



THE LENSBRURY



The Lensbury Watersports Centre

Quality water sports training and
adventurous activities for 2020

From 14th March to 22nd November



THE LENSBURY

Watersports Centre



Birthday Parties

Kayaking

Fun and games on the River (no experience necessary).



Raft Building

Create the design, build it then see if it is a masterpiece or a disaster piece. A great way to celebrate your birthday.



Sports Day

On-land wacky, fun races with our equipment.

Combi Party

Pick any two of the above and really go for the active party.

For more information or to book please contact our Watersports Centre directly on 020 8614 6554 or by e-mail watersportscentre@lensbury.com

**Non-members must enter and leave through Broom Water West Entrance TW11 9QH.*

Welcome to The Lensbury Watersports Centre

A peaceful haven in an otherwise busy world.

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

In recent Years the water sports centre has invested in new equipment and we have a variety of exciting craft to venture out onto the water in. We have a multitude of different types of dinghies to choose from depending on competency and we are very proud of our Award winning dragonboats, The Lensbury enter the Kingston dragonboat challenge and in 2019 we came 2nd and 3rd out of 46 teams! This year were aiming for gold! The boats are exciting to race and great for team building. Our calendar is full of fun and engaging courses to give you the tuition you need and clubs sessions to help you improve!

Come down and meet the team who will welcome you to the Watersports Centre and ensure you have an enjoyable trip, whatever craft appeals to you.

2020 Opening Times

14th March - 12th April and
28th September - 30th October

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

13th April - 27th September

Monday	10:00 - 18:30
Tuesday	10:00 - 18:30
Wednesday	10:00 - 18:30
Thursday	10:00 - 18:30*
Friday	10:00 - 18:30
Saturday	10:00 - 18:30
Sunday	10:00 - 18:30

31st October - 22nd November

Saturday	10:00 - 15:00
Sunday	10:00 - 15:00

* Thursday late closure time of 20:00, from 2nd April - 24th October

Contact us

To contact the Watersports Centre you can dial direct on tel: **020 8614 6554**
or email: watersportscentre@lensbury.com

How to Book

Bookings can be made direct at the Watersports Centre for all courses.

For parties and group bookings or to arrange another course, please contact the Watersports Centre direct by Email:
watersportscentre@lensbury.com or dial direct on Tel: 020 8614 6554.

All courses must have a minimum of 4 participants unless otherwise stated.

If a course does not have the minimum number of attendees booked onto it another course will be offered or a credit/refund given in return

Non members are welcome to book any of our activities but must arrive and leave through the Watersports Centre entrance down Broom Water West TW11 9QH.

(All children taking part must be over the age of 8).



The Lensbury Boats

Sailing

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

Laser I – A performance single-hander for the more experienced sailor.

Laser Bahia – A two-man boat, stable, fun and great for families.

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

RS Feva – A high performance double hander racing dinghy for the more skilled juniors

Oppie – Ideal for training or racing, single-hander for youngsters.

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

Skiffs

The Lensbury Skiffs are rowing boats 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 at one of the delightful pubs. There are many interesting sights to behold on the banks of the Thames.

Motor boats (Driver must be over 21 years old)

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: (see table below) - the ideal way to potter up river. The motor boats are popular during the school holidays and summer weekends, so it is advisable to book in advance – 020 8614 6554. (payment to be made on booking).

Motor boats hires						
½ hour	1 hour	1½ hour	2 hour	3 hour	4 hour	6 hour
£15.00	£30.00	£42.00	£55.00	£75.00	£90.00	£120.00

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 – single kayaks for those looking for more of a challenge, even more fun!

Lightning Racing Kayaks – These are junior racing kayaks as once used by Tim Brabants the Olympic Gold medalist in Beijing 2008. They are ideal for experienced juniors who have done the learner courses.

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

Dragon boats

We are very proud of our two Dragon boats that have only been with us for a few short years. Dragon boat racing is a fantastic teambuilding activity that is not only competitive and challenging but great fun. We have several members of staff at the Watersports Centre who are accredited dragon boat helms. Harry our chief Instructor and his team can organize dragon boating for groups of 20 or more.

