

SATURDAY CLUB



@ Castlegate Quay Watersports Centre

SAILING

KAYAKING

Morning session:
10am til 12noon

Afternoon session:
1pm til 3pm



Saturday Club:

**Every Saturday @ Castlegate Quay
Watersports Centre**

Morning session: 10am til 12noon

Afternoon session: 1pm til 3pm



**You don't have to be a member, but places are limited -
you need to book in advance so we know you are coming**

Sailing

If you have been sailing at Castlegate Quay on a holiday course, intro course or with school, then you can come to our Saturday Sailing Club.....

Meet your instructor, rig the boats and launch onto the river for a 2 hour session of fun, games and skills. You can work towards an RYA Sailing Certificate, go for a trip on the river, race against the other sailors or just go for a sail with your friends. Your instructor will be on the water in a safety boat to give you some coaching or run the races. The dinghys we use are Picos or Optimists for smaller sailors, or more experienced sailors might use a Stratos (larger crewed boat). We have all the kit you need available at the centre: wetsuits, waterproofs, buoyancy aids, etc

Kayaking

If you have been kayaking at castlegate quay on a holiday course, intro course or with school, then you can come to our Saturday Kayak Club.....

Say hello to your instructor, grab your kit, choose a boat and head out onto the water for a 2 hour session of games, skills and banter. Maybe we will stay near the centre and set up the canoe football pitch or have a dodgeball tournament? Maybe go exploring through the canal system? How about learning to do an Eskimo Roll? Fancy a trip up river to do some seal-launching? Or if its windy we might build canoe rafts and sail them faster than we could paddle!

Our instructors will help you master the basics and develop advanced skills through games, river journeys and skills sessions. You can learn how to make the boats go where you want them to, rescue people if it all goes wrong and look after yourself on the river. Don't worry about getting wet – some people like to stay dry, others just can't get wet enough!

We have all the kit you need to get into paddlesports and enjoy your session: wetsuits, waterproofs, buoyancy aids, helmets, paddles, general purpose kayaks, playboats, river runners, slalom kayaks, sea kayaks, polo kayaks, open canoes, etc. Lots of our regular paddlers also have their own boats which they bring along.

Once you have reached the right standard you could be invited on an introductory whitewater river trip, and as your skills continue to improve maybe a trip to the Lake District to take on some serious rapids!

**Castlegate Quay
Watersports Centre**

Moat Street, Stockton on Tees TS18 3AZ

For more information visit... www.teesactive.co.uk

BOOK YOUR CHILDS PLACE NOW!

**01642
528689**