Welcome

You can enjoy a range of outdoor activities, improve your fitness, make new friends and have fun, right here at Hengistbury Head Outdoor Education Centre.

Whether you want to learn a new sport, improve your existing skills, enjoy a group activity, gain a recognised qualification, or just explore on the water, we have a range of activities to suit you.

Activities include: sailing, canoeing, kayaking, paddleboarding, powerboating, dragonboating, raft building, multi-activity sessions, climbing and archery.

We also provide family fun sessions, holiday and weekend activities, school trip opportunities, celebration events, corporate days and private sessions to suit your individual needs.

You’ll benefit from direct access to the shallow waters of Christchurch Harbour, along with the support of our qualified and experienced staff who will help you have fun, stay safe and learn new skills.

Importantly, we have a fleet of professionally-maintained craft for all ages and abilities, plus safety and technical equipment and appropriate clothing. In fact, the only thing you need to bring apart from swimwear and footwear is yourself.

You’ll find plenty of changing room space and hot showers, classroom space for technical lessons, and an area for post-activity barbecues overlooking the harbour.

We’re open seven-days-a-week during the summer, and our professionally-accredited courses run all year.

To discover more about how you can enjoy an outstanding outdoor activity experience, simply contact us now.

T: 01202 425173    E: hengistbury@brock.ac.uk    www.hengistburyoutdoorcentre.co.uk

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If you can’t find a course that meets your needs, please contact us so we can tailor options to fit, arrange a special group session, or offer one-to-one tuition.
SAILING

Whether you’re looking to start sailing, improve your knowledge and skills, or just enjoy a day out on the water, we have the right course for you.

Our ideal location and expert tuition make our sailing courses fun, safe, informative and satisfying.

The Centre has a variety of boats to suit all ages and levels of sailing experience. Our fleet includes Wayfarers, Picos, Toppers, Hartley 10s and Hartley 12.2s.

Royal Yachting Association (RYA) courses
You can achieve official RYA qualifications on almost all our sailing courses.

As you progress, your instructor will tailor your course to ensure you have more fun while learning as much as possible.

The speed at which people learn, plus variable weather conditions, can make a difference as to how long qualifications take to achieve. However, each RYA certificate takes around two full days to complete.

Please note: you may need to attend a course more than once to achieve your qualification, particularly on our higher-level programmes and half-day courses.

FREE logbook included to record and track your progress.

Youth Sailing 7-15 yrs

COURSES FOR 7-9 YRS

YOUNG SAILORS
Experience required: None
This course is aimed at young sailors who want to have fun in dinghies. It’s structured around games and challenges that introduce different elements of sailing. This fun and often competitive approach is designed to build confidence.

COURSES FOR 9-15 YRS

BEGINNERS (RYA STAGE 1)
Experience required: None
You can work towards achieving RYA Stage 1 with this course. It’s the perfect place to start if you have little or no sailing experience because it’ll lead to a good knowledge of the basics. Lessons will be based on the water under the guidance of professional instructors.

NOVICE (RYA STAGE 2)
Experience required: RYA Stage 1
Once you have mastered the fundamentals of sailing, you can move onto our Novice course. Here you’ll develop your skills as well as an understanding of sailing theory. This course counts towards RYA Stage 2.

IMPROVERS (RYA STAGE 3)
Experience required: RYA Stage 2
If you’re a competent sailor wishing to improve your boat handling, this is the course for you. It’ll involve the practical application of theory and will challenge you to sail efficiently in tougher conditions.

ADVANCED (RYA STAGE 4)
Experience required: RYA Stage 3
At this level you’ll be guided through more advanced sailing techniques and will practise more demanding manoeuvres in larger, crewed boats. The course incorporates a higher level of sailing theory, taught both on and off the water.

SAILING WITH SPINNAKERS
Experience required: RYA Stage 4
You can experience the thrill of sailing with spinnakers in faster crafts by progressing to this course. Our specialist instructors will give you their top tips to help you perfect your skills.

SEAMANSHIP SKILLS
Experience required: RYA Stage 4
This course covers advanced boat-handling including man-overboard recovery, sailing without a centreboard and rudderless sailing. These advanced skills will improve your all-round abilities and help you make the right decisions in challenging conditions.

START RACING
Experience required: RYA Stage 4
You can gain the confidence, skills and knowledge to take part in club racing in good conditions thanks to this learning opportunity.

