGUST – 09.30-16.30 £38</p> |

RYA DINGHY & WINDSURFING COURSES

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| RYA DINGHY SAILING YOUTH STAGE 1 AM OR PM | <p>A BASIC UNDERSTANDING OF HOW A BOAT SAILS, WITH SOME EXPERIENCE OF STEERING AND HANDLING THE BOAT. A GREAT INTRODUCTION TO DINGHY SAILING OVER 4 HALF DAYS WITH PLENTY OF PRACTICAL EXPERIENCE UNDER THE DIRECTION OF OUR SAILING INSTRUCTORS. INCLUDES RYA LOGBOOK AND CERTIFICATE</p> <p>S1/AMDYS1 – 12, 13, 14, 15 AUGUST – 09.30-12.30 £85 S2/PMDYS1 – 19, 20, 21, 22 AUGUST – 13.30-16.30 £85</p> |
| RYA DINGHY SAILING YOUTH STAGE 2 AM | <p>BY THE END OF THIS COURSE YOU WILL HAVE A RANGE OF SAILING SKILLS AND BACKGROUND KNOWLEDGE, AND BE WELL ON THE WAY TO BEING A CONFIDENT SMALL BOAT SAILOR. A FOUR HALF-DAY COURSE – MUST BE AT RYA YOUTH STAGE 1 LEVEL. INCLUDES RYA CERTIFICATE</p> <p>S3/AMDYS2 – 26, 27, 28, 29 AUGUST – 09.30-12.30 £80</p> |
| RYA WINDSURFING YOUTH STAGE 1 AM OR PM | <p>AN IDEAL INTRODUCTION, TEACHING YOU THE BASICS OF GETTING ON THE WATER AND SAILING THE BOARD ACROSS THE WIND AND BACK. THE COURSE IS BASED OVER 4 HALF-DAYS. INCLUDES RYA LOGBOOK AND CERTIFICATE</p> <p>S1/PMWYS1 - 12, 13, 14, 15 AUGUST – 13.30-16.30 £85 S2/AMWYS1 - 19, 20, 21, 22 AUGUST – 09.30-12.30 £85</p> |
| RYA WINDSURFING YOUTH STAGE 2 PM | <p>PRACTICAL SKILLS TO GET YOU SAILING AROUND A COURSE PRACTICING TACKING AND GYBING, ENABLING YOU TO MAKE PROGRESSION TOWARDS AND AWAY FROM THE WIND. THE COURSE IS BASED OVER 4 HALF-DAYS. INCLUDES RYA CERTIFICATE</p> <p>S3/PMWYS2 - 26, 27, 28, 29 AUGUST – 13.30-16.30 £80</p> |



| MULTI-SESSION DEALS | |
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| FULL WEEK INC BCU 1* OR 2* & ½ DAY PADDLE SPORT SESSIONS | ENJOY A FULL WEEK OF ACTIVITIES INCLUDING THE BCU 1*OR 2* CANOEING COURSE PLUS PADDLESPORT HALF-DAY SESSIONS INCLUDING RAFT BUILDING, OPEN CANOE TRAIL, TREASURE HUNT, 8 BOAT CHALLENGE, GENERAL KAYAKING OR A SAILSPORT TASTER. INCLUDES BCU 1*OR 2* CERTIFICATE S1/FWC1*+P OR S2/FWC1*+P OR S3/FWC2*+P £160 |
| FULL WEEK INC RYA DINGHY YOUTH STAGE 1 OR 2 + ½ DAY PADDLE SPORT SESSIONS | ENJOY A FULL WEEK OF ACTIVITIES INCLUDING THE RYA DINGHY YOUTH STAGE 1 OR 2 COURSE PLUS PADDLESPORT HALF-DAY SESSIONS INCLUDING RAFT BUILDING, OPEN CANOE TRAIL, TREASURE HUNT, 8 BOAT CHALLENGE, GENERAL KAYAKING OR A SAILSPORT TASTER. INCLUDES RYA LOGBOOK AND CERTIFICATE S1/FWDYS1+P OR S2/FWDYS1+P OR S3/FWDYS2+P £175 |
| FULL WEEK INC RYA WINDSURF YOUTH STAGE 1 OR 2 + ½ DAY PADDLE SPORT SESSIONS | ENJOY A FULL WEEK OF ACTIVITIES INCLUDING THE RYA WINDSURFING YOUTH STAGE 1 OR 2 COURSE PLUS PADDLESPORT HALF-DAY SESSIONS INCLUDING RAFT BUILDING, OPEN CANOE TRAIL, TREASURE HUNT, 8 BOAT CHALLENGE, GENERAL KAYAKING OR A SAILSPORT TASTER. INCLUDES RYA LOGBOOK AND CERTIFICATE S1/ FWWYS1+P OR S2/FWWYS1+P OR S3/FWWYS2+P £175 |
| FULL WEEK INC RYA WINDSURF YOUTH STAGE 1 OR 2 + BCU 1* OR 2* + ½ DAY PADDLESPORT SESSIONS | ENJOY A FULL WEEK OF ACTIVITIES INCLUDING THE RYA WINDSURFING YOUTH STAGE 1 OR 2 COURSE PLUS BCU 1* OR 2* COURSE PLUS PADDLESPORT HALF-DAY SESSIONS INCLUDING GENERAL KAYAKING OR A SAILSPORT TASTER. INCLUDES RYA LOGBOOK AND CERTIFICATE & BCU CERTIFICATE S1/FWWYS1+C1* OR S2/FWWYS1+C1* OR S3/FWWS2+C2* £180 |
| FULL WEEK INC RYA WINDSURF YOUTH STAGE 1 OR 2 + RYA DINGHY YOUTH STAGE 1 OR 2 | ENJOY A FULL WEEK OF ACTIVITIES INCLUDING THE RYA DINGHY SAILING YOUTH STAGE 1 OR 2 COURSE PLUS THE RYA WINDSURFING YOUTH STAGE 1 OR 2 COURSE PLUS ANY PADDLESPORT HALF-DAY SESSIONS. INCLUDES RYA CERTIFICATES S1/FWDYS1+WYS1 OR S2/FWDYS1+WYS1 OR S3/FWDYS2+WYS2 £190 |
| 5 X HALF DAYS PADDLESPORTS SESSIONS | TAKE PART IN ALL PADDLESPORT SESSIONS FOR THE WEEK - MORNINGS OR AFTERNOONS (VARIES). INCLUDING RAFT BUILDING, OPEN CANOE TRAIL, TREASURE HUNT, 8 BOAT CHALLENGE & GENERAL KAYAKING S1/HWPMP OR S2/HWAMP OR S3/HWPMP £75 |



Bookings at <http://www.phoenixcanoeclub.co.uk/school-holidays/camp-phoenix-bookings/>

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