



WATER SPORTS OPPORTUNITIES

BIRTHDAY PARTIES

Give your child a unique birthday experience by having a water sports party with us. Children will get to experience time out on Greenland Dock, learning new skills and having fun under the tutorage of one of our instructors. You can then utilise our club room after the activity has ended.



SCHOOLS, JUNIOR AND ADULT GROUPS

We offer courses and sessions in sailing, kayaking and raft building which can accommodate complete beginners to those with previous experience. Individuals can work towards a NGB qualification for those groups wanting to offer a unique experience to their weekly PE or sports programme.

CORPORATE AND TEAM BUILDING DAYS

Do you want your organisation to have an experience they may not have encountered before?

We have a range of different packages that will get your team undertaking an array of tasks to help engagement throughout the group, with sailing, kayaking and raft building all options that can be included.



MEMBERSHIPS

Water sports Membership (£150 for adults; £70 juniors)

This provides you with discounts on all our courses as well as giving you access to all recreational sessions hosted at the centre.

**Fitness Membership
(Direct Debit available from £35 per month)**

The centre also is home to a modern gym and extensive group exercise programme, which you can access on either an annual or monthly payment. "This option includes your water sports membership for the year.



To find out more information or to book, call the centre on 0333 005 0409, go online or download the Everyone Active app.



WATER SPORTS FAQs

How old must I be to participate in water sports at the centre?

For safety and insurance reasons, children must be at least 8 years-old to do activities with us.

What should I wear when undertaking water sports activity?

We recommend that you wear comfortable clothing and soft soled shoes. If you have them, bring waterproof tops and bottoms, in addition to gloves during cold weather and hats when sunny. Do not wear jeans and ensure you bring a towel and at least one change of clothing and footwear.

When can I use the docks for participating in recreational water sports?

Recreational water sports users must hold a basic sailing, windsurfing or kayaking/canoeing qualification before taking part in any non-instructional activity. As sessions alter seasonally, please enquire directly to know the most up-to-date programme.

What will we provide?

All our instructors are fully qualified and we operate, in accordance to the various national governing bodies, strict instructor to student ratios. We will provide all the water sports equipment you require including buoyancy aids.



It's not just water sports facilities on offer at Surrey Docks.

We have a state-of-the-art gym and a full group exercise programme including Zumba®, BODYPUMP™, Group Cycling, Yoga and Pilates.

Visit www.everyoneactive.com/SurreyDocks



Tideway Sailability is a unique sailing club in Southwark where people with or without a disability all sail together as one community. www.tidewaysailability.org.uk



SURREY DOCKS FITNESS AND WATERSPORTS CENTRE

2019 Brochure

everyone
ACTIVE

Southwark
Council
southwark.gov.uk

Surrey Docks Fitness and Watersports Centre offers a wide range of water sports along with a range of dry activities for you to enjoy.

We boast a 1km water sport dock, which means you can enjoy a huge number of water sports right in the heart of London's popular Docklands. These activities include sailing, kayaking, wind surfing, power boating and canoeing, among others. All our instructors are fully trained.

COURSE DESCRIPTIONS

Canoeing Start: an introduction to canoeing for beginners, which will provide a basic understanding of boat handling.

Canoeing Discover: provides greater knowledge of further canoeing strokes, being safety conscious and the ability to undertake capsizing.

Kayaking Start: an introduction to kayaking for beginners, which will provide a basic understanding of boat handling.

Kayaking Discover: provides greater knowledge of further kayaking strokes, being safety conscious and the ability to undertake capsizing.

Powerboating RYA Level 1: a practical introduction to safe boat handling.

Powerboating RYA Level 2: this teaches safe boat handling and seamanship skills, such as launching and recovery, plaining speed manoeuvres, rope work and theory covering navigation, tides and equipment checks.

Powerboat RYA Safety Boat: this course will give you all the skills you will need to act as the safety boat helm.

Sailing RYA Level 1: an introduction to sailing, which will provide a basic understanding of boat handling techniques, and ability to launch a rig and sail a triangular course using all points of sailing.

Sailing RYA Level 2: run in crewed dinghies with aspects of boat control in differing situations, including capsize recovery and an introduction to racing.

Sailing RYA Level 3: in place to consolidate and improve previous skills, as well as learning new ones.

Sailing Coaching Clinic: tailored for those feeling out of practice or wanting to improve or consolidate their skills.

Sailing Level 2 Tidal Conversion: enhance on your Level 2 skills and utilise them in tidal water on the River Thames.

Sailing River Trip: an exciting day of sailing on the River Thames.

Stand Up Paddleboarding Start: an introduction to paddle boarding for beginners, which will provide a basic understanding of board handling.

Stand Up Paddleboarding Discover: provides greater knowledge of further paddle boarding skills.

Windsurfing Start: an introduction to windsurfing for beginners, which will provide a basic understanding of board handling techniques.