YOUTH SAILING CLUB
Experience required: RYA Stage 2
Sessions will be led by instructors who will organise games and fun on-the-water activities. These sessions are a perfect way to practise between your RYA courses.
SAILING

START SAILING (RYA LEVEL 1)
Experience required: None
This course is ideal for people with little or no sailing experience. Enthusiastic instructors will guide you through your RYA Level 1 qualification and give you a sound practical and theoretical knowledge of sailing a single-handed boat.

BASIC SKILLS (RYA LEVEL 2)
Experience required: RYA Level 1
You can further your knowledge in all aspects of sailing a single-handed boat and learn important new skills and techniques by completing this course. It’s also designed for people wishing to refresh their skills and gain more confidence. Instructors will teach you how to sail efficiently and safely and how to rig according to weather conditions. This course counts towards the RYA Level 2 qualification.

BETTER SAILING (RYA LEVEL 3)
Experience required: RYA Level 2
This learning opportunity aims to improve your skills and enable further enjoyment of the sport. You’ll have the opportunity to perfect techniques and manoeuvres while afloat and learn essential sailing theory while ashore. The course counts towards the RYA Level 3 Certificate.

SEAMANSHIP SKILLS
Experience required: RYA Level 3
This course covers advanced boat-handling including man-overboard recovery, sailing without a centreboard and rudderless sailing. These advanced skills will improve your all-round abilities and help you make the right decisions in challenging conditions.

SAILING WITH SPINNAKERS
Experience required: RYA Level 3
You can experience the thrill of sailing with spinnakers in faster crafts by progressing to this course. Our specialist instructors will give you their top tips to help you perfect your skills.

START RACING
Experience required: RYA Level 3
You can gain the confidence, skills and knowledge to take part in club racing in good conditions thanks to this learning opportunity.

WEEKDAY SAILING BEGINNERS (RYA LEVEL 1)
Experience required: None
These relaxed sessions are run on larger boats with just two participants per-instructor on each boat. These larger and more stable boats make the sessions perfect for more mature, less agile, or even nervous sailors. The four morning sessions total 16 hours of tuition, which is a reasonable amount of time to achieve your RYA Level 1 Start Sailing Certificate.

WEEKDAY SAILING IMPROVERS (RYA LEVEL 2)
Experience required: RYA Level 2
As your sailing improves through the Level 2 course, your instructor will introduce you to new skills such as mooring pick-up and backwards sailing. As well as learning new skills, the Level 2 course is about building your confidence to sail the boat without the instructor on board. However, your instructor will always be nearby in a powerboat.

WEEKDAY SAILING BETTER SAILING (RYA LEVEL 3)
Experience required: RYA Level 2
This programme is designed to enable you to improve and refine your skills. You’ll perfect your techniques and explore new skills such as rudderless and spinnaker sailing. This is the only weekday course where the instructor will teach from a powerboat rather than onboard the sailing boat.

ADULT SAILORS’ CLUB
Experience required: Adult RYA Level 2 or equivalent
Adult Sailors’ Club members are aged 16-80, and the relaxed atmosphere is perfect for you to practise your skills, try different types of boats and enjoy sailing in the picturesque surroundings of Christchurch Harbour. It’s an ideal way to forget the challenges of everyday life while improving your sailing skills among like-minded people. Importantly, volunteer instructors and experienced sailors are always on-hand to offer guidance and provide safety cover.

We’re excited to offer all three levels of the new British Canoeing Paddle Awards. These were updated for 2019 by British Canoeing.

These progressive awards are called Start, Discover and Explore, and can be completed in either a kayak, canoe or on a paddleboard. The new awards are the same for children and adults, however, we’re running them as separate youth and adult courses. For more information on the new British Canoeing Awards you can contact us or look on the British Canoeing website: www.britishcanoeing.org.uk

The generic term paddlesports encompasses a variety of different activities, including paddleboarding, kayaking and canoeing.

To select the right course you’ll need to choose the craft you wish to use (see craft descriptions below), then select the level based on your current experience.

CRAFT DESCRIPTIONS:

KAYAK
You sit in a kayak with your legs in front of you. You use a paddle with two blades on it and hold it in between them. We have kayaks of all varieties including sit-in and sit-on-top kayaks. One and two man kayaks are also available. Your instructor will advise you which is the most appropriate.

