



WATER SPORTS

Bede’s Water Sports Academy offers students the chance to learn and master a variety of exciting water sports. With expert instructors and a focus on safety, students will build confidence, enhance their skills, and enjoy the thrill of water-based activities. Whether for fun or competitive interest, this academy provides a dynamic environment for young athletes to connect with nature and explore the world of water sports.

FURTHER INFORMATION

Activities may include kayaking, paddleboarding, surfing, sailing, wakeboarding, windsurfing, kitesurfing and water polo. Water Sports may be offered across lagoon, river or sea based activities.

OBJECTIVES

- To teach students the fundamental techniques and skills required for various water sports
- To promote water safety and awareness by educating students on proper safety measures, equipment use, and emergency procedures in water environments
- To improve students’ physical fitness and endurance through training and conditioning tailored to the demands of water sports
- To foster teamwork and communication by encouraging group activities and team-based challenges in water sports
- To build students’ confidence and comfort in the water, helping them overcome fears and develop a positive attitude towards aquatic environments
- To broaden vocabulary relating specifically to water sports.

SUMMARY

CENTRES	Dicker and Lancing (12–17 years)	LEVELS	Beginner, Elementary, Intermediate and Advanced
VENUE	External venues	INSTRUCTION	In small groups, depending on the sport
HOURS	3 hours per week (2x 1½ hour sessions)	FEE	£345 per week
DAYS	Tuesday and Thursday	DATES	Dicker – Week 2: 06/07/2025 Week 4: 20/07/2025 Lancing – Week 1: 29/06/2025 Week 3: 13/07/2025

Minimum number of students is required for the Academy to run. If an Academy is cancelled, a refund will be given.