

# X-Train<sup>®</sup> 2011

SINCE '91

## WATERSPORTS TUITION

### WEST WITTERING



WINDSURFING SURFING  
KITESURFING  
PADDLE SURFING POWERKITING

CALL 01243 513077 OR VISIT WWW.X-TRAIN.CO.UK

## CORPORATE/GROUPS

We have worked with a number of groups, friends, doctors, stag/hen parties, schools/colleges. We have run corporate days for a range of companies including Nokia, Nandos, Vodafone, Sweaty Betty, Heineken, Montezumas all with different needs. As well as top class tuition we can provide pictures, video clips and catering - you ask for it and we will supply. You can also enjoy some fun beach activities including relaxing on the beach, volleyball, beach cricket for those who want to stay on dry land.



Whatever your requirements and whatever the occasion we can offer a great day out. Call us to discuss what you'd like and we'll put together a tailor-made package for you.

All equipment including wetsuits and buoyancy aids is provided. Experience something you've never tried before and leave the beach feeling totally re-energised and de-stressed.

**COURSES:**  
Choose from: windsurfing, surf kayaking, powerkiting, paddlesurfing and surfing.

1/2 day (2 hrs on water)	£50 p/p (min 10)
1 day (4hrs on water)	£85 p/p (min 10)
Evening session: 1.5 hrs on water	£45 p/p (min 10)



## OUR ETHOS

At X-train we passionately believe that with our tuition you will exceed your expectations. Our commitment and enthusiasm will get YOU hooked on watersports!



## SAFETY

We take your safety very seriously and continue to invest in new safety equipment each year.

We have the latest Yamaha jet ski and safety sledge. Courses are always run according to the conditions. All of our staff are first aid trained and carry 2-way radios at all times. We are regularly inspected by AALA, RYA, BKSA and West Sussex Schools Register.

## THE STAFF

All our staff are passionately into watersports. We believe our team are second to none when it comes to technical expertise, customer care and ability to deliver great lessons.

## THE CLUBHOUSE

We have modern changing rooms with gym style power showers, kitchen with tea and coffee, dry room, wifi so if your heading to beach we have some of the comforts of home right here for you. We also have invested in a state of art solar powered heating system.



## THE BEACH

We are in the privileged position of being the only UK centre on a golden, sandy beach on the south coast. Set in the private, well managed West Wittering Estate, it is the perfect setting. At low tide we teach in the waist deep lagoon sheltered by the sand bars. At mid tide you experience chop and high tide brings waves.

## HIRE

At the beach we have the latest equipment for hire which includes windsurfing kit (for both adults and kids), kayaks, paddlesurf boards, surfboards, bodyboards, skimboards & wetsuits. For a full list and prices check out [www.x-train.co.uk](http://www.x-train.co.uk). We use this kit for all our courses. We also have hire membership packages and prices please check out [www.x-train.co.uk](http://www.x-train.co.uk). You can call us from the office to reserve your kit and we will have it all ready for you on the beach!



## THE ONLINE SHOP

If you'd like to buy new equipment call our online shop on 01243 512552 or take a look at [www.2xs.co.uk](http://www.2xs.co.uk)

**WWW.2XS.CO.UK**

## THE KIT

Part of the X-train experience is the excellent kit we use. We are proud to be a centre for RRD, Ezzy, Dakine and Flexifoil. Our windsurf courses use wide style boards with super lightweight rigs. We also have kids rigs suitable for children age 5+.



## HOW DO I GET THERE?

From London it takes around 1 1/4 hours from London via the A3 to Portsmouth, along the A27 to Chichester and then down the A286 to West Wittering. Just after shops opposite the pub The Old House at Home, on the right there is a turning to the beach and West Wittering Estate. As you enter the estate car park we are situated on the far left in the tarmac car park.

## AS SEEN ON TV!

X-train is one one of the first schools to start teaching 5 year olds to windsurf as well being the first to teach Paddlesurfing in the UK. X-train has been involved in coaching kitesurfing and windsurfing since the early 90s. We have been featured on BBC News and in The Observer, London Lite, Metro, The Times, Etc Magazine and Brighton Argos.

