

**AGE 14 -18?**  
**Not interested in Team games?**  
**Want to learn to Sail?**  
**3 Sundays training for only £20!!**



Sportivate is a £32 million Lottery programme that gives 14-18 year olds access to six session courses in a range of sports.

The programme is aimed at those who are not currently choosing to take part in sport in their own time, or are doing so for a very limited amount of time – and will support them to continue playing sport in their community after the six sessions are up. During the course a participant may work towards an event or personal challenge.

Sportivate is fully inclusive and target participants across this group, including young people who have a disability, males and females and people from people BME groups.



**Coquet Shorebase Trust is running a Sportivate Sailing Course this autumn.**

**When?** Druridge Bay Country Park on 3 Sundays: Sept 18/25<sup>th</sup> and Oct 2<sup>nd</sup>. Times: 10 – 3pm.

**What's provided?** Wetsuits, buoyancy aids, etc are all provided.

**Cost?** £20 for the whole course!

You must be able to attend all three sessions. At the end you will receive RYA certificates to show the skill level you have reached.

**More details?** Call Vic Brown on 01665 710367 or email [info@coquetshorebase.org.uk](mailto:info@coquetshorebase.org.uk).

*Coquet Shorebase Trust is a registered charity, a Royal Yachting Association Approved Training Centre and holds an AALA Licence.*

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



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