PADDLEBOARDING
The board is approximately ten feet long, with a leash for safety attached to your ankle. You use a long paddle with one blade on it to paddle the board. You start by kneeling on the board and can return to this position if you’re struggling with balance.

CANOE
Traditionally you kneel in a canoe, although ours do have seats. However, you still tuck your legs underneath you in a kneeling position and use a single-bladed paddle.

START RACING
Experience required: RYA Level 3
You can gain the confidence, skills and knowledge to take part in club racing in good conditions thanks to this learning opportunity.

WEEKDAY SAILING BEGINNERS (RYA LEVEL 1)
Experience required: None
These relaxed sessions are run on larger boats with just two participants per-instructor on each boat. These larger and more stable boats make the sessions perfect for more mature, less agile, or even nervous sailors. The four morning sessions total 16 hours of tuition, which is a reasonable amount of time to achieve your RYA Level 1 Start Sailing Certificate.

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Adapted from British Canoeing Awards.

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PADDLEBOARDING
The board is approximately ten feet long, with a leash for safety attached to your ankle. You use a long paddle with one blade on it to paddle the board. You start by kneeling on the board and can return to this position if you’re struggling with balance.

CANOE
Traditionally you kneel in a canoe, although ours do have seats. However, you still tuck your legs underneath you in a kneeling position and use a single-bladed paddle.

Hengistbury Head is a great location for these sports as it’s located with immediate access to the rivers, harbour and sea. This enables our instructors to run sessions suited to a paddler’s experience level and ambitions. That could mean making use of the sheltered waters, exploring the moving water of the rivers and harbour entrance, or expeditions out to sea for more advanced groups.

To select the right course you’ll need to choose the craft you wish to use (see craft descriptions below), then select the level based on your current experience.

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KAYAK
You sit in a kayak with your legs in front of you. You use a paddle with two blades on it and hold it in between them. We have kayaks of all varieties including sit-in and sit-on-top kayaks. One and two man kayaks are also available. Your instructor will advise you which is the most appropriate.

PADDLEBOARDING
The board is approximately ten feet long, with a leash for safety attached to your ankle. You use a long paddle with one blade on it to paddle the board. You start by kneeling on the board and can return to this position if you’re struggling with balance.

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The board is approximately ten feet long, with a leash for safety attached to your ankle. You use a long paddle with one blade on it to paddle the board. You start by kneeling on the board and can return to this position if you’re struggling with balance.

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KAYAKING

KAYAK START
Youth course: 7–15 yrs  Adult course: 16+
Experience required: None
This kayak taster session provides an ideal introduction to kayaking. You’ll learn basic skills and play games that will improve your confidence and control on the water.

KAYAK DISCOVER
Youth course: 8–15 yrs  Adult course: 16+
Experience required: Kayak Start or equivalent experience
Kayak Discover is the next step after completing Kayak Start or a kayak taster session. You’ll be on the water for most of the day during this highly-practical course. You’ll build on the basic skills you learned on Kayak Start and learn new skills that will help you further control your kayak.

KAYAK EXPLORE
Youth course: 9–15 yrs  Adult course: 16+
Experience required: Kayak Discover, Paddle Power Passport or British Canoeing 1
This more-advanced kayaking course will build on your skills and experience. Importantly, you’ll learn about the most effective posture to adopt while paddling, helping you refine your paddling technique. You’ll also learn safety and rescue skills.

SEA KAYAK AWARD
Experience required: British Canoeing 2*
During this two-day course you’ll visit two different locations to increase your personal skill level in sea kayaking. You don’t need to have paddled a sea kayak before, but you do need to have achieved or be at the standard of British Canoeing 2* or Kayak Explore.

Locations will vary depending on the weather conditions, but may include Lulworth Cove or Poole Harbour.
The Sea Kayak Award focuses on your paddling and decision-making skills for a safe and enjoyable day out on the sea in winds up to force 3 and/or tides up to one knot. Effective forward paddling, negotiating confined spaces and maintaining and changing direction, as well as developing an understanding of the surroundings and environment, are all part of the award.

PADDLEBOARD & CANOE

PADDLEBOARD START
Youth course: 8–15 yrs  Adult course: 16+
Experience required: None
By selecting this paddleboard taster session, you can gain a fulfilling introduction to paddleboarding. You’ll learn basic skills and play games that will improve your confidence and control on the water.