The Lensbury Sailing Club

The Lensbury Sailing Club offers racing every week from March through to the end of November 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. You can join the Lensbury Sailing Club for £54 per year for adult membership or pay a race fee as you go for £6 per race, under 18's can race for free. If you are interested, please speak to a member of the Lensbury Sailing Club or one of Lensbury's instructors.

Clubs

All of the clubs below are £9 per session for members (non members £12, this does not include use of club facilities and the Watersports Centre must be entered and left by our entrance down Broom Water West, TW11 9QH). All clubs will have limited spaces so please book and pay in advance to secure a space.

Junior Sailing & Kayak Club

A club for our junior members to come and practice their skills learnt on our courses and to have fun on the water. The club is run by our instructors and is there for kids to practice their skills and have fun. The club runs from 11:00 - 13:00 every Saturday March 14th to 24th October. All we ask is that the junior has completed the RYA Stage 2 Sailing course or the Kayaking Beginners course.

Advanced Kayaking Club

This club is for talented kayakers who have gained their paddle power level 6 or above and want to get to competition standard. The Richmond London youth games team will also be selected from this club. The club runs from 17:00 - 19:00 and starts on the 2nd April until 24th September.

'Can sail, can't race'

This club is for junior sailors who are keen on dinghy racing. We will guide you through the start, the course and techniques to go faster.

The club runs from 17:00 - 19:00 and starts on the 2nd April until 24th September.

Adult Sailing & Kayak Club's

Come along and practice your skills and learn new techniques under the guidance of one of our experienced instructors. Club sessions for Kayaking run on Thursdays (no experience needed) and Sailing on Fridays (must have at least RYA Level 1), both from 10:00 - 12:00. Starting the week commencing the 16th March.

(Adult clubs will not run during school holidays).





Adult Courses 2020

Sailing Courses - (minimum of 4 people)

RYA Start Sailing: Level 1

The Start Sailing course runs over a four week period (3 hours per session) or two days (10:00 - 16:00) 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 Watersports Centre under the supervision of an instructor.

RYA Basic Skills: Level 2

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 four week period (3 hours per session) or two days (10:00 - 16:00).

Weekend Courses

RYA Adults Start Sailing Level 1 £125 (non-members £145)

25/04/20 - 26/04/20

23/05/20 - 24/05/20

04/07/20 - 05/07/20

05/09/20 - 06/09/20

RYA Adults Basic Skills Level 2 £125 (non-members £145)

20/06/20 - 21/06/20

12/09/20 - 13/09/20

Mid Week Courses

All mid-week courses are 6 weeks long and run every Monday (Level 1) and Tuesday (Level 2) for 2 hours each week, **but not on school holiday weeks or bank holidays.**

RYA Start Sailing Level 1 £125 (non-members £145)

10:00 - 12:00 Mon. 11/05/20 - 15/06/20

10:00 - 12:00 Mon. 07/09/20 - 12/10/20

RYA Basic Skills Level 2 £125 (non-members £145)

10:00 - 12:00 Tues. 12/05/20 - 16/06/20

10:00 - 12:00 Tues. 08/09/20 - 13/10/20



RYA Powerboating Level 1 and 2

Level 1

This is a one day course introduction to Powerboat techniques for launching and recovering of boats from a trailer, everyday boat handling and use of safety equipment. Minimum age 8yrs (under 16 yrs will be issued with an endorsement on their certificate).

RYA Power boating Level 1
£150 (non members £165)



Level 2 (National Powerboat Certificate)

Regarded as the "Driving License" for powerboat. This 2 day course will provide skills and background knowledge need to drive a powerboat. It focuses on low speed close quarters handling, man-over-board recovery, collision regulations and anchoring.

Minimum age 12.

For any one considering purchasing a boat or chartering one, this course is a must to give you the skills required to safely handle a powerboat.

