

# Dinton Activity Centre

# Adult Courses and Sessions



Suitable for  
ages 16+



**Watersports courses and fitness sessions at Dinton Pastures**

» [www.dinton-pastures.co.uk](http://www.dinton-pastures.co.uk)

» Tel: 0118 974 6343



**WOKINGHAM  
BOROUGH COUNCIL**

## Introduction to Dinghy Sailing

Following the Royal Yachting Association Level 1 syllabus, this course introduces you to the wonderful world of dinghy sailing and will enable you to take out one of our small dinghies. Weekends **£181**, Evenings **£150**. **Includes parking**. Choose between a weekend course, two Saturdays or six progressive Tuesday evening sessions.



## Improvers Dinghy Sailing

Build on your sailing knowledge, skills and confidence following the Royal Yachting Association Level 2 syllabus. On completion, you will be able to hire our double-handed dinghies. Weekends **£181**, Evenings **£150**. Choose between a weekend course, two Saturdays or six progressive Tuesday evening sessions.



## Shakedown Sailing

This one-day course, held on a Sunday, is suitable for those with previous dinghy sailing experience (however rusty!) wishing to refresh their skills. By the end of the day you will remember the difference between your tacks and gybes and feel confident enough to sail independently on the lake. **£95**.



## Powerboat Licence

The Royal Yachting Association Powerboat Level 2 certificate is the driving licence of powerboating. This weekend course will give you the skills to drive a powerboat competently and safely. No previous experience is required. **£240**.



»» [www.dinton-pastures.co.uk](http://www.dinton-pastures.co.uk)

»» [www.facebook.com/wokinghamdac](https://www.facebook.com/wokinghamdac)

Go online for more information and booking.



## Introduction to Paddlesports

Glide into the world of kayaking and canoeing and learn the foundation skills of boat control in a variety of craft. The course follows the British Canoeing 1\* syllabus. No previous experience required. **£110.**

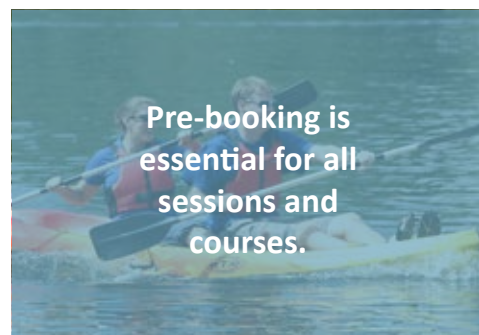
Choose between a weekend course or two Saturdays.



## Improvers Paddlesports

Following the British Canoeing 2\* Syllabus, this two-day course will help develop your existing skills and turn you into a confident and competent paddler on flat, sheltered water. **£110.**

Choose between a weekend course or two Saturdays.



Pre-booking is essential for all sessions and courses.

## Vital Skills for Independent Paddlers

This one-day course covers the vital personal skills and essential knowledge for any independent paddler looking to buy their own boat or improve their existing understanding. **£47.**

Held on Sundays throughout the season.

## Stand Up Paddleboard Fitness



Paddle, stretch and strengthen your way to fitness in the fresh air with the help of our SUPFit-qualified instructors. No previous experience required.

**6 sessions £72. Give It a Go taster, 29th May, £3.**

Tuesdays 6.30-8am and 6-7.30pm.



## Twilight Club

Practise your new-found skills, try out a new boat, swim in the wild or simply relax by the BBQ at our Twilight Club: the perfect midweek de-stress session. Boats are on a first-come, first-served basis, and don't forget food for the grill! **£12, payment at the front desk. £3.50 swimming only.**

Every Wednesday evening 05/04 - 27/09, 6-8pm.

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»dintonactivitycentre@wokingham.gov.uk

	April	May	June	July	August	September	October
Intro and Improver Sail: weekend	22 & 23	13 & 20	17 & 18	15 & 22	19 & 20	9 & 16	14 & 15
Intro Sail: Six Tuesday evenings	18, 25	2, 9, 16, 23		18, 25	1, 8, 15, 22		
Improver Sail: Six Tuesday evenings			6, 13, 20, 27	4, 11	29	5, 12, 19, 26	
Shakedown Sailing	2	7	11	2	6	3	
Powerboat Licence	29 & 30	27 & 28	24 & 25	8 & 9	5 & 6	2 & 3	7 & 8
Intro and Improver Paddlesports	8 & 9	14 & 21	24 & 25	16 & 23	12 & 13	10 & 17	
Vital skills for Independent Paddlers	15	13	10	1	5	2	7
SUP Fitness – Tuesday mornings and evenings		Taster 29th	6, 13, 20, 27	4, 11, 18, 25	1, 8, 15, 22, 29	5, 12, 19, 26	

Can't make the date? We also offer 1:1 and 2:1 **private tuition** at a time that suits you.

## Fitness in the Fresh Air

### Barnes Fitness

[www.barnesfitness.co.uk](http://www.barnesfitness.co.uk)

If you're looking for a fitness challenge, 5/10k runs, duathlons and even a Santa Dash are on this year's calendar at Dinton.

### Fitness Bootcamp

[www.321spiritfit.com](http://www.321spiritfit.com)

Whether training for a muddy race or just for fun, these high-intensity cardio workouts will boost your strength and endurance.

### Open Water Swimming

6-8pm | £3.50 | 2 month pass £27

Train for an event or simply enjoy a wild swim. Safety cover provided.  
400m and 750m courses available.

**Wednesdays 5th April - 27th September.**

### Walking for Health

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

Walking is beneficial for both your physical and mental wellbeing. Meet new people in the fresh air at one of 17 guided walks across the borough.

*All details correct at the time of going to print, February 2017.*