## 2011 X-Train Course Dates - to book call 01243 513077 or visit [www.x-train.co.uk](http://www.x-train.co.uk)

	2 Day K/S Beginner	Kitesurf Improver	Kite Catch up	Windsurf Beginner	Windsurf Improver	SUP	Surf	Power kite	Splash	Rippers Waterman	X-Rippers	Rippers	Team 15	Saturday Surf Club	Little Rippers
March	1/2	5, 6, 9,	3, 4, 11,	13, 16,	3, 6,	4, 5, 7,	2, 3, 5,	6, 8,							
	12/13	10, 15,	18, 19,	27, 30,			10, 11,	6, 7, 8,	11, 20,						
	14/15	20, 25				25	12, 13,	9, 11,	21, 25						
	16/17						20, 21,	18, 19,							
	26/27						24, 26	20, 21,							
	28/29						30	24							
30/31															
April	9/10	2, 7,	1, 8, 14,	10, 13,	2, 7, 9,	3, 4,	1, 2, 3,	1, 3, 7, 9,					3, 17		
	11/12	16, 17,	29, 30	24, 27	17, 22	6, 16,	4, 5,	12, 15, 17,				11 Advanced rippers			
	13/14	18, 22					21, 30	7, 15,	19, 21,						
	23/24							16, 17,	23, 24						
	25/26							18, 19,							
	27/28							20, 21							
May	7/8	2, 4,	1, 3, 13	8, 11,	1, 4,	2, 8,	1, 2,	2, 4, 6,	1, 8,	5, 12,	23/24/25		1, 15,	7, 14,	
	9/10	6, 18,	16, 17,	15, 24,	6, 18,	9, 10,	3, 4,	7, 11,	15, 22,	19, 26			29	21, 28	
	11/12	21, 31	30	29	22, 26	12, 14,	5, 6,	18, 21,	29, 30						
	14/15					16, 19,	15, 16,	24, 27,							
	24/25					20, 21,	17, 18,	30, 31							
	26/27					23, 25,	19, 20,								
28/29					27, 30,	21, 29,									
June	7/8	2, 5,	6, 15,	8, 12,	1, 5,	4, 7, 9,	1, 2, 3,	1, 2, 3,	5, 12,	2, 9,	1/2/3		12, 23	4, 11,	
	9/10	16, 18,	19, 29	19, 23,	15, 25	10, 11,	4, 5, 14,	5, 7,	19, 26	15,				18, 25	
	11/12	21, 30		26, 29		13, 14,	15, 16,	8, 9,							
	13/14					16, 17,	17, 18,	12, 13,							
	23/24					18, 20,	19, 20	15,							
	25/26					21, 22,	29, 30	19, 22,							
27/28					24, 27,	23, 26									
July	7/8	2, 5,	1, 6,	7, 10,	2, 5,	2, 3,	1, 2, 3,	1, 3, 6,	3, 10,			11/12/13	7, 21	2, 9,	7, 14,
	9/10	15, 16,	13, 19,	13, 21,	9, 14,	4, 6,	4, 5,	9, 12,	17, 24,			18/19/20	16, 23,	21, 28	
	11/12	18, 30,	29	24, 27	16, 20,	9, 11,	12, 13,	15, 17,	31			25/26/27	30		
	21/22	31			23, 30	13, 15,	14, 16,	20, 22,							
	23/24					17, 21,	17, 18,	25, 27							
	25/26					22, 25,	19, 20,								
27/28					28, 29,	28, 29,									
August	6/7	4, 13,	11, 18,	5, 7,	6, 12,	5, 6,	5, 12,	5, 12,	7, 14,			1/2/3	4, 18	6, 13,	4, 11
	20/21	17, 29	19,	19, 26	21, 28	12, 13,	14, 19,	14, 20,	21, 28			8/9/10		20, 27	18, 25
	22/23					14, 21,	28	26, 28				15/16/17			
						26, 28						22/23/24			
												29/30/31			
September	3/4	2, 12,	1, 9, 10,	4, 7,	2, 11,	1, 3,	1, 2, 3,	2, 11,	4, 11,	8, 15,			1, 11,	3, 10,	
	5/6	15, 27	17, 26	18, 21	15, 27	5, 6,	9, 10, 11	13, 16,	18, 25	22, 29			25	17, 24	
	7/8			25		8, 10,	12, 13,	17, 20,							
	18/19					12, 14,	14, 15,	28, 30							
	20/21					18, 20,	16, 17,								
	22/23					22, 23,	18, 25,								
24/25					24, 30	26, 27,									
October	3/4	1, 12, 13,	2, 10,	4, 9,	1, 6,	2, 5,	1, 2,	4, 9,				24/25/26 Advanced rippers	13, 28		
	5/6	16, 25	17, 24	20, 23	12, 16,	7, 8,	8, 9,	11, 12,							
	7/8					10, 11	10, 11,	14, 16,							
	18/19					13, 14,	12, 13,	20, 22							
	20/21					15, 18,	14, 15,	25, 27,							
	22/23					20, 22,	16, 26	29, 30							

We can put on extra course dates if tides permit. Sup Safari and Splash sessions can be booked on demand. Please call us and ask for another date option.  
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**Terms and conditions**  
We can accept Mastercard, Visa, Switch, cheque or cash as methods of payment (cheques to be made payable to X-train). In the case of cancellation notice must be received in writing 21 days prior to the course commencing, after which time clients will forfeit their course fee.

