

# Welcome to the Lensbury Boathouse

- a peaceful haven in an otherwise busy world.

The Boathouse team pride themselves on having created a great watersports centre here at Lensbury. We offer quality instruction in a variety of watersports training. The team's passion for boating has played a major part in building the success of the Boathouse activities.

Last year we saw many changes and improvements, including more courses and the purchase of new boats and kayaks. 2010 continues this development, with more courses and more new boats. So come down and meet the team who will welcome you to the Boathouse and ensure you have an enjoyable trip, whatever craft appeals to you.

## 2010 Opening Times

27 March - 18 April and 1 - 31 October 2010	
Monday	10:00 - 17:00
Tuesday	10:00 - 17:00
Wednesday	10:00 - 17:00
Thursday	10:00 - 17:00
Friday	10:00 - 17:00
Saturday	10:00 - 17:00
Sunday	10:00 - 17:00

19 April - 30 September 2010	
Monday	10:00 - 18:30
Tuesday	10:00 - 18:30
Wednesday	10:00 - 18:30
Thursday	10:00 - 20:30
Friday	10:00 - 18:30
Saturday	10:00 - 18:30
Sunday	10:00 - 18:30

## How to Book

Bookings can be made at Members' Reception for all courses. For parties and group bookings or to arrange another course, please contact Mark or Dwayne at the Boathouse by email: [boathouse@lensbury.com](mailto:boathouse@lensbury.com) or phone: 020 8614 6554

## Boathouse Discount for 2010

1. Book two courses for the same person in the same week and get 10% off both courses
2. Book on any courses running this year before the 31st March and get a 10% discount on all courses you booked at that time.
3. If a sibling books onto the same course they will receive a 10% discount on their course fee. All discounted offers cannot be used in conjunction with each other.

## Contact

To contact the boathouse you can either dial direct on **020 8614 6554** or email [boathouse@lensbury.com](mailto:boathouse@lensbury.com)



## Skiff

The Lensbury Skiffs are rowing boats and ideal for you and the family to take a leisurely trip up the river watching the wildlife, rowing past the riverside houses, woods or stopping for a well earned break along the bank! There are many interesting sights to behold on the banks of the Thames.

## Motor boats (over 21 only)

For those not quite energetic enough to power themselves up river, why not take a motor boat and see Kingston from a different angle or head up to Hampton Court? The motor boats seat up to seven people and are available to hire for £10 per 1/2 hour or £20 per hour - the ideal way to potter up river! The boats are also available for half day bookings (three hours) at £50 and full day bookings (six hours) at £90. The motor boats are popular during the school holidays and summer weekends, so it is advisable to book in advance – 020 8614 6554.

## Sculling

Lensbury offers sculling boats for all levels of user. For the beginner, try out a tub scull, offering a more stable boat to get used to sculling and providing good practise for the sliding seat – just like the ergo in the gym, but you actually move! For those with a bit more confidence, what about the Rhum-Tum, which does require more balance and a good technique. For the skilled, we have a lightweight scull or the Eton Scull which is suitable for all weights. Also available for use, we have a double scull and a quad scull proving sculling need not be a solo activity. Please speak to a boatman for further information on learning to scull.

## Kayaking/Canoeing

**Perception** - singles and doubles (with the option of a child seat). If you have never paddled a kayak before – no problem! The Perception is so stable, comfortable and easy to use that you'll forget all your fears and focus your attention on enjoyment, without worrying about capsizing or keeping the boat on course – great fun.

**Wild Things/Moonsters** – singles for those looking for more of a challenge, still great fun.

**Canoes** – available in two and three seaters. These traditional open canoes, as used by the Red Indians, are great for exploring the river.

## Sailing

Lensbury's Boathouse is stocked with a variety of sailing boats. Anyone wishing to take out a Lensbury sailing boat must prove that they are a competent sailor. They are required to rig, de-rig and launch the boats themselves.

