



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 2017



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 2017

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		18 & 19		8 & 9					23 & 24			
RYA Basic Skills Level 2	£180			25 & 26					26 & 27				
RYA Better Sailing Level 3	£180				22 & 23								
RYA Seamanship Skills	£180		13 & 17						17 & 18		7 & 8		
RYA Youth Scheme Stage 1	£120		16 & 17		6 & 7				17 & 18		26 & 27		
RYA Youth Scheme Stage 2	£120		16 & 17		6 & 7				29 & 30		25 & 26		
RYA Youth Scheme Stage 3	£120		16 & 17		6 & 7				30 & 31		26 & 27		
RYA Youth Scheme Stage 4	£120												
RYA Powerboat Courses													
<i>Coastal Endorsed</i>													
RYA Powerboat Level 1	£155		21		20				15		24	12	
RYA Powerboat Level 2	£325			11 & 12	8 & 9				12 & 13	23 & 24	21 & 22	18 & 19	
RYA Safety Boat Course	£305									16 17 & 23			
RYA Theory Courses													
RYA First Aid	£85				23			23					10
RYA VHF Course	£115				23					17		12	

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