



OARSOME!

Charity Rowing Challenges

On the River Thames or the English Channel

No experience needed - just your sense of adventure

Three great challenges...

- Row on the River Thames, 8.5 miles from Westminster to Greenwich
- Take part in the Great River Race, 23 miles on the Thames in September
- The ultimate challenge - The AHOY Channel Row - 23 miles on the English Channel

One great cause

Your challenge raises vital funding for The AHOY Centre, a Charity working with disadvantaged young people and disabled people in London

Get fit, compete, have fun and achieve all in one Challenge.

'A Charity Changing Lives Through Rowing & Sailing'

Find out more or book your place

Email: dan@ahoy.org.uk

Tel: 020 8691 7502 x 111



Course Programme 2018



The **AHOY** Centre



Borthwick Street, Deptford, Greenwich, London SE8 3JY

For bookings and enquiries contact
020 8691 7502 or
Email: Training@ahoy.org.uk

'For more information visit www.ahoy.org.uk'

COURSE PROGRAMME 2018

Course Title	Cost	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
RYA Sailing Courses													<i>Coastal Endorsed</i>
RYA Start Sailing Level 1	£180				14 & 15					22 & 23			
RYA Basic Skills Level 2	£180			17 & 18							13 & 14		
RYA Better Sailing Level 3	£180				22 & 23								
RYA Seamanship Skills	£180								18 & 19				
RYA Youth Scheme Stage 1	£120				3 & 4				17 & 18		26 & 27		
RYA Youth Scheme Stage 2	£120				5 & 6				29 & 30		25 & 26		
RYA Youth Scheme Stage 3	£120								30 & 31		26 & 27		
RYA Youth Scheme Stage 4	£120												
RYA Powerboat Courses													<i>Coastal Endorsed</i>
RYA Powerboat Level 1	£155		25						14 / 21				
RYA Powerboat Level 2	£325				7 & 8				11 & 12		13 & 14		
RYA Safety Boat Course	£305		11, 12 & 13										
RYA Theory Courses													
RYA First Aid	£85				29						7		
RYA VHF Course	£115				8					23			

All Practical courses come with a Coastal Endorsement - Courses start at 9am & finish at 6pm - All Equipment provided



BOOK NOW!
 Phone 020 8691 7502 or Email training@ahoy.org.uk
www.ahoy.org.uk



twitter

facebook