RYA Power boating Level 2
£275 (non members £310)



NOTE: The teaching ratio for Power boating at both Levels 1&2 is 3:1

RYA Power boating **Level 2 only**
one to one tuition
£375 (non-members £400)

To contact the Watersports Centre you can dial direct on tel: 020 8614 6554
or email: watersportscentre@lensbury.com

Junior After School Courses 2020

Mid-week courses for juniors aged 8-15 years. All mid-week courses are six weeks long and run for 2 hours each week, but not on school holiday weeks (minimum 4 people on any course)

Sailing Courses

The RYA Youth Sailing Scheme, for our junior members, is run over a six week period (2 hours per session) or two full days.

RYA Youth Sailing Scheme - Stage 1

Provides a basic understanding of how a boat sails, with some experience of steering and handling the boat.

£125 (non-members £145)

16:30 Mon 11/05/20 - 15/06/20

RYA Youth Sailing Scheme - Stage 2

Develops a range of sailing skills and background knowledge, leading on to becoming a confident small boat sailor.

£125 (non-members £145)

16:30 Tues 12/05/20 - 16/06/20

RYA Youth Sailing Scheme - 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.

£125 (non-members £145)

16:30 Wed. 13/05/20 - 17/06/20

RYA Youth Sailing Scheme - Stage 4

Concentrates on the skills required to sail our new RS Feva double-handed boats as crew or helm and solving a variety of problems afloat.

£175 (non-members £210)

3 day course, can be arranged with a minimum of 4 participants.



Kayaking Courses

Our courses are modeled on the BCU paddle-power pathway. They provide a clear syllabus of skills to learn and help develop a student into a paddling pro. They are run over four 2½ hr sessions or six 2 hour sessions after school.

Kayaking Paddle power - Level 1-4 (Beginners Course)

A gentle introduction to kayaking, including some simple strokes to get you going in the right direction and how to get in and out of the boat safely.

£120 (non-members £140)

16:30 Tues 12/05/20 - 17/06/20

Kayaking Paddle power - Levels 5&6 (Improvers Course)

Know the basics then this course will push you on learning more complex strokes and learning more safety about the river.

£120 (non-members £140)

16:30 Weds 13/05/20 - 17/06/20

Kayaking paddle power Completed Level 6 or above (Advanced course)

This course is designed for the keen and experienced who want to push on with the sport of kayaking learning more strokes and rescue techniques.

Kayaking racing course (Must have completed a beginners course)

This course is designed for any junior who has completed a beginner's course. It is an introduction to racing using our new lightning racing kayaks once used by Olympic gold medallist Tim Brabants. Are you an Olympic gold medallist in the making?

Other Fun Activities for 2020

Watersports / Land Games Fun Week

This week is geared around having fun on the water using all of our equipment; from sailing, kayaking, canoeing, skiffing, motor boating, raft building and plenty more. On land games will also be played using our fun equipment. Each day will consist of at least two water sports activities. There is no set schedule and the days will be planned around the weather. It is possible to drop in for just 1, 2 or 3 days depending on what suits you.

Mega Raft Build

This fun morning is all geared towards designing the raft, building it and then seeing if your creation is a masterpiece or a disasterpiece.



Watersports Centre School Holiday Programme 2020 for Juniors

The Watersports Centre will run the same holiday programme each week over the school holidays, days change on Bank Holiday weeks (b/h weeks). (Minimum 4 people on any course)

RYA Sailing Stage 1	£125 (£145)
Mon. (Tues. b/h weeks)	10:00 - 16:00hrs
Tue. (Wed. b/h weeks)	10:00 - 16:00hrs

RYA Sailing Stage 2	£125 (£145)
Wed. (Thurs. b/h weeks)	10:00 - 16:00hrs
Thurs. (Fri. b/h weeks)	10:00 - 16:00hrs

RYA Sailing Stage 3	£125 (£145)
Mon. (Tues. b/h weeks)	10:00 - 16:00hrs
Tues. (Wed. b/h weeks)	10:00 - 16:00hrs

RYA Sailing Stage 4	£175 (£210)
Wednesday	10:00 - 16:00hrs
Thursday	10:00 - 16:00hrs
Friday	10:00 - 16:00hrs
Only on selected weeks:	
22/07/20 - 24/07/20	
12/08/20 - 14/08/20	

