

# Dinghy Sailing Training 2024



Refresher Sessions on Sundays - 7<sup>th</sup> & 14<sup>th</sup> April

Sessions for all comers on **Thursdays**, from 11<sup>th</sup> April, 10:00 till approx 15:00 each day, as required to meet demand. One-to-one sessions available by prior arrangement

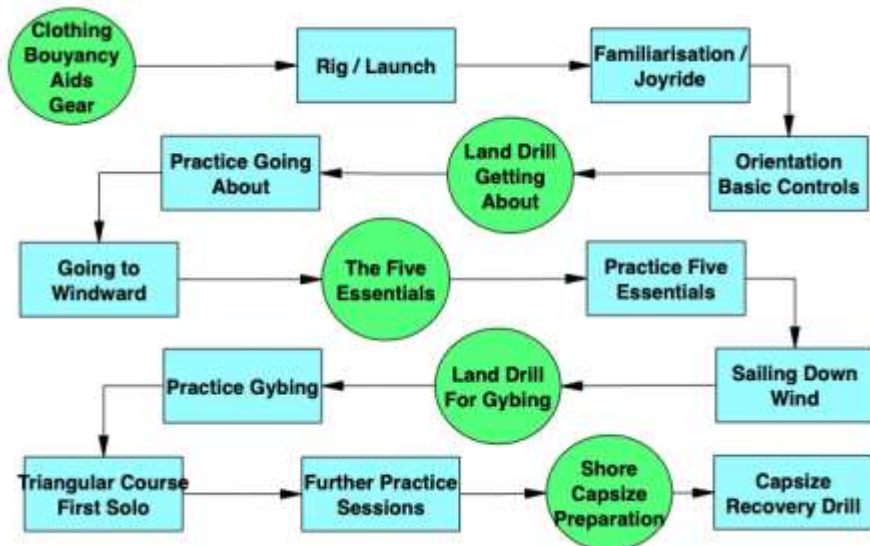
**Beginner** training will cover the basics – boat rigging and preparation, tacking, the “Five Essentials”, gybing, sailing round a triangular course, as well as more advanced topics such as capsize and man overboard recovery and coming alongside (if time allows).

**Improver** training will concentrate on sailing technique, boat handling and seamanship



The course will follow the principles of the RYA Teaching Method

Do the course in your own, or use one of the Club, boats



No need to do all the sessions – dip in as and when you can! Cost is £20 per person per session for Club Members, Sign up by text or email to 0781 484 2556 or [ian@day-li.com](mailto:ian@day-li.com)