



Adult Sailing Courses 2009 to 2010

Learn to sail single handers

Single-handed sailing is great fun. You'll spend 100% of your time learning to sail your own boat and once you have mastered the basic techniques you'll feel a great sense of satisfaction. Technical sessions cover basic boat handling skills, including boat preparation, tacking, gybing, sail setting and wind awareness. We will also introduce you to the basics of dinghy racing skills, including starting, tactics upwind, mark rounding, downwind sailing and rules. You'll be sailing Picos, Toppers and Lasers with Full, Radial or 4.7 rigs, or bring your own boat if you prefer.

Course Duration : 5 Days

Qualification: RYA Level 1 & 2

Price: £275.00

Course Dates: 30th Aug to 3rd Sept 2010

13th to 17th Sept 2010

4th to 8th Oct 2010

Learn to sail single handers weekend

Single-handed sailing is very popular in Britain with Lasers, Picos, Toppers, Solo's, Phantoms to name but a few and just look at the medals we won in Athens! This short course is aimed at getting you sailing your own boat confidently. You won't learn everything in a weekend, but you'll learn the basics and get a good sense of achievement from being able to helm your own boat. You'll be introduced to the basic sailing techniques in the Pico, Topper or Laser dinghy.

Course Duration : 2 Days

Qualification: RYA Level 1

Price: £130.00

Course Dates: 20th & 21st Feb 2010

13th & 14th March 2010

24th & 25th April 2010

19th & 20th June 2010

23rd & 24th Oct 2010

13th & 14th Nov 2010

Single Handed Improver weekend

For single-handed sailors who want to brush up on their technique and improve their skills, this course develops your practical boat-handling skills such as boat preparation, balance, trim, roll-tacking, roll-gybing, and strong wind techniques, including planing, bearing away, gybing and upwind technique. We'll also run sessions on club racing. You'll sail the Lasers with options of standard, radial or 4.7 rigs, with Toppers and Picos available as an alternative.

Course Duration : 2 Days
Qualification: RYA Level 2
Price: £130.00

Course Dates: 6th & 7th March 2010
20th & 21st March 2010
1st & 2nd May 2010
26th & 27th June 2010
6th & 7th Nov 2010
20th & 21st Nov 2010

Seamanship Skills

How to handle boats in all circumstances and solve problems afloat. The course will cover; launching and recovering the boat in different circumstances, stopping, reducing sail, recovering a man overboard and anchoring.

Course Duration : 2 Days
Qualification: RYA Seamanship Skills
Price: £130.00

Course Dates: 27th & 28th March 2010
8th & 9th May 2010
3rd & 4th July 2010
13th & 14th Nov 2010
20th & 21st Nov 2010

Sailing with Spinnakers

Everything you need to know about sailing with spinnakers. The course will cover; how to rig the boat, gybe and recover one type of spinnaker, either conventional or asymmetric. How to sail the best possible course downwind.

Course Duration : 2 Days
Qualification: RYA Spinnakers
Price: £130.00

Course Dates: 6th & 7th Feb 2010
27th & 28th Feb 2010
27th & 28th Nov 2010
4th & 5th Nov 2010

Performance sailing

This is an excellent introduction to advanced and high performance dinghy sailing in double-handed dinghies. The course is broken down into a range of sessions, including: Rigging and tuning including general theory. Technique including roll tacking, gybing, upwind speed and downwind speed. Using spinnakers, asymmetric kites and trapezing. Teamwork, communication, Seamanship skills and Sailing theory.

Pre-course experience: you should be a competent sailor in moderate wind conditions with previous experience of more high performance dinghies and dinghy racing.

Course Duration : 2 Days
Qualification: RYA Performance sailing
Price: £130.00

Course Dates: 4th & 5th Dec 2010