Dinghy Sailing Training 2024

Refresher Sessions on Sundays - 7th & 14th April Sessions for all comers on <u>Thursdays</u>, from 11th 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

Clothing iliarisation Bouyancy **Rig / Launch** Joyride Aids Gear and Dri **Practice Going** Orientation Getting About **Basic Controls** About Practice Five Going to The Five Essentials Windward Essentials Sailing Down Land Drill Practice Gybing Wind For Gybing Shore Capsize Triangular Course urther Practice Capsize **Recovery Drill First Solo** Sessions eparatio

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 <u>ian@day-li.com</u>





