

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
day	RYA Basic Skills Level 1	RYA Basic Skills Level 1	RYA Start Sailing Level 2	RYA Start Sailing Level 2	RYA Start Sailing Level 2	RYA Power Boat Level 2	RYA Power Boat Level 2
evening	RYA Day Skipper Theory	Level 2 Theory	RYA Day Skipper Theory	Level 2 Theory	Power Boat Level 2 Theory	Free Time	Free Time
Week 2							
day	GNAS Archery Leader	GNAS Archery Leader	Team Building	Team Building	Team Building	Day Off	Day Off
evening	RYA Day Skipper Theory	Team Building	RYA Day Skipper Theory	Team Building	Team Building	Day Off	Day Off
week 3							
day	RYA Seamanship skills	RYA Seamanship skills	RYA Seamanship skills	RYA Seamanship skills	RYA Seamanship skills	Kayaking 1 & 2 Star Training	Kayaking 1 & 2 Star Training
evening	RYA Day Skipper Theory	Seamanship skills Theory	RYA Day Skipper Theory	Seamanship skills Theory	Kayak Pool Session	Free Time	Free Time
week 4							
day	GNAS Archery Leader	GNAS Archery Leader	Kayaking 3 Star Training	Kayaking 3 Star Training	Kayaking 3 Star Training	Day Off	Day Off
evening	RYA Day Skipper Theory	Kayak Pool Session	RYA Day Skipper Theory	Kayak Pool Session	Kayaking Debrief	Day Off	Day Off

week 5

day	RYA Sailing With Spinnakers	RYA Sailing With Spinnakers	RYA Performance Sailing	RYA Performance Sailing	RYA Performance Sailing	Canoe Camp Trip	Canoe Camp Trip
evening	RYA Day Skipper Theory	Performance Sailing Theory	RYA Day Skipper Theory	Performance Sailing Theory	Kayak Pool Session	Canoe Camp Trip	Canoe Camp Trip

week 6

day	Kayak/Canoe 3 Star Training	Kayak/Canoe 3 Star Training	Kayak/Canoe 3 Star Training	Kayak/Canoe 3 Star Training	Kayak/Canoe 3 Star Assessment	Day Off	Day Off
evening	RYA Day Skipper Theory	Kayak Pool Session	RYA Day Skipper Theory	Kayak Pool Session	Kayak/Canoe 3 Star Debrief	Day Off	Day Off

week 7

day	RYA Day Sailing	RYA Day Sailing	RYA Start Racing	RYA Start Racing	RYA Start Racing	SCA Level 1 Coach Training	SCA Level 1 Coach Assessment
evening	RYA Day Skipper Theory	Start Racing Theory	RYA Day Skipper Theory	Start Racing Theory	Kayak Pool Session	Free Time	Free Time

week 8

day	VHF SRC Radio Operators Course	Mountain Bike Maintenance Course	Mountain Bike Maintenance Course	Mountain Bike Maintenance Course	RYA Small Craft First Aid Course	Day Off	Day Off
evening	RYA Day Skipper Theory	Customer Service & Marketing	RYA Day Skipper Theory	Customer Service & Marketing	Customer Service & Marketing	Day Off	Day Off

week 9

day	Pre-entry Training	Pre-entry Training	Pre-entry Training	Pre-entry Training	Pre-entry Training	Pre-entry Assessment	Pre-entry Assessment
evening	RYA Day Skipper Theory	Pre-entry Theory	RYA Day Skipper Theory	Pre-entry Theory	Pre-entry written test	Free Time	Free Time

week 10

day	Activity Week	Activity Week	Activity Week	Activity Week	Activity Week	Day Off	Day Off
evening	RYA Day Skipper Theory	Assignments & Presentation Skills	RYA Day Skipper Theory	Presentations	Presentations	Day Off	Day Off

week 11

day	RYA Day Skipper Practical	RYA Day Skipper Practical	RYA Day Skipper Practical	RYA Day Skipper Practical	RYA Day Skipper Practical	Sailing Free Time	Sailing Free Time
evening	RYA Day Skipper Practical	RYA Day Skipper Practical	RYA Day Skipper Practical	RYA Day Skipper Practical	RYA Day Skipper Practical	Sailing Free Time	Sailing Free Time

week 12

day	RYA Dinghy Instructor Course	RYA Dinghy Instructor Course	RYA Dinghy Instructor Course	RYA Dinghy Instructor Course	RYA Dinghy Instructor Course	Day Off	Day Off
evening	RYA Dinghy Instructor Course	RYA Dinghy Instructor Course	RYA Dinghy Instructor Course	RYA Dinghy Instructor Course	RYA Dinghy Instructor Course	Day Off	Day Off

Week 13 -Week
26

Fourteen Weeks Work Experience

Week 27 -
Week 30

Skills Upgrade Consolidation Month

Week 27

Keel Boat Instructor Training	Keel Boat Instructor Training	Keel Boat Instructor Training	Keel Boat Instructor Training	Keel Boat Instructor Training	Keel Boat Instructor Assessment	Keel Boat Instructor Assessment
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Week 28

BCU Canoe Safety Test	BCU 4 Star Training	BCU 4 Star Training	BCU 4 Star Training	BCU 4 Star Training	Day Off	Day Off
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Week 29

HSE First Aid at Work	HSE First Aid at Work	HSE First Aid at Work	HSE First Aid at Work	RYA First Aid Instructor Course	RYA Safety Boat Course	RYA Safety Boat Course
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Week 30

BCU 4 Star Assessment	BCU 4 Star Assessment	BCU Level 2 Coach Training	BCU Level 2 Coach Training	BCU Level 2 Coach Assessment	Day Off	Day Off
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