Kayaking Paddlepower Level 1 - 4 (Beginners Course)	£120 (£140)
Morning course Mon.-Thur. (Tues.-Fri. b/h weeks)	10:00 -12:30hrs
Afternoon course Mon.-Thur. (Tues.-Fri. b/h weeks) (no course during October half term)	13:30 -16:00hrs

Kayaking Paddlepower Level 5 & 6 (Improvers Course)	£120 (£140)
Afternoon course Mon.-Thur. (Tues.-Fri. b/h weeks)	13:30 - 16:00hrs

Kayaking Paddlepower Level 6 and above (Advanced)	£120 (£140)
Morning course Mon.-Thur. (Tues.-Fri. b/h weeks)	10:00 - 12:30hrs
Only on selected weeks	
20/07/20 - 23/07/20	
03/08/20 - 06/08/20	
17/08/20 - 20/08/20	

Kayaking Racing Course Must have completed a beginners course	£120 (£140)
Morning course Mon.-Thur. (Tues.-Fri. b/h weeks)	10:00 -12:30 hrs
Only on selected weeks	
27/07/20 - 30/07/20	
10/08/20 - 13/08/20	
24/08/20 - 27/08/20	

Mega Raft Build	£25 (£30)
Fri. 10:00 - 12:00hrs	

Watersports / Land Games Fun Week	£165 (£200)
Bookings are also available per day: £45 (£55)	
Mon.-Thurs. (Tues.-Fri. b/h weeks)	10:00 - 16:00hrs

Holiday Programme Dates 2020

Easter Break 06/04/20 - 16/04/20

Whitsun week 25/05/20 - 29/05/20

Summer Holidays 06/07/20 - 28/08/20

October Half Term 26/10/20 - 31/10/20

Fun Events for 2020



Birthday Parties with a difference *(minimum group of 8) £20 per person*

Each party lasts for two hours, 1¼ hours for the activity (to include safety briefing), 15 mins changing time and 30 mins for party food and celebration on our picnic benches or in our party room if the weather is not suitable to be outside.

A non-refundable deposit of £160 is required when a booking is made. Non-members are welcome but must arrive and leave through the Watersports Centre entrance on Broom Water West TW11 9QH (all children taking part must be over the age of 8 on the day of the activity).

Kayaking

Fun and games on the river (no experience necessary).

Raft Building

Create the design, build it, then see if it is a masterpiece or disasterpiece. A great way to celebrate your birthday with friends.

Sports Day

On-land wacky, fun races with our equipment.

Combi Party - £35 per person (3½ hours)

Pick any two of the above and really go for the active party.

Other Fun Activities for 2020

Team building Sessions – (minimum of 8 people)

Prices from £30 per person

We run a variety of team building options, on the water or on the land.

Water - choose from; Raft-building, Kayaking, or Dragonboating.

Land - Sports Day (silly 'old school' style games e.g. egg and spoon race, sack race and 'tug of war') or Earthball. These sessions can help group communication, team bonding or just simply be fun.

For more details on Team building at The Lensbury please see our website: www.lensburyclub.com

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

Members £45 (non members £55)

Multi-activity Watersports days are the perfect way to spend the day at The Lensbury boathouse 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, 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.

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

Dragon Boats (minimum of 24 people)

Prices from £50 per person

A human powered craft traditionally made in the Pearl River delta region of China's Guangdong Province, out of teak wood, to various designs and sizes. The Dragon Boat's ancient Chinese origins traces back more than 2000 years.

Today – Dragon boat racing involves teams of up to 16 paddlers in a 40 foot boat with a drummer and helm, paddling frantically to beat the other teams down the course. The drums, people and colourful boats make it an impressive and exciting sport both to watch and compete in.





THE LENSBRURY

The Lensbury Watersports Centre Contact and Medical Details Form

Please return this form prior to the start of the course.

Without this form being completed and signed you cannot take part in the course.