JUNIOR WATER SPORTS COURSES 2019

JUNIOR SAILING - RYA STAGE 1			
Price	£73 member / £97 non-member	Duration	2 days
Dates	8th-9th April; 15th-16th April; 27th-28th May; 22nd-23rd July; 29th-30th July; 5th-6th August; 12th-13th August; 19th-20th August; 26th-27th August; 21st-22nd October		

JUNIOR SAILING - RYA STAGE 2			
Price	£110 member / £146 non-member	Duration	3 days
Dates	10th-12th April; 17th-19th April; 29th-31st May; 24th-26th July; 31st July-2nd August; 7th-9th August; 14th-16th August, 21st-23rd August; 28th-30th August; 23rd-25th October		

JUNIOR SAILING - RYA STAGE 1 & 2			
Price	£156.50 member / £205 non-member	Duration	5 days
Dates	8th-12th April; 15th-19th April; 27th-31st May; 22nd-26th July; 29th July-2nd August; 5th-9th August; 12th-16th August; 19th-23rd August; 26th-30th August; 21st-25th October		

JUNIOR SAILING - RYA STAGE 3			
Price	£156.50 member / £205 non-member	Duration	5 days
Dates	8th-12th April; 15th-19th April; 27th-31st May; 22nd-26th July; 29th July-2nd August; 5th-9th August; 12th-16th August; 19th-23rd August; 26th-30th August; 21st-25th October		

JUNIOR SAILING - RYA STAGE 4			
Price	£156.50 member / £205 non-member	Duration	5 days
Dates	8th-12th April; 15th-19th April; 27th-31st May; 22nd-26th July; 29th July-2nd August; 5th-9th August; 12th-16th August; 19th-23rd August; 26th-30th August; 21st-25th October		

JUNIOR SAILING - COACHING CLINIC			
Price	£34 member / £45 non-member	Duration	1 day
Dates	Arranged on request		

JUNIOR KAYAKING - BC START			
Price	£140 member / £170 non-member	Duration	3 days
Dates	9th-11th April; 28th-30th August		

JUNIOR POWERBOAT - RYA LEVEL 1			
Price	£110 member / £125 non-member	Duration	1 day
Dates	Arranged on request.		

JUNIOR PADDLEBOARDING - BC PASSPORT PROGRAMME			
Price	£140 member / £170 non-member	Duration	3 days
Dates	24th-26th July		

ADULT WATER SPORTS COURSES 2019

SAILING - RYA LEVEL 1			
Price	£140 member / £190 non-member	Duration	2 days
Dates	23rd-24th March; 6th-7th April; 18th-19th May; 15th-16th June; 17th-18th August; 14th-15th September; 2nd-3rd November		

SAILING - RYA LEVEL 2			
Price	£165 member / £211 non-member	Duration	3 days
Dates	27th, 28th April & 4th May; 29th, 30th June & 6th July; 12th, 13th & 19th October		

SAILING - RYA LEVEL 3			
Price	£150 member / £211 non-member	Duration	2 days
Dates	Arranged on request		

SAILING - COACHING CLINIC			
Price	£34 member / £45 non-member	Duration	1 day
Dates	Arranged on request		

SAILING - LEVEL 2 TIDAL CONVERSION			
Price	£165 member / £210 non-member	Duration	2 days
Dates	27th-28th July; 26th-27th September		

SAILING RIVER TRIP - LEVEL 2 AND ABOVE			
Price	£45 member / £56 non-member	Duration	1 day
Dates	28th July; 27th September		

KAYAKING - BC START			
Price	£85 member / £113 non-member	Duration	1 day
Dates	31st March; 7th July; 6th October		

KAYAKING - BC DISCOVER			
Price	£128 member / £167 non-member	Duration	1 day
Dates	9th May; 11th August		

CANOEING - BC START			
Price	£85 member / £113 non-member	Duration	1 day
Dates	14th April		

CANOEING - BC DISCOVER			
Price	£128 member / £167 non-member	Duration	1 day
Date	21st July		

STAND UP PADDLEBOARDING - BC START			
Price	£85 member / £113 non-member	Duration	1 day
Dates	28th April; 23rd May		

STAND UP PADDLEBOARDING - BC DISCOVER			
Price	£128 member / £167 non-member	Duration	1 day
Dates	5th May; 24th August		

WINDSURFING - START			
Price	£140 member / £190 non-member	Duration	2 days
Dates	25th-26th May; 20th-21st July		

POWERBOAT - RYA LEVEL 1			
Price	£140 member / £190 non-member	Duration	1 day
Dates	Arranged on request		

POWERBOAT - RYA LEVEL 2			
Price	£256.50 member / £335 non-member	Duration	2 days
Dates	16th-17th March; 20th-21st April; 1st-2nd June; 13th-14th July		

POWERBOAT - RYA SAFETY BOAT			
Price	£256.50 member / £335 non-member	Duration	2 days
Dates	Arranged on request		

Please check public notice boards and www.everyoneactive.com for any timetable changes. Prices valid from 1 April 2019. All course dates run 10:00-16:00.