Any changes of course dates must also be made 21 days in advance - this will not incur any costs. X-train reserves the right to cancel courses or change availability dates due to adverse weather conditions, or any other technical issues. In these instances, alternative dates will be offered or a full refund.

The office opens at 9:00 am, you will need to pay any car parking fees when entering the private beach at West Wittering. Any person having tuition must be medically fit and can swim 50 meters in open sea. If you have any medical condition you MUST inform us and your instructor before starting any course.

Under 18 years old must be accompanied by a parent or guardian during tuition. During instruction it is vital that you observe the instructors safety guidance for your safety and the safety of others.

X-train, West Wittering  
Windsurf Club, West Wittering, Chichester, West Sussex PO20 8AJ.



# X-Train<sup>®</sup>

WEST WITTERING BEACH

Our mission is to make sure you learn fast and succeed in a safe and fun environment. We believe you need tuition at all levels to progress. With our shallow tidal lagoon and experienced instructors this is the place to get it.

Our purpose built club house at West Wittering beach has showers, wi-fi broadband, sea views and kitchen facilities so we can now offer you the best of everything. The best showers and club facilities, the best tuition, the best kit and all at the no. 1 venue in the South! What are you waiting for?

**CALL THE BEACH ON: 01243 513077**  
**EMAIL: INFO@X-TRAIN.CO.UK**  
**OR VISIT WWW.X-TRAIN.CO.UK**



## WINDSURF

Want to spend your days flying across the water? Then windsurfing is your sport. You won't believe how easy it is to learn. With modern wide-style equipment and our expert tuition you are guaranteed success. Our beach is a great place to start and progress in windsurfing with a variety of conditions from flat water to waves, there's something for all levels.

**Content:** All beginners and improvers courses include wetsuits and all equipment.



COURSES:		
<b>Learn to windsurf (Level 1)</b>	5hrs	£125
A beginners introduction to the sport. We will teach you quickly all the basics of how to windsurf, balance, stance, turning, upwind windsurfing and self rescue on widestyle boards in our shallow lagoon. Includes RYA certificate.		
<b>Improvers</b>	3hrs	£85
Introduction to planing, harness, footstraps, stance, gust control, faster tacking and gybes all on the latest equipment from RRD and EZZY.		
<b>Clinics</b>	3hrs	£89
Focussing on more advanced windsurfing techniques these clinics concentrate on waterstart, carve gybe and jumping, intro to waves. Includes video coaching.		
<b>Pro clinics (Pete Hart, Jem Hall):</b> TBC please check website		
<b>Private 1:1 lessons:</b>	<b>£40 p/hr</b> excl. kit	<b>£55 p/hr</b> incl. kit



## KITESURF

Give this exhilarating sport a try with our 2 day introductory course. We teach on small kites and big boards so you'll soon get the hang of it. We use the latest bow style kites for added safety and control. You'll be in our tidal lagoon surrounded by sand bars so you won't be crossing the channel just yet.

We are a fully registered BKSA school and, unlike some of our competitors, you can enjoy full use of our club house facilities including showers and full rescue cover for the duration of your course.

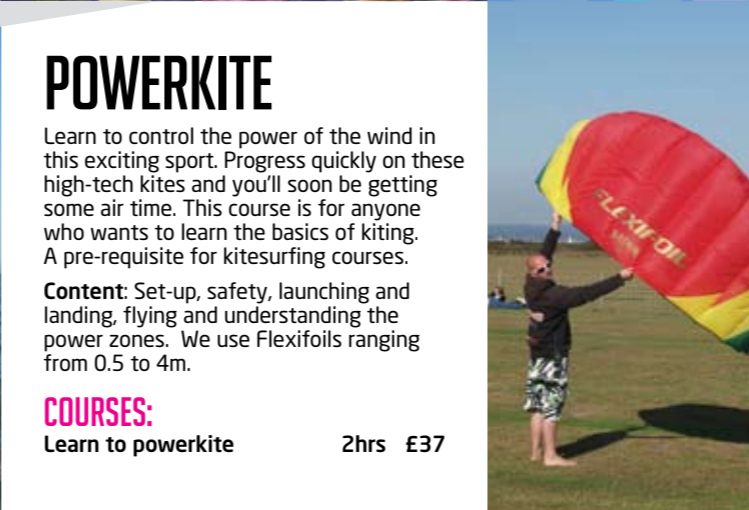
**Content:** All beginners courses include certificates, wetsuits and equipment. We teach on the latest RRD kites and boards.



