



## Adult Sailing Courses 2011

### Learn to sail single combined Level 1 & 2

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:** 18<sup>th</sup> to 22<sup>nd</sup> April

30<sup>th</sup> May to 3<sup>rd</sup> June

8<sup>th</sup> to 12<sup>th</sup> August

29<sup>th</sup> Aug to 2<sup>nd</sup> Sept

24<sup>th</sup> to 28<sup>th</sup> October

### Learn to sail single handers

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:** 5<sup>th</sup> & 6<sup>th</sup> March

30<sup>th</sup> April & 1<sup>st</sup> May

18<sup>th</sup> & 19<sup>th</sup> June

30<sup>th</sup> & 31<sup>st</sup> July

17<sup>th</sup> & 18<sup>th</sup> Sept

8<sup>th</sup> & 9<sup>th</sup> Oct

### **Single Handed Improver**

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:** 12<sup>th</sup> & 13<sup>th</sup> March  
7<sup>th</sup> & 8<sup>th</sup> May  
2<sup>nd</sup> & 3<sup>rd</sup> July  
6<sup>th</sup> & 7<sup>th</sup> August  
24<sup>th</sup> & 25<sup>th</sup> September

### **RYA Better Sailing**

This course is a direct stepping stone from Level 2, here we develop use of the five essentials and introduce new more advanced skills. We give you a taste of seamanship skills, spinnaker sailing and racing.

**Course Duration :** 2 Days  
**Qualification:** RYA Level 3  
**Price:** £130.00

**Course Dates:** 28<sup>th</sup> & 29<sup>th</sup> May  
9<sup>th</sup> & 10<sup>th</sup> July  
27<sup>th</sup> & 28<sup>th</sup> August  
1<sup>st</sup> & 2<sup>nd</sup> October

### **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:** 9<sup>th</sup> & 10<sup>th</sup> April  
16<sup>th</sup> & 17<sup>th</sup> April  
14<sup>th</sup> & 15<sup>th</sup> May  
16<sup>th</sup> & 17<sup>th</sup> July  
13<sup>th</sup> & 14<sup>th</sup> August  
24<sup>th</sup> & 25<sup>th</sup> October

### **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:** 19<sup>th</sup> & 20<sup>th</sup> March  
23<sup>rd</sup> & 24<sup>th</sup> July  
12<sup>th</sup> & 13<sup>th</sup> Nov  
26<sup>th</sup> & 27<sup>th</sup> Nov

### **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:** 10<sup>th</sup> & 11<sup>th</sup> September

15<sup>th</sup> & 16<sup>th</sup> October

26<sup>th</sup> & 27<sup>th</sup> November

3<sup>rd</sup> & 4<sup>th</sup> December

### **Start Racing**

A great way to build confidence to get involved with club racing. Like all our courses, this is a highly practical with the majority of the time spent on the water. The course tackles areas from choosing the right boat and ownership considerations. Right through to race organisation, typical courses and start sequences. The course also covers race tactics and rig tuning.

**Course Duration :** 2 Days

**Qualification:** RYA Start Racing

**Price:** £130.00

**Course Dates:** 28<sup>th</sup> & 29<sup>th</sup> August

15<sup>th</sup> & 16<sup>th</sup> October

29<sup>th</sup> & 30 October