CANOE START
Youth course: 8–15 yrs  Adult course: 16+
Experience required: None
You can gain an introduction to canoeing with this taster session. You’ll learn basic skills and play games that will improve your confidence and control on the water.

CANOE DISCOVER
Youth course: 8–15 yrs  Adult course: 16+
Experience required: Canoe Start or equivalent experience
Canoe Discover is the next step after completing Canoe Start or a canoe taster session. You’ll be on the water most of the day during this highly-practical course. You’ll build on the basic skills you learned on Canoe Start and learn new skills that will help you further control your canoe.

CANOE EXPLORE
Youth course: 9–15 yrs  Adult course: 16+
Experience required: Canoe Discover, Paddle Power Passport or British Canoeing 1
This more advanced canoeing course will build on your skills and experience. Importantly, you’ll learn about the most effective posture to adopt while paddling, helping you refine your paddling technique. You’ll also learn safety and rescue skills.

CANOEING

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MULTI-ACTIVITY DAYS

Our multi-activity days provide the opportunity to experience a range of activities both on land and water. Activities may include sailing, kayaking, archery, canoeing, climbing, raft-building and paddleboarding.

EARLY DROP-OFF
The Centre opens at 08:30am and you are welcome to drop your child off any time after this.

BIRTHDAY PARTIES

When it comes to birthday parties we provide a thrilling and unforgettable outdoor fun experience through our two different packages. Please note: we require a minimum of six participants, all with a minimum age of seven.

A SHORT ADVENTURE (2.5 HOURS)
Have a go at some of the activities we offer. If you prefer to stay dry, then a session of climbing and archery would be the ideal choice. If you want some adventure on the water, then you could try sailing, kayaking, paddleboarding, raft-building or canoeing.

COST:
- Age 7-16 yrs: £20 per person
- Adult: £25 per person

A FULL ADVENTURE (5 HOURS)
Come and experience a full day of adventure with your friends. We have a variety of land and water-based activities for you to enjoy. Whether you want to experience the thrill of sailing, build and race rafts, go for a paddle up the river, play get-wet games, or have an archery tournament and even try climbing blindfolded, we can deliver the ultimate experience. Importantly, our fully-qualified instructors will run each session.

COST:
- Age 7-16 yrs: £36 per person
- Adult: £45 per person

BOOKING INFORMATION
To discuss tailor-made sessions, please call us on 01202 425173

BESPOKE SESSIONS FOR GROUPS
We can create bespoke activity sessions for your group depending on your interests, experience and the combination of water and/or land-based sessions you would like to enjoy.
POWERBOATING

You’ll train on a variety of well-equipped powerboats under the guidance and supervision of a qualified and experienced instructor. Whatever level of course you choose, you’ll be working towards internationally-recognised RYA qualifications. This not only proves your driving capabilities but can also make your boat insurance cheaper.

12yrs – Adult

RYA POWERBOAT LEVEL 2
Experience required: None
This programme is run by a highly-experienced instructor who will impart the knowledge and practical skills required to handle a powerboat in a range of conditions, both in sheltered water and at sea. During this two-day course you’ll perform low and high speed manoeuvres in a variety of powerboats using the centre console and tiller control. You’ll also cover other aspects of powerboating, including basic navigation, tide-awareness, buoyage and knots.

Adult 16+

RYA SAFETY BOAT
Experience required: Powerboat Level 2
This RYA-approved course is designed for people who want to provide rescue cover for a club, escort a racing fleet, or just improve their powerboat handling when working alongside other crafts. Most of this programme takes place on the water, giving you hands-on experience in rescuing windsurfers, kayakers and a range of dinghies. It incorporates the theory and practice of carrying out a search using a VHF radio and providing first aid while afloat.

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SMALL GROUPS & FAMILIES

Family Kayaking, Sailing & Paddleboarding

FAMILY KAYAKING SESSION
Age 7 yrs – Adult
Experience required: None
This course is for families who want to enjoy the pleasures of paddling together. It offers the opportunity to explore the idyllic setting of Christchurch Harbour with an instructor.

Your instructor will share their knowledge and expertise and ensure everyone has fun while improving their skills.

