

# X-Train 2010

## WATERSPORTS TUITION

### WEST WITTERING



**WINDSURFING**  
**KITESURFING**  
**PADDLE SURFING**  
**SURFING**  
**POWERKITEING**

CALL 01243 513077 OR VISIT [WWW.X-TRAIN.CO.UK](http://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, 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	£40 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 CLUB-HOUSE

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 was one of the first schools to start teaching SUP riding and has been featured on BBC News and in The Observer, London Lite, Metro, The Times, Etc Magazine and Brighton Argos.

2010 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 Beginners	Kitesurf Catch up	Kite Imp	Surfari	SUPS	Surf	Power kite	W/S Beg	W/S Imp	Waterman	Rippers	Little Rippers	Saturday Surf Club
March	2/8 Mar 5/10 Mar 11/12 Mar 16/24 Mar 23/26 Mar 27/28 Mar	3 Mar 5 Mar 15 Mar 16 Mar 21 Mar	29 Mar		6 Mar 7 Mar 8 Mar 21 Mar 25 Mar	1 Mar 13 Mar 14 Mar 19 Mar	3 Mar 6 Mar 8 Mar 20 Mar 23 Mar 30 Mar	7 Mar 27 Mar	6 Mar 14 Mar 21 Mar 29 Mar				
April	5/6 Apr 8/9 Apr 22/23 Apr 24/25 Apr	10 Apr 11 Apr 20 Apr	2 Apr 12 Apr 18 Apr 27 Apr		3 Apr 10 Apr 15 Apr 17 Apr 25 Apr	1 Apr 2 Apr 10 Apr 16 Apr 30 Apr	1 Apr 3 Apr 10 Apr 16 Apr 28 Apr 30 Apr	10 Apr 23 Apr 25 Apr	4 Apr 11 Apr 19 Apr 24 Apr		5/6/7 Apr (Advanced)		
May	4/5 May 6/7 May 8/9 May 20/21 May 22/23 May 24/25 May	10 May 19 May 26 May 29 May	2 May 12 May 17 May 31 May	3 May 23 May 31 May	3 May 13 May	1 May 2 May 13 May 17 May 30 May	2 May 4 May 18 May 26 May 28 May 30 May	5 May 8 May 22 May	3 May 6 May 23 May 31 May	6 May 13 May 20 May 27 May	27/28/29 May		1 May 8 May 22 May 29 May
June	5/6 Jun 7/8 Jun 9/10 Jun 19/20 Jun 21/22 Jun 23/24 Jun	17 Jun 18 Jun 25 Jun 26 Jun	12 Jun 15 Jun 30 Jun	6 Jun 27 Jun	9 Jun 12 Jun 13 Jun 19 Jun 26 Jun	1 Jun 13 Jun 18 Jun 27 Jun 29 Jun	1 Jun 5 Jun 6 Jun 13 Jun	6 Jun 20 Jun 23 Jun	8 Jun 25 Jun	10 Jun 17 Jun 24 Jun	23/24 Jun		5 Jun 12 Jun 19 Jun 26 Jun 16 Jun
July	5/6 Jul 7/8 Jul 10/11 Jul 22/23 Jul	3 Jul 4 Jul 16 Jul	4 Jul 18 Jul 25 Jul	6 Jul 8 Jul 11 Jul 16 Jul 30 Jul	2 Jul 9 Jul 11 Jul 15 Jul 25 Jul	1 Jul 9 Jul 12 Jul 15 Jul 25 Jul	4 Jul 7 Jul 22 Jul	2 Jul 10 Jul 31 Jul		13/14/15 Jul 19/20/21 Jul 26/27/28 Jul			3 Jul 10 Jul 17 Jul 24 Jul 31 Jul
August	7/8 Aug 21/22 Aug	5 Aug 6 Aug 19 Aug 20 Aug	28 Aug	15 Aug 22 Aug 29 Aug	5 Aug 14 Aug 19 Aug 22 Aug 26 Aug 29 Aug	8 Aug 12 Aug 13 Aug 14 Aug 26 Aug 29 Aug	8 Aug 12 Aug 14 Aug 15 Aug	6 Aug 20 Aug	7 Aug 15 Aug 29 Aug		23/24 Aug 9/10/11 Aug 16/17/18 Aug	5 Aug 19 Aug 26 Aug	1 Aug 7 Aug 14 Aug 21 Aug 28 Aug
September	15/16 Sept 17/18 Sept 19/20 Sept	4 Sep 5 Sep 19 Sep 20 Sep	8 Sep 7 Sep 13 Sep 21 Sep 22 Sep	5 Sep 12 Sep 19 Sep	4 Sep 6 Sep 12 Sep 13 Sep 18 Sep 22 Sep 27 Sep	6 Sep 7 Sep 10 Sep 12 Sep 18 Sep 21 Sep 27 Sep 29 Sep	8 Sep 10 Sep 14 Sep 21 Sep 28 Sep	5 Sep 15 Sep 19 Sep 30 Sep	4 Sep 13 Sep 28 Sep	9 Sep 16 Sep 23 Sep 30 Sep	1/2/3 Sep		4 Sep 11 Sep 18 Sep
October	1/2 Oct 4/15 Oct 16/17 Oct 18/19 Oct	3 Oct 4 Oct 21 Oct 30 Oct	12 Oct 27 Oct 29 Oct	10 Oct	3 Oct 6 Oct 12 Oct 17 Oct 20 Oct 22 Oct 24 Oct 26 Oct 28 Oct	5 Oct 9 Oct 11 Oct 17 Oct 20 Oct 22 Oct 24 Oct 26 Oct 28 Oct	6 Oct 9 Oct 12 Oct 20 Oct 25 Oct	2 Oct 9 Oct 15 Oct 17 Oct	3 Oct 4 Oct 12 Oct 23 Oct 29 Oct		18/19/20 Oct (Advanced)		