**Enterprise** – a two-man boat, excellent for river racing.

**Laser** – a performance single-hander for the more experienced sailor.

**Laser Bahia** – a two-man boat, stable, fun and racy. **NEW FOR 2010**

**Laser Pico** – the ideal boat for training or racing. Single-hander.

**Optimist** – ideal for training or racing, single-hander for youngsters.

**Topper** – a racy, fun single-hander which is easy to rig and sail.

**Wayfarer** – a more stable family boat.

## Lensbury Sailing Club

The Lensbury Sailing Club offers racing every week from April through to the end of October on Sunday mornings with an 11:00 start, plus Thursday evenings from April until September with a 19:00 start. There are a number of series held throughout the year, with a fun prize giving event at the end of the season. Whether you have just completed a course with us, or are looking to improve your skills, racing is a great way to become a better sailor. The Club is always keen to welcome new members. Come along and give it a try for free. If you think it is for you then you can join the Lensbury Sailing Club for £36 per year for adult membership or £20 per year for junior membership. If you are interested, please speak to a member of the Lensbury Sailing Club or one of Lensbury's boatmen.

## Junior Sailing & Kayak Club (Members only)

Over the last two years we have been running a club for our junior members.

The club is run by our instructors and costs £5 each week. The club runs from 11:00-13:00 every Saturday the boathouse is open. All we ask is that the junior has completed the RYA Stage 2 Sailing course or the Kayaking Beginners course.

## Ladies Sailing & Kayak Club (Members only)

We have been running Ladies only courses for the past three years which have proved very successful with our members. A club session for Kayaking runs on Thursdays and Sailing on Fridays, both from 10:00-12:00. The club will be run by our instructors and costs £7.50 each week. All we ask is that the member has completed the RYA Level 1 Sailing course or the Kayaking Beginners course.

### Fun Events for 2010

#### Family Fun Watersports Introduction Day (3rd May 2010)

Come along between 11:00-17:00 and try out what we have to offer at the Boathouse. Meet our friendly and experienced instructors and let them take you out in our boats and enjoy the peaceful way of the River Thames.

#### Junior Watersports Taster Day (11th July 2010)

Any junior aged 8 years and over can come along and have a go in a variety of boats. There will be sessions run throughout the day, please ask at Members' Reception or the Boathouse for a timetable. (Sessions will have limited spaces available, so please book in advance to avoid disappointment).

## Adult Courses 2010

Weekend Courses for over 16s 10:00 - 16:00



**RYA Adults Start Sailing Level 1** £100  
(non members £125)

24/04/10 - 25/04/10

05/06/10 - 06/06/10

03/07/10 - 04/07/10

11/09/10 - 12/09/10

16/10/10 - 17/10/10

**RYA Adults Basic Skills Level 2** £100  
(non members £125)

19/06/10 - 20/06/10

17/07/10 - 18/07/10

**Kayaking Adults Beginners Course** £ 95  
Run over two weekends 10:00-12:30  
BCU 1 star (non members £120)

01/05/10 - 02/05/10 to 15/05/10 - 16/05/10

12/06/10 - 13/06/10 to 26/06/10 - 27/06/10

18/09/10 - 19/09/10 to 02/10/10 - 03/10/10

### Ladies Courses

All mid-week courses are six weeks long and run for 1½ hours each week, but not on school holiday weeks.

**RYA Start Sailing Level 1** £100  
(non members £125)

10:00 hrs Mon 10/05/10 - 28/06/10

10:00 hrs Mon 06/09/10 - 11/10/10

**RYA Basic Skills Level 2** £100  
(non members £125)

10:00 hrs Tues 11/05/10 - 29/06/10

10:00 hrs Tues 07/09/10 - 12/10/10

**Kayaking Beginners Course** £ 95  
BCU 1 star (non members £120)

13:00 hrs Mon 10/05/10 - 28/06/10

13:00 hrs Mon 06/09/10 - 11/10/10



## Junior Courses 2010

Mid-week courses for Juniors aged 8-15 years. All mid-week courses are six weeks long and run for 1½ hours each week, but not on school holiday weeks.