FAMILY SAILING SESSION
Age 7 yrs – Adult
Experience required: None
This session is designed for families who want to get out on the water and experience the joy of sailing together.

Instructors use their expertise and teach at a pace that suits everyone in the group. These lessons will take place in Wayfarer or Quest dinghies with a maximum of three to a boat, plus your instructor. Please note: all children must be accompanied by a parent or guardian.

FAMILY PADDLEBOARDING
Age 8 yrs – Adult
Experience required: None
This opportunity is perfect for families who want to get out on the water together. It’ll familiarise you with equipment, safety and paddle techniques, and have the whole family up and paddling in no time. During your session you’ll work on improving balance and paddling skills while playing games to help increase confidence.

Private Sessions
If you’re looking for individual tuition to improve your skills, or have a small group that wants a fun day out, please contact us and we’ll do our best to accommodate you.

PRICES:
(minimum of 2.5 hour sessions, excludes powerboating)

1:1 £45 per hour
1:2 £55 per hour
1:3 to 1:5 £65 per hour
1:6+ enquire for prices

To discuss tailor-made sessions, please call us on 01202 425173

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Logbooks, certificates and fuel are all included in the course price.

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an unresponsive casualty and providing CPR. These include: choking, shock, and knowledge to deal with a range of emergency situations. On this programme, learners will develop the skills to act appropriately if necessary.

FIRST AID FOR MENTAL HEALTH – FAA LEVEL 2 AWARD (1 DAY)
This course is suitable for anyone but has been designed to help employers promote a positive mental health culture within the workplace. As such, it provides learners with comprehensive knowledge on the most common mental health conditions, plus the skills to act appropriately if necessary.

SUPERVISING FIRST AID FOR MENTAL HEALTH – FAA LEVEL 3 AWARD (2 DAY)
This learning opportunity covers a wide range of mental health conditions and details the therapies and professional support an individual may receive. The course is suitable for all workers but is aimed particularly at those who hold a supervisory/managerial level position. In particular, it’s designed for people who have responsibility for implementing a positive mental health culture and providing mental health first aid. This course is suitable for anyone but has been designed to help employers promote a positive mental health culture within the workplace. As such, it provides learners with comprehensive knowledge on the most common mental health conditions, plus the skills to act appropriately if necessary.

EMERGENCY FIRST AID AT WORK – QA LEVEL 3 AWARD (1 DAY)
On this programme, learners will develop the skills and knowledge to deal with a range of emergency first aid situations. These include: choking, shock, wounds and bleeding, minor injuries, and managing an unresponsive casualty and providing CPR.

RYA DAY SKIPPER THEORY COURSE
This five-day course gives you a comprehensive introduction to chart work, navigation, meteorology and the basics of seamanship. It’s ideal for learning how to make decisions onboard a yacht or powerboat and understanding what’s going on when others take charge.

A basic knowledge of lights, weather and IRPCS will be included. By the end of the course you should have sufficient knowledge to navigate a yacht or powerboat around familiar waters by both day and night.

This learning opportunity provides the knowledge needed to complete the Day Skipper practical course and gain an International Certificate of Competence, which is required for boating abroad. You’ll need your own plotting instruments to complete the programme, which you can buy from us at the start.

RYA DINGHY INSTRUCTOR
Our five-day Dinghy Instructor course will develop your teaching skills, enabling you to work as a professional sailing instructor. The programme is run by our full-time RYA coach assessor and is moderated on the last day by a second RYA coach assessor.

RYA SENIOR INSTRUCTOR
This four-day course marks the transition from managing a small group of learners to being a ‘Fleet Manager’. The programme covers supervising instructors under your control, practical teaching afloat, running shore-based sessions, customer liaison, and includes group discussions. Your progress will be assessed continuously throughout the course.

FOUNDATION SAFETY AND RESCUE TRAINING (FSRT) (CANOEING)
This learning opportunity gives you the key safety and rescue skills required to operate safely in a sheltered water environment and to be able to deal with common emergencies. These skills will then form the basis of all safety and rescue training throughout the British Canoeing scheme. This qualification is a prerequisite for the new British Canoeing Paddlesports Instructor course.

We’re proud to provide high-level coaching courses that give you the knowledge, skills and confidence to progress with your chosen career. The Centre has comfortable classrooms and is ideally located for you to experience a wide variety of water conditions.