COURSES:		
<b>2 day Learn to kitesurf (ages 12+, weekend)</b>	10hrs	£225
Full BKSA 2 day introduction to this great sport		
<b>2 day Learn to kitesurf (ages 12+, week days only)</b>	10hrs	£199
Full BKSA 2 day introduction to this great sport		
<b>Improvers/boardstarting</b>	3hrs	£95
You've done your two day course now you need to perfect getting up on the board riding both ways and staying upwind.		
<b>Clinics</b>	3hrs	£89
Choose from: 1. Intro to jumping, transitions and back rolls, riding toeside 2. Jumping and kitemlooping 3. Intro to wavekiting use a wave board and gybing, includes video coaching		
<b>Pro clinics</b> by Neal Gent TBC please check website		
<b>Private 1:1 lessons</b>	<b>£40 p/hr</b> exc. kit	<b>£55 p/hr</b> incl. kit



**CHECK THIS OUT!**  
 Before you take a kitesurf course you need to be competent flying a power kite so you can concentrate on learning to kitesurf rather than kite flying  
 2 hr power kite course details below



## POWERKITE

Learn to control the power of the wind in this exciting sport. Progress quickly on these high-tech kites and you'll soon be getting some air time. This course is for anyone who wants to learn the basics of kiting. A pre-requisite for kitesurfing courses.

**Content:** Set-up, safety, launching and landing, flying and understanding the power zones. We use Flexifoils ranging from 0.5 to 4m.

COURSES:		
<b>Learn to powerkite</b>	2hrs	£37

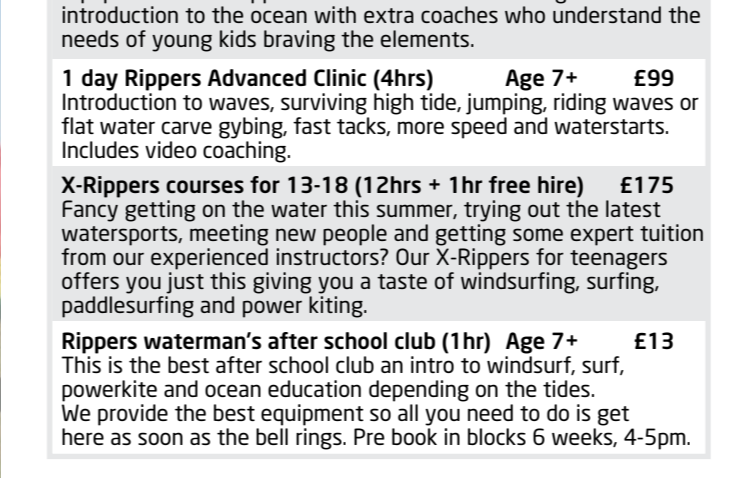
## RIPPERS<sup>®</sup>



We have many years experience running our massively successful children's courses in which the children's safety and specific requirements are paramount. The teaching area we use is the shallow, waist-deep lagoon protected from the open sea by sand bars at low tide. The course focuses on windsurfing but also may include power kiting, paddlesurfing, bodyboarding/surfing and kayaking (according to weather) to help teach wind and wave awareness. We use our X-Train 'point and shoot' teaching method.

**The kit:** To make life easy we teach children on wide style windsurf boards with miniature kids' rigs suitable for children age 5+. We also provide full 3mm blindstitched junior wetsuits and buoyancy aids for safety and comfort. Certificate included for each course.