<b>Stage 1 Sailing</b>	<b>£100 (£125)</b>
17:00 hrs Tue 11/05/10 - 22/06/10	
17:00 hrs Tue 07/09/10 - 12/10/10	
<b>Stage 2 Sailing</b>	<b>£100 (£125)</b>
17:00 hrs Wed 12/05/10 - 23/06/10	
17:00 hrs Wed 08/09/10 - 13/10/10	
<b>Stage 3 Sailing</b>	<b>£100 (£125)</b>
17:00 hrs Thurs 13/05/10 - 24/06/10	
17:00 hrs Thurs 09/10/10 - 14/10/10	
<b>Junior Kayaking Courses</b>	<b>£95</b>
<b>Kayaking Beginners Course</b>	<b>(£120)</b>
17:00 hrs Wed 12/05/10 - 23/06/10	
17:00 hrs Wed 08/09/10 - 13/10/10	
<b>Kayaking Improvers Course</b>	<b>£95 (£120)</b>
17:00 hrs Thurs 13/05/10 - 24/06/10	
17:00 hrs Thurs 09/10/10 - 14/10/10	

### Holiday Programme Dates 2010

Easter 05/04/10 - 16/04/10  
 May Half Term 31/05/10 - 04/06/10  
 Summer 12/07/10 - 03/09/10  
 October Half Term 18/10/10 - 29/10/10

## Boathouse School Holiday Programme 2010 for Juniors

The boathouse will run the same holiday programme each week over the school holidays for 2010 (days change on Bank Holiday weeks).

<b>Sailing Stage 1</b>	<b>£100 (£125)</b>
Mon (Tues b/h week)	10:00-16:00 hrs
Tue (Wed b/h week)	10:00-16:00 hrs
<b>Sailing Stage 2</b>	<b>£100 (£125)</b>
Wed (Thurs b/h week)	10:00-16:00 hrs
Thurs (Fri b/h week)	10:00-16:00 hrs
<b>Sailing Stage 3</b>	<b>£100 (£125)</b>
Mon (Tues b/h week)	10:00-16:00 hrs
Tues (Wed b/h week)	10:00-16:00 hrs
<b>Sailing Stage 4</b>	<b>£150 (£187.50)</b>
Only on selected weeks:	
12/04/10 28/07/10 16/08/10 25/10/10	
Wed	10:00-16:00 hrs
Thurs	10:00-16:00 hrs
Fri	10:00-16:00 hrs
<b>Raft Building</b>	<b>£20 (£27.50)</b>
Fri	10:00-12:00 hrs and 14:00-16:00 hrs
<b>Watersports Fun Days</b>	<b>(per day) £35 (£45)</b>
Mon, Tue, Wed & Thurs	10:00-16:00 hrs (excluding Bank Holidays)
<b>Kayaking Beginners Course</b>	<b>£95 (£120)</b>
Morning course	
Mon-Thur (Tues-Fri b/h week)	10:00-12:30 hrs
Afternoon course	
Mon-Thur (Tues-Fri b/h week)	13:30-16:00 hrs
<b>Kayaking Improvers Course</b>	<b>£95 (£120)</b>
Afternoon course	
Mon-Thur (Tues-Fri b/h week)	13:30-16:00 hrs

## Sail Training - Adults (minimum of two, maximum of 6 people per group)

Weekend Courses for over 16s 10:00-16:00

### RYA Start Sailing: Level 1

Members £100 (non members £125)

The Start Sailing course runs over a six week period (1½ hours per session) or two full days during which the group will learn the basic sailing skills. From the start of the course, the groups will be out on the water in boats under the instruction of a RYA instructor, who will take the group through each stage of the course from sailing across the wind, to sailing upwind and down wind. At the end of the course the group should be able to sail up and down river from the Boathouse, under the supervision of an instructor.