RYA ASSISTANT INSTRUCTOR
This site-specific course is for people who have completed most of our sailing courses and now wish to instruct others. It focuses on assisting in the delivery of entry-level sailing courses. If you’re aiming to become a dinghy instructor, then this course is a very appropriate stepping stone towards helping others enjoy the sport you love.

RYA POWERBOAT INSTRUCTOR
On successful completion of this course you will be able to coach starter sessions and short journeys in sheltered water environments and according to the safety management systems of clubs/centres or other organisations.

The qualification will support you with practical skills such as kitting-up a group and getting afloat, initial familiarisation activities, games and activities. You will also learn how to use mini journeys to support learning and inspire adventure and exploration. This will be enhanced with support on how these sessions can be delivered in a way that’s enjoyable, safe and rewarding.

This instructor qualification will cover a range of craft including kayaks (open-cockpit or closed-cockpit), open canoes and paddleboards. You will be certificated in one craft but able to instruct a mixed fleet.

RYA POWERBOAT INSTRUCTOR
This RYA-accredited qualification is delivered over three days. Using the Centre’s unique location, you’ll train at sea, in the harbour and on a river with constant flow. A pre-entry test is included in the course price.

Marine Technologies Skills & Training courses
Brockenhurst College offers a range of specialist skills and training courses for the marine industry. These are run at a dedicated Skills Centre at Marchwood. Courses comprise:

- Composite Technology
- Boating and Yacht Design
- Marine Engineering and Electronics
- Pre-cadetship
- Upholstery and Interiors
- Bespoke training for specific business needs

Visit www.brock.ac.uk for further information.
QUESTIONS & ANSWERS

Your questions answered

Our staff are always happy to answer your questions and are very knowledgeable about all activities and equipment. Please don’t hesitate to contact us by email or phone if you have any questions.

You can see answers to frequently asked questions below.

When should I arrive for my course?
We recommend you arrive five-to-ten-minutes before the start of your course.

What is provided?
Wetsuits, buoyancy aids and all other essential equipment (except footwear) will be provided at no extra cost.

What should I bring?
Swimwear (for under a wetsuit), shoes to wear in the water and a towel, plus a packed lunch and drink.

How much are logbooks and certificates?
Logbooks and certificates are available at no extra cost (except for VHF radio certification and British Canoeing courses).

Do you sell food and drink onsite?
Drinking-water is available. If you’re here during lunchtime, you’ll need to bring a packed lunch.

Do you have onsite parking?
We have a small car park you’re welcome to use. If there isn’t space, please use the Council’s pay and display car park, which is only a two-minute walk away.

How long until I get my certificate?
The time it takes to achieve a certificate varies from person to person. On our youth sailing courses it normally takes either two full-days or four half-days to achieve each stage. The higher-level courses are more challenging, which means they may take longer to complete successfully.

How many people will be in my group?
Our maximum ratios for scheduled courses are listed below, however, group sizes are often smaller.

Ratios of instructor to participants:
Sailing 1:9, Paddlesports courses 1:8, Powerboating 1:3, Multi Activity Days 1:8, Shore-based courses 1:12.

SCHOOL TRIPS
Whether you want to bring a small class or a whole year group, we can offer a fulfilling residential visit or day trip for your school.

Your visit can be tailored to focus on field studies, taster sessions, achieving national governing body qualifications, or a combination of all three. We offer an enjoyable, memorable trip that meets your learning objectives.

Trips range from half-day activity sessions to five-day residential visits. Activities include: sailing, canoeing, kayaking, paddleboarding, raft building, dragon boat racing, climbing, archery and high ropes.

You can choose to focus on a couple of sports, enabling you to achieve a National Governing Body qualification, or we can run a wide variety of taster sessions. All our activities are led by qualified and experienced instructors, and the Centre is accredited and inspected by AALA, RYA, British Canoeing, Adventuremark and LOtC Quality Badge.

COSTS:
Half day sessions from: £14.50 per person
Residential visits from: £110 per person
Residential week from: £285 per person

CLUBS & GROUPS
The Centre is home to several clubs and groups that offer regular participation opportunities in a variety of sports.

Bournemouth Outrigger Canoe Club
This is an adult group that welcomes beginners and includes World Championship-level participants. Regardless of your experience, this is an established route into outrigger canoeing on the south coast.

