



ESSA Water Activities Centre Summer Holiday Activities 23rd July - 28th August 2022

Multi-Activity Days

Sail, raft, SUP, mega-SUP, dragon boat, canoe, kayak, catapult, katakanu, windsurfing and wobble board.
10am - 4pm. Monday-Friday, every week. Activities vary each day. See website for further details. Care is available 9am-5pm but must be requested in advance.

RYA Sailing Courses

Stage 1 - 25/26 July, 4/5, 11/12 and 22/23 Aug
Stage 2 - 25/26 & 28/29 July, 8/9, 15/16 & 25/26 Aug
Stage 3 - 28/29 July, 1/2, 8/9 & 15/16 Aug
Stage 4 - 1/2 & 18/19 Aug

Advanced Courses (must have Stage 4 or Level 2):

Seamanship - 4/5 Aug
Start Racing - 11/12 Aug
Assistant Sailing Instructor - 8/9 Aug

Sailing Refresher Instructor led sessions every Wednesday.

RYA Windsurfing Courses

Stage 1 - 4/5 Aug, 11/12 Aug
Stage 2 - 28/29 Jul

Weekend fun for all the family

Introductory courses for SUPs, kayaks (sit-on-tops) and canoes.

“Come and Practice” half day sailing. Must be RYA Stage 2 or Level 1.

“Pay and Play” one hour equipment hire - sit on top kayaks, SUPs, canoes and katakanus.



Please contact ESSA Bookings for more details.

Bookings@essa.org.uk 07483 336741 www.essa.org.uk

ESSA Water Activities Centre

Central Lagoon, Meadgate Road, Nazeing, EN9 2PB



Charity No. 1025713



**COMBINED
CADET FORCE**

