

Louis was going to go sailing. He had never been sailing before. He was nervous, but was told he would have a good time. So, Louis decided to go to the Holiday Club at 'All-Aboard Sailing Centre' during the holidays.

When Louis arrived he gave his name at the desk, said goodbye to his Mum and went to the classroom. This is where he met the Instructors and other children.

Louis was put into pairs with another person, called Henry. When everyone had arrived and the Instructor had told everyone what they would be doing, Louis got changed into a wetsuit, put on a buoyancy aid and a helmet. This made Louis feel safer, because if he fell into

the water the buoyancy aid would make him float. With help, Henry and Louis then 'rigged' (set up) their boat and was told how the controls work.

They put the boat on the water and started to go sailing when the Instructor was in the powerboat. It was really good fun.

Sometimes the boat tilted over when it got windier, so the Instructor told Louis he could let go of the rope to make the boat flat. This made Louis's fear of falling in the water go away.

Louis and Henry took it in turns to steer the boat (being the 'Helm') and to pull in the sails (being the 'Skipper'). All the other children were in their boats,

so we played lots of games, learnt how to turn the boat and even had races!

At lunch-time the children and Instructors all came off the water, washed their hands and had lunch.

After lunch, everyone went to go for another sail and play more games. The Instructor taught Louis and Henry how to capsize and 'right' the boat.

When it was nearly home-time, Louis, Henry and the other children worked together to pack the boats away.

At the beginning of the day, Louis was nervous about falling into the water, but by the end of the day he could sail

the boat and had no more fear. When all the boats were away, everyone got changed and waited for their Mum or Dad in the classroom. This was Louis's first time sailing so the Instructor gave him a certificate - this made Louis feel very proud and was excited to show his Mum.

Louis had such a good time he wanted to come again!