Hengistbury Head Adult Sailors Club
Club membership means low-cost, regular sailing for adults who have achieved their RYA Level 2 qualification. This close-knit group sail regularly from the Centre all year round. It provides opportunities for members to practise, explore and make new friends.

Mudeford Sea Scouts
By becoming a Sea Scout you can secure an affordable route into enjoying regular watersport opportunities.

Pilgrim Bandits
This public services charity provides support to injured personnel from the armed forces and emergency services. Showing injured service men and women what they can achieve through extreme challenges brings multiple and interrelated benefits.

Pink Champagne Dragon Boat Team
This breast cancer survivors charity group paddles both for fun and competition.

The team aims to:
- Encourage individuals who have been diagnosed with breast cancer to lead full and active lives.
- Demonstrate the benefits of an active lifestyle through the sport of dragon boat racing.
- Raise awareness of breast cancer.
- Provide support and fellowship to team members.

Southbourne Canoe Club
This kayaking and canoeing group operates weekly in the summer months.

Don’t hesitate to contact us to discuss your next school visit or ask about joining one of our clubs or groups: 01202 425173

16 www.hengistburyoutdoorcentre.co.uk

17 01202 425173 hengistbury@brock.ac.uk
<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Activity</th>
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### KAYAKING (PRICES INCLUDE BOOKING FEE)

#### KAYAK START | AGE 7 – 15
- 19 Feb 09:00-12:00 £40
- 06 Apr 09:00-12:00 £40
- 13 Apr 09:00-12:00 £40
- 28 May 09:00-12:00 £40
- 29 Jul 09:00-12:00 £40
- 26 Aug 09:00-12:00 £40

#### KAYAK DISCOVER | AGE 8 – 15
- 20-21 Feb 09:00-12:00 £55
- 07-08 Apr 09:00-15:00 £110
- 15-16 Apr 09:00-15:00 £110
- 28-29 Apr 09:00-15:00 £110
- 20-31 Jul 09:00-15:00 £110
- 01-02 Sep 09:00-15:00 £110
- 10-11 Aug 09:00-15:00 £110
- 26-27 Oct 09:00-12:00 £55
- 27-28 Aug 09:00-15:00 £110

#### KAYAK EXPLORE | AGE 9 – 15
- 18-19 Feb 09:00-12:00 £55
- 15-16 Apr 09:00-15:00 £110
- 06-07 Aug 09:00-12:00 £40
- 26-27 May 09:00-15:00 £110
- 28-29 May 09:00-15:00 £110
- 01-02 Sep 09:00-15:00 £110
- 13-14 Aug 09:00-15:00 £110
- 17-18 Aug 09:00-15:00 £110

#### KAYAK START | ADULT
- 29 Mar 09:00-12:00 £40
- 25 Apr 09:00-12:00 £40
- 24 May 09:00-12:00 £40
- 06-07 Aug 09:00-15:00 £110
- 26 Jul 11:00-14:00 £40
- 08 Aug 14:00-17:00 £40
- 23 Aug 10:00-13:00 £40
- 20 Jun 13:00-16:00 £40
- 05 Sep 13:00-16:00 £40
- 21 Mar 2021 14:00-17:00 £40
- 26 Jul 14:00-17:00 £40

#### KAYAK DISCOVER | ADULT
- 28 Mar 09:00-15:00 £80
- 25 Jul 11:00-17:00 £80
- 26 Aug 09:00-15:00 £80
- 20 Jun 13:00-16:00 £80
- 22 Aug 10:00-16:00 £80
- 07 Jun 09:00-15:00 £80
- 06 Sep 09:00-15:00 £80
- 03 Oct 09:00-15:00 £80
- 20 Mar 2021 10:00-16:00 £80
- 15 May 2021 10:00-16:00 £80

#### KAYAK EXPLORE | ADULT
- 28-29 Mar 09:00-15:00 £130
- 25-26 Jul 11:00-17:00 £130
- 08-09 Aug 10:00-16:00 £130
- 22-23 Aug 10:00-16:00 £130
- 05-06 Sep 09:00-15:00 £130
- 03-04 Oct 09:00-15:00 £130
- 20-21 Mar 2021 10:00-16:00 £130
- 17-18 Apr 2021 10:00-16:00 £130
- 15-16 May 2021 10:00-16:00 £130