### RYA Basic Skills: Level 2

Members £100 (non members £125)

The Basic Skills Sailing course is designed for those who have completed the Start Sailing course to help develop the skills that they have acquired. In addition, new skills will be introduced such as man overboard, mooring and an introduction to racing. The course is run over a six week period (1½ hours per session) or two full days.



## Sail Training - Juniors

### RYA Youth Sailing Scheme

Members £100 (non members £125)

The RYA Youth Sailing Scheme, for our Junior members, is also run over a six week period (1½ hours per session) or two full days.

- Stage 1** - Provides a basic understanding of how a boat sails, with some experience of steering and handling the boat.
- Stage 2** - Develops a range of sailing skills and background knowledge leading on to becoming a confident small boat sailor.
- Stage 3** - Teaches rigging and launching your boat and being able to sail in any direction. This course is equivalent to Level 2 in the Adult National Sailing Scheme.
- Stage 4** - Concentrates on the skills required to sail a double-handed boat as crew or helm and solving a variety of problems afloat.



## Personal Tuition

For a more flexible arrangement, the fastest way to progress is with your own RYA or BCU instructor.

Hourly Rates	Members	Non Members
One to One	£40	£50
Extra person	£10	£15

or book a block of five or more hourly lessons for £35 per lesson (members only).

## Kayak and Canoe Training (minimum of two people)

### Beginners Course

Members £95 (non members £120)

This is an introductory course for those with little or no paddling experience. As part of the course you will learn basic kayaking strokes, types of equipment used and safety procedures.

### Improvers Course

Members £95 (non members £120)

This is a follow-on course from the Beginners course. The emphasis of this course is on stroke improvement, balance, more advanced strokes and rescuing. Juniors will be working through the Paddlepower syllabus and adults will work through the BCU Star Awards. Courses will run on demand for adults.

## RYA Powerboat Training (minimum of two people)

### Powerboat Level 2

Members £175 (non members £200)

The aim of the course is to teach boat handling and seamanship skills and to provide a background knowledge needed by a powerboat driver. This course is the basis of the International Certificate of competence. We will run this course on demand. Courses can be arranged from April to November.

## Other Fun Activities for 2010

Watersports Fun Days – up to 24 people (min of 4)

Members £35 (non members £45)

Multi-activity Watersports Days are the perfect way to spend the day at Lensbury and are a very popular choice for groups of all ages. It allows the group a chance to experience the thrill and challenge of more than one activity over the period of the day. The main aim is for the user to develop water confidence and safe skills and, above all, have fun. The time spent on each activity can be tailored to suit the needs of your group but will also provide enough time to achieve a reasonable level of success. A typical Watersports Day would consist of three activities chosen from kayaking, canoeing, dinghy sailing or raft building with each session lasting approximately one hour.

Birthday Parties – up to 24 people at £15 per person per hour (min of 8)

A typical party would consist of a kayak (1 hour) or raft-building (1 1/2 hour) session. No experience is necessary and the main aim is to have fun with your friends on the water with our qualified instructors. (All children must be over the age of 8).

Raft Building – up to 24 people per group

Members £20 (non members £27.50)

Raft building is not only a fun activity, it's also a great way to help team-building, to develop communication skills and generally to bring people together – after all, it's sink or swim, so they have to get it right!

If there is not a course in this brochure that suits you, please do not hesitate to contact us as we can accommodate most needs.



The Richmond Sailing team, made up mostly by Lensbury members, finished a brilliant 5th in the Sailing Regatta at last year's London Youth Games. Combined with the kayakers and rowers, the team helped Richmond to win the Regatta trophy for the first time in June 2009.

Lensbury takes part in other racing series held throughout the year. Please contact the Boathouse for information on how to become part of the team.

## How to Book

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