Course Name:	Course Date:	
Name:	Date Of Birth:	
ADDRESS: (If non-member)	Tel No. Eve:	
	Email:	
Emergency Contact Whilst On Course:	Contact Tel No:	
Contact's Relationship To You:	Membership No:	
SWIMMING ABILITY – Please Tick As Appropriate: This person is a confident swimmer: <input type="checkbox"/> This person is confident in the water but does not swim well: <input type="checkbox"/>		
PLEASE DETAIL ANY MEDICAL CONDITIONS OR TREATMENT BEING RECEIVED WHICH MAY AFFECT THE WAY IN WHICH YOU PARTICIPATE IN THIS COURSE:		
Are you registered as disabled? YES/NO		
THE SIGNING OF THIS FORM SIGNIFIES THAT: The participant is physically fit to take part in this activity, confident in water (where applicable) and willing to comply with all safety regulations. The participant or their guardian / parent confirm that the participant is fit to use the facilities and do not hold The Lensbury or its staff responsible for any loss, damage or injury through ordinary negligence how so ever caused. Please read terms and conditions for booking on the back of the Watersports Centre brochure. This course is non-refundable. (For person under 18, signature of parent/guardian).		
SIGNATURE	PRINT NAME	DATE
_____	_____	_____

ALL THE ABOVE INFORMATION WILL REMAIN CONFIDENTIAL TO THE LENSBRURY STAFF
Please return this form to: The Lensbury Watersports Centre, Broom Road, Teddington. TW11 9NU
For arrival at the Watersports centre: use Broom Water West, Teddington. TW11 9QH



THE LENSBURY

Watersports Centre



For more information or to book please contact our Watersports Centre directly on 020 8614 6554 or by e-mail watersportscentre@lensbury.com
**Non-members must enter and leave through Broom Water West Entrance TW1 | 9QH.*



TERMS AND CONDITIONS

Health & Safety

Our primary aim is to ensure that all our activities are fun, rewarding, but above all, safe. Today, all commercial centres offering adventurous activities have to comply with strict Government legislation and guidelines as set down by the sports governing bodies. This means that water sport participation at recognised centres has become one of the safest forms of adventurous activities.

Club Recognition

The Club is recognised by the Royal Yachting Association (RYA), it has also gained on board status within the RYA and holds an 'Adventure Activities Licence' (AALA approval). It is required to have regular inspections by these National Governing Bodies (NGBs) to ensure that it meets with industry standards. All areas of the operation are inspected, with close attention given to health and safety, insurance, coaching standards, equipment quality and condition. A copy of our inspection certificates is posted outside the Watersports Centre.

Booking, Payment and Cancelled Lesson Conditions

Payment must be received on making a booking, in advance of the lesson. Regretfully, without pre-payment we are unable to hold spaces. Payments are non-refundable.

All courses require a minimum number of bookings to run.

In the event that a lesson is cancelled outright, The Lensbury will attempt to contact participants using the details held on members' records. It is important that The Lensbury is notified of any changes to members details.

Sessions missed for any reason cannot be rearranged or money refunded.

Safety Rules

The requirements listed below are for your safety. We want to encourage as many river users as possible but the river can be a dangerous place.

1. For safety reasons buoyancy aids/ life jackets MUST be worn by everyone at all times.
2. All Watersports Centre users must show they are competent. Going on the river is at the member's own risk.
3. Children under the age of 14 must be supervised AT ALL TIMES by their parent or guardian (aged 18 years or above). Children aged 14 to 18 years old must be approved by The Lensbury's relevant watersports coaches and have a signed declaration form from their parent or guardian.
4. Motor boats may only be hired out to members over the age of 21 years.
5. The Lensbury reserves the right not to allow vessels out on the river if the weather conditions or the member's behaviour is unsuitable.
6. Last boat out for hire will be half hour before the Watersports Centre closes for the day.

Water Confidence

All participants, including adults, involved in 'on water' activities must have a degree of water confidence. Our buoyancy aids provide more than adequate floatation, therefore, whilst participants do not necessarily need to be able to swim (we need to be notified of any non-swimmers) they should be confident enough not to panic whilst on the water.

Watersports Centre: 020 8614 6554
watersportscentre@lensbury.com

The Lensbury, Broom Road, Teddington, Middlesex, TW11 9NU

T: 020 8614 6400 F: 020 8614 6445

www.lensbury.com