We can put on extra course dates if tides permit. Please call us and ask for another date option.

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# X-Train

## 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?

### GET IN ON THE ACTION!

CALL THE BEACH ON: 01243 513077

EMAIL: [INFO@X-TRAIN.CO.UK](mailto:INFO@X-TRAIN.CO.UK) or visit [WWW.X-TRAIN.CO.UK](http://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. Clinics include video coaching.

**RYA**

### COURSES:

**Learn to windsurf** 5hrs £120  
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.

**Improvers** 3hrs £79  
Introduction to planing, harness, footstraps, stance, gust control, faster tacking and gybes all on the latest equipment from RRD and EZZY.

**Clinics** 3hrs £89  
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, Jem Hall):** TBC please check website  
**Private 1:1 lessons:** £35 p/hr excl. kit  
£55 p/hr 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. Clinics include video coaching. We teach on the latest Flexifoil kites and RRD boards.

### COURSES:

**2 day Learn to kitesurf (ages 12+)**

Full BKSA 2 day introduction to this great sport 10hrs £225

**Improvers/boardstarting** 3hrs £89

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

**Clinics** 3hrs £89

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 Jo Wilson, Christain Harris, Neal Gent TBC please check website

**Private 1:1 lessons** £35 p/hr exc. kit  
£55 p/hr 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:

**Learn to powerkite** 2hrs £35



## RIPPERS

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 teach wind and wave awareness. We use our 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:

**3 day ripper course (3 x 5hrs)** Age 7-12yrs £175  
An intense, 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 ocean education® package.

**Little rippers (4hrs)** Age 5-7yrs £90  
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. Includes video coaching.

**X-Rippers courses for 12-17** TBC  
TBA watch the website.

**Waterman's after school club (1hr)** Age 7+ £12  
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 4-6 weeks.



**Saturday surf club** Age 7-12yrs 2hr £25  
(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)** £35  
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.

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

**Private 1:1 lessons** £35 p/hr exc. kit  
£55 p/hr incl. kit



**TO BOOK**  
**CALL THE BEACH ON:**  
**01243 513077 OR EMAIL: [INFO@X-TRAIN.CO.UK](mailto:INFO@X-TRAIN.CO.UK)**

## 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:

**Learn to surf** 2hrs £35



## 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 prefect 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!

## 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:

**BSUPA Learn to paddlesurf** 2hrs £45 **NEW**

Intro to surfing and sup take off first ride use of paddle

**Intermediate** 2hrs £45

Improve fast turning, step back turn and reverse paddle

**Waveriding (advanced)** 2hrs £45

take off, bottom/top turn use of paddle inc video coaching

**Paddlesurfari SUP or Kayak** 2hrs £55 **NEW**

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 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)

**Private 1:1 lessons** 1hr £35

