

# Surfing & Beach Activities

## RIDE THE WAVES

Surfing

Coasteering

Body Boarding

Ride the Waves is for 16-18\* year olds who are currently unemployed and not in education or training. This course is designed to help you get into work, further training or an Apprenticeship.

Our watersports course is delivered 2 days per week in Newquay throughout the year and includes the following units through the apt Awards Certificate in Progression Level 1:

- Developing personal confidence and self awareness
- Developing own interpersonal skills
- Making choices in pursuit of personal goals
- Group and teamwork communication skills
- Taking part in Sport

Plus:

- Support with your Numeracy and Literacy
- First Aid certificates on offer
- Employability skills (upgrading your CV, learn about interview techniques, and apply for jobs and Apprenticeships)

\* If you turned 19 on/after 01st September 2013 you are eligible



### Contact Us Now!

If you would like to know more about taking part and to book your place please contact Dave Wickes on...

Telephone: 01326 211382

Web: [www.cornwallmarine.net](http://www.cornwallmarine.net)

Email: [david.wickes@cornwallmarine.net](mailto:david.wickes@cornwallmarine.net)

Address: *Maritime Business Centre, Unit 7A & 7B, Falmouth Business Park, Bickland Water Road, Falmouth, Cornwall, TR11 4SZ*

Cornwall Marine Network will also help you during and after the programme to look for a progression route, either into a job, Apprenticeship or college placement.

All equipment required will be provided, so you just need to turn up with sensible clothing and a can-do attitude!

Subsidised transport may be available. A weekly bursary payment may be accessed, depending on eligibility.

CMA's dedicated staff and training centres are on hand to offer guidance on future opportunities and are fully equipped to deliver fun, exciting, and vocational training courses designed to help build the best career paths for young people across Cornwall.

**CALL US NOW**  
**01326 211382**