### PADDLEBOARDING (PRICES INCLUDE BOOKING FEE)

#### PADDLEBOARD START | AGE 8 – 15
- 06 Apr 09:00-12:00 £40
- 14 Apr 09:00-12:00 £40
- 29 May 09:00-12:00 £40
- 24 Jul 09:00-12:00 £40
- 12 Aug 09:00-12:00 £40
- 26 Jul 15:00-18:00 £40
- 26-27 Oct 09:00-12:00 £40

#### PADDLEBOARD START | ADULT
- 29 Mar 13:00-16:00 £40
- 25 Apr 09:00-12:00 £40
- 24 May 12:00-16:00 £40
- 26-27 Aug 10:00-16:00 £40
- 05 Sep 09:00-12:00 £40
- 26 Oct 09:00-12:00 £55
- 07 Jun 09:00-12:00 £40
- 10 Aug 09:00-12:00 £40

### CANOEING (PRICES INCLUDE BOOKING FEE)

#### CANOE START | AGE 8 – 15
- 21 Feb 09:00-12:00 £40
- 29 Jul 09:00-12:00 £40
- 28 Aug 09:00-12:00 £40
- 28 Aug 09:00-12:00 £40
- 10 Aug 09:00-12:00 £40
- 28-29 May 09:00-15:00 £110
- 01-02 Sep 09:00-15:00 £110
- 17 Apr 2021 14:00-17:00 £40

#### CANOE DISCOVER | AGE 8 – 15
- 20-21 Feb 09:00-12:00 £55
- 25-26 Jul 09:00-15:00 £110
- 06-07 Aug 09:00-15:00 £110
- 15-16 Apr 09:00-15:00 £110
- 28-29 May 09:00-15:00 £110
- 26-27 Oct 09:00-12:00 £55
- 27-28 Aug 09:00-15:00 £110
- 01-02 Sep 09:00-15:00 £110
- 23 Aug 09:00-15:00 £110

#### CANOE EXPLORE | AGE 9 – 15
- 18-19 Feb 09:00-12:00 £55
- 30-31 Jul 09:00-15:00 £110
- 01-02 Sep 09:00-15:00 £110
- 10-11 Aug 09:00-15:00 £110
- 17-18 Aug 09:00-15:00 £110
- 13-14 Aug 09:00-15:00 £110
- 26-27 Oct 09:00-12:00 £55
- 26-27 Oct 09:00-12:00 £55
- 26-27 Oct 09:00-12:00 £55
- 26-27 Oct 09:00-12:00 £55
- 26-27 Oct 09:00-12:00 £55

**Adult canoeing on next page**
### Multi-Activity Days (Prices Include Booking Fee)

#### Canoeing

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<td>18 Apr 2021 10:00-13:00</td>
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<td>06 Sep 09:00-12:00</td>
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<td>03 Oct 09:00-12:00</td>
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#### Canoe Discover | Adults

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#### Canoe Explore | Adults

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### Powerboating (Prices Include Booking Fee)

#### Youth RYA Powerboat Level 2 | Age 12 – 15

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#### Adult RYA Powerboat Level 2 | Adult

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#### Family Sailing | Age 7 – Adult (Children must be accompanied by an adult)

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#### Family Kayaking | Age 7 – Adult (Children must be accompanied by an adult)

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<tr>
<td>09-10 May 09:00-16:00</td>
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### Small Group & Families (Prices Include Booking Fee)

£95 for two people in one boat
£115 for more than two people in one boat

#### Family Sailing | Age 7 – Adult (Children must be accompanied by an adult)

An instructor will be on board each boat. Depending on the age of the children we can fit between 2-4 people in each boat, please discuss this at the time of booking.

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#### Family Kayaking | Age 7 – Adult (Children must be accompanied by an adult)

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**FIRST AID FOR MENTAL HEALTH – FAA LEVEL 2 AWARD (1 DAY)**

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**SUPERVISING FIRST AID FOR MENTAL HEALTH – FAA LEVEL 3 AWARD (2 DAY)**

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**EMERGENCY FIRST AID (1 DAY)**

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**FIRST AID FOR MENTAL HEALTH – FAA LEVEL 3 AWARD (2 DAY)**

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We have used our best efforts to ensure that all the information provided in this brochure is accurate at the time of publication. However, some changes to our course offering may need to take place from time to time. Please visit our website for further information.