COURSES:		
<b>3 day ripper course (3 x 4hrs)</b>	Age 7-12yrs	£175
An energetic, fun, 3 day introduction into windsurfing, surfing and powerkiting. We make use of safe shallow tidal lagoons with full rescue cover and to make sure kids learn about the ocean we teach them our 'X-Train ocean education' package. Includes free tshirt!		
<b>Little rippers (4hrs)</b>	Age 5-7yrs	£95
The first step on the ocean for young guns. We use the same equipment as the rippers course but this is a more gentle introduction to the ocean with extra coaches who understand the needs of young kids braving the elements.		
<b>1 day Rippers Advanced Clinic (4hrs)</b>	Age 7+	£99
Introduction to waves, surviving high tide, jumping, riding waves or flat water carve gybing, fast tacks, more speed and waterstarts. Includes video coaching.		
<b>X-Rippers courses for 13-18 (12hrs + 1hr free hire)</b>		£175
Fancy getting on the water this summer, trying out the latest watersports, meeting new people and getting some expert tuition from our experienced instructors? Our X-Rippers for teenagers offers you just this giving you a taste of windsurfing, surfing, paddlesurfing and power kiting.		
<b>Rippers waterman's after school club (1hr)</b>	Age 7+	£13
This is the best after school club an intro to windsurf, surf, powerkite and ocean education depending on the tides. We provide the best equipment so all you need to do is get here as soon as the bell rings. Pre book in blocks 6 weeks, 4-5pm.		



**Rippers Saturday surf club**  
**Age 7-12yrs (2hr) £27**  
 (mix of sports according to conditions)  
 Don't sit at home watching power rangers - get down to the beach for a fun packed windsurf, surf or powerkite session (depending on the tides and weather each week). We provide all the gear, all you need is to turn up and be ready for action.

**Rippers surfing (2hrs) £37**  
 Same as adults course, just for kids loads of fun.

**Rippers kitesurfing (2day) Age 12+ £225**  
 Again same as adults 2 day beginners course. We supply all the gear on this full BKSA course just for young people.

**Team 15 Aged 7-15 £12pp**  
 Team15 is a nationwide network of windsurfing clubs where young people can get together every week to learn new race/freestyle skills and have a laugh with their mates on the water (you need basic windsurfing skills). Price includes kit but if you have your own bring it down.

**Pro Clinics**  
 TBA check website for details.

**Private 1:1 lessons £40 p/hr** excl. kit  
**£55 p/hr** incl. kit



## PARTIES

Choose from learn to windsurf or learn to surf. We provide all the latest gear and suits all you need is your friends and a cake to have perfect day to remember.

**Birthday Parties (minimum 10 kids):**  
 Surfing 2hrs £15 p/person  
 Windsurfing 2hrs £30 p/person

Go to:  
[x-train.co.uk](http://x-train.co.uk)  
 to download the invitation and send it to your friends!



## SURF

Get a flavour of one of the most exciting water sports around. Learn how to 'pop' and then catch waves. All our beginners lessons are on soft deck longboards so you progress quickly. Our surfing courses have become really popular because we work very hard to make sure you get to stand up and get that first experience of riding the waves!

COURSES:		
<b>Learn to surf</b>	2hrs	£37



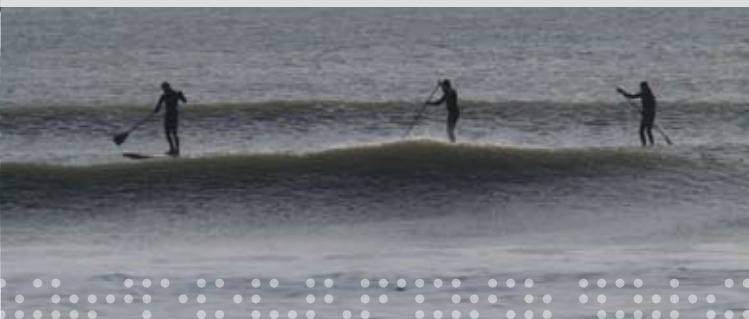
## STAND UP PADDLE SURF

Stand up paddle surfing, learn the latest surf sport. Amazing for inner core strength and getting fit. Get on the water and catch some waves.

**Content:** All courses include wetsuits and equipment. We teach on the latest stand up boards.



COURSES:		
<b>BSUPA Learn to paddlesurf</b>	2hrs	£48
Intro to surfing and sup take off first ride use of paddle		
<b>Intermediate</b>	2hrs	£48
Improve fast turning, step back turn and reverse paddle		
<b>Waveriding (advanced)</b>	2hrs	£48
take off, bottom/top turn use of paddle		
<b>Paddlesurfari SUP or Kayak</b>	2hrs	£55
Meet at the windsurf club get suited and booted drop your car at Itchenor and ride the current in the tranquil water of Chichester harbour check out the seal colony pass Pilsley Island around East Head and arrive at West Wittering beach. (You need to have at least 2hrs paddle experience before coming on this trip)		
<b>Private 1:1 lessons</b>	<b>£40 p/hr</b> excl. kit	<b>£55 p/hr</b> incl. kit



TO BOOK CALL THE BEACH ON: 01243 513077  
 OR EMAIL: INFO@X-TRAIN.CO.UK

