

WEST WITTERING



PADDLE SURFING

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

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.

£50 p/p (min 10)

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

1/2 day (2 hrs on water)

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

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



THE KIT

THE ONLINE SHOP

Part of the X-train experience is

super lightweight rigs. We also

have kids rigs suitable for children

the excellent kit we use. We are

Dakine and Flexifoil. Our windsurf

courses use wide style boards with

HOW DO I GET THERE?

If you'd like to buy new equipment call our online shop on

01243 512552 or take a look at www.2xs.co.uk.

proud to be a centre for RRD, Ezzy,

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.



equipment for hire which includes windsurfing kit (for both adults and kids), kayaks, paddlesurf boards, surfboards, bodyboards, skimboards & out 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. You can call us from the office to reserve your kit and we will have it all ready for you

CALL 01243 513077 OR GO TO: WWW.X-TRAIN.CO.UK

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.

At the beach we have the latest wetsuits. For a full list and prices check



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 involvled 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, Étc Magazine and Brighton Argos.

From London it takes around 11/4 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.

2011 X-Train Course Dates - to book call 01243 513077 or visit www.x-train.co.uk

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

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16, 25 17, 24 20, 23 12, 16, 7, 8, 8, 9, 11, 12,

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15, 18, 14, 15, 25, 27, 20, 22, 16, 26 29, 30

24, 26, 27, 28,

30 29, 30

Saturday Little Surf Club Rippers Terms and conditions

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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

parking fees when entering 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.

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,











WINDSURFING

PADDLE SURFING

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

WEST WITTERING

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. SX-train Ltd 2011, No use of material and pics without written consent of X-train Ltd. Photography by Ion Nicholson, Simon Bassett and Iason Hedges,

24/25/26 Advanced rippers



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

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





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

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

with a variety of conditions from flat water to waves, there's

COURSES:

something for all levels.

Learn to windsurf (Level 1)

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.

Introduction to planing, harness, footstraps, stance, gust contro faster tacking and gybes all on the latest equipment from RRD

Focussing on more advanced windsurfing techniques these clinics concentrate on waterstart, carve gybe and jumping, intro to waves. Includes video coaching.

Pro clinics (Pete Hart, Iem Hall): TBC please check website

Private 1:1 lessons:

£40 p/hr excl. kit £55 p/hr incl. kit



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.

wetsuits and equipment. We teach on the latest RRD kites and boards



2 day Learn to kitesurf (ages 12+, weekend)

Full BKSA 2 day introduction to this great sport 10hrs £225 2 day Learn to kitesurf (ages 12+, week days only) Full BKSA 2 day introduction to this great sport 10hrs £199

Improvers/boardstarting

You've done your two day course now you need to perfect getting up on the board riding both ways and staying upwind.

Choose from:

- 1. Intro to jumping, transitions and back rolls, riding toeside
- 2. Jumping and kitelooping
- 3. Intro to wavekiting use a wave board and gybing, includes video coaching

Pro clinics

by Neal Gent TBC please check website

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





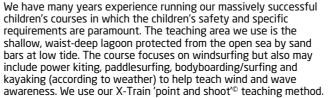


Before you take a kitesurf course

2 hr power kite course details below

rather than kite flying

you need to be competent flying a power kite so you can concentrate on learning to kitesurf



The kit: To make life easy we teach children on wide style windsur 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.

Includes video coaching

paddlesurfing and power kiting.

3 day ripper course (3 x 4hrs) 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!

Age 5-7yrs £95 Little rippers (4hrs) 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. 1 day Rippers Advanced Clinic (4hrs) Age 7+ £99 Introduction to waves, surviving high tide, jumping, riding waves or flat water carve gybing, fast tacks, more speed and waterstarts.

X-Rippers courses for 13-18 (12hrs + 1hr free hire) £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,

Rippers waterman's after school club (1hr) 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 (vou 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

Adults (18+) 2hr £30 (mix of sports according to conditions)

Why don't you just turn off the television set and... go down to the beach for a fun packed windsurf, surf or powerkite session (depending on the tides and weather). We provide all the gear, all you need is to turn up and be ready for action.



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

SURF

Learn to surf

Get a flavour of one of the most

exciting water sports around. Learn

how to 'pop' and then catch waves.

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

2hrs £37

experience of riding the waves!

All our beginners lessons are on soft

to have prefect day to remember.

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

STAND UP PADDLE SURF invitation and 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 hoards We teach on the latest stand up boards.

OLUI		
A Learn to paddlesurf o surfing and sup take off first ride use o	2hrs of paddle	£4
nediate	2hrs	£4

Improve fast turning, step back turn and reverse paddle Waveriding (advanced) 2hrs £48

take off, bottom/top turn use of paddle Paddlesurfari SUP or Kavak

Meet at the windsurf club get suited and booted drop your car at Itchenor and ride the current in the tranquail water of Chichester harbour check out the seal colony pass Pilsey Island around East Head and arrive at West Wittering beach. (You need to have at least 2hrs paddle experience before coming on this trip



TO BOOK CALL THE BEACH ON:01243 5130

OR EMAIL: INFO@X-TRAIN.CO.U

x-train.co.ul

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