



Training Programme 2019

The Club is an RYA recognised Training Centre and the following pages give details of our training courses and activities for Youths (8-15) and Adults (16+); both beginners and those who want to develop their sailing and racing skills.

Our courses are for existing and new Club members. Those wishing to book a course who are not already members may take out a three month membership (see page 30).

New this year are Keelboat and Catamaran Tasters sessions, and RYA Windsurfing courses. We are extending our range of Adult and Youth Sailing Courses to cater for more experienced sailors, and we are introducing a new group for our older Youths to run on Saturday afternoons, "Grafham Teens".

Gift vouchers are available for courses and for membership.

We hope you will enjoy learning and developing your skills on the water at our Club.

Contact:

training@grafham.org

01480 810478

TASTER SESSIONS

We run both Adult and Youth taster sessions for members and non-members. These are generally under the guidance of an instructor and are designed to give you an introduction to sailing. During the session you will have the opportunity to practise basic sailing skills.

Our most popular tasters are Dinghy based but we also run Keelboat (sail and keep your feet dry!), Catamaran and Windsurfer sessions.

Dinghy Taster Sessions

These run on Saturday mornings, and Tuesday mornings alongside our established “Tuesday Group”.

Available as a one, two or three hour session at £25 per hour.

Why not bring a friend? It's the same price for 2 people to take part!

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
TAS-1HR/2HR/3HR	Sat 6 Apr - 28 Sep	09:30 - 13:00	£25 per hour
	Tue 2 Apr - 24 Sep (on request)	10:30 - 12:30	£50 per session

Keelboat Taster Sessions

This session is great for all age groups who would like to learn to sail a larger boat. It has a more comfortable sailing position than a dinghy which also makes it suitable for those who are less active. All sessions are run on Saturday mornings for two hours. This is a good introduction to the RYA Keelboat Level One course.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
TAS-KB-2HR	11 May, 10 Aug	10:30 - 12:30	£50 per session

Catamaran Taster Sessions

Ideal for all age groups, from youth age 8 and above. Your opportunity to try multihull sailing. These run on selected Saturday mornings for two hours.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
TAS-C-2HR	6 Apr, 8 Jun, 14 Sep	10:30 - 12:30	£50 per session

Windsurfing Taster Sessions

An introduction to windsurfing using our on-shore rig for initial familiarity before going out onto the water. These run on Saturday mornings for two hours and are run as a group activity. We would advise that you wear a wetsuit and boots.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
TAS-SB-2HR	6, 27 Apr, 11, 8, 22 Jun, 13, 27 Jul 10, 24 Aug, 14, 28 Sep	09:30 - 11:30	£15 per session



We are also running Youth RYA Team 15 Windsurfing sessions – please see page 27

YOUTH SAILING

Youth Beginner Sailing Course - RYA Stage 1 & 2



On this course you'll go from beginner to confident sailor.

The course includes basic sailing skills and background knowledge, like launching and landing, steering, naming parts of the boat, knots and collision avoidance. There will be a mixture of practice exercises, fun games and wacky races, and there is a high chance that you will get very wet at some point! By the end of the course you will be able to steer, turn the boat around (tack), control the boat's speed and return to shore safely.

Our Saturday afternoon "Team Grafham" session is the ideal next step.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
YTH-12-5-MAY	27 - 31 May	9:30 - 16:00	£250 (5 full days)
YTH-12-5A-JUL	8 - 12 Jul	9:30 - 16:00	£250 (5 full days)
YTH-12-5B-JUL	22 Jul - 26 Jul	9:30 - 16:00	£250 (5 full days)
YTH-12-5C-JUL	29 Jul – 2 Aug	9:30 - 16:00	£250 (5 full days)
YTH-12-5A-AUG	12 - 16 Aug	9:30 - 16:00	£250 (5 full days)

Team Grafham

Team Grafham caters for young sailors aged 8 upwards with a range of experience. We include race training and seamanship skills for the more experienced sailors. For those sailors who have just mastered the basics, perhaps on one of our Stage 2 courses, Team Grafham offers a great way to develop skills and confidence, as well as having lots of fun and meeting other young sailors.

Team Grafham is also where we will carry out pre-course assessments for those who want to attend our more advanced courses.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
TG	23 Mar - 26 Oct, 23 Nov, 7 Dec	13:30 - 16:30	£7.50 per session

Bookings may be made at a discounted price of £50 per block by the closing date below.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Closing date</u>
TG-B1	Block one: 23 Mar - 1 Jun	13:30 - 16:30	9 Mar
TG-B2	Block two: 8 Jun - 24 Aug		25 May
TG-B3	Block three: 31 Aug - 26 Oct, 23 Nov and 7 Dec		17 Aug

On the following dates Team Grafham will be incorporated into the following events:

<u>Date</u>	<u>Event</u>	<u>Venue</u>
20 Apr	Youth Regatta	Grafham Water Sailing Club
27 Apr	Cambs Youth League	Cam Sailing Club
1 Jun	Cambs Youth League	Grafham Water Sailing Club
13 Jul	Cambs Youth League	Ely Sailing Club
7 Sep	Cambs Youth League	Hunts Sailing Club
12 Oct	Cambs Youth League	Paxton Lakes Sailing Club



Advanced Youth Courses



These are our courses for the more experienced Youth sailor. Before booking onto any of these courses you need to attend a pre-course assessment. These are available during our Team Grafham sessions (see above).

RYA Stage 3 – 2 Day Course

You should have the knowledge and skills of a Stage 2 sailor and some additional recent practice.

This course will help you to become a good independent sailor. It includes rigging, launching and recovery, and sailing efficiently in every direction, as well as sailing techniques, capsized recovery and sailing theory. By the end of the course you will be able to launch and sail a dinghy around a triangle course efficiently in moderate conditions.

After taking Stage 3 you could either progress to Stage 4 in a two manned boat or Start Racing.

RYA Stage 4 – 2 Day Course

Following on from Stage 3 this is based on extending your knowledge in a two man boat. It includes launching and recovering from a beach, jetty or mooring and sailing around a triangle course in moderate conditions.

RYA SEAMANSHIP SKILLS - 2 Day Course

This course covers launching and recovering the boat in different circumstances, stopping, reducing sail, recovering a man overboard and anchoring.

START RACING – 2 Day Course

INTERMEDIATE RACING – 5 Day Course

ADVANCED RACING – 5 Day Course

Start Racing begins at fun racing and then the courses take you through to regattas with all you need to know to get you off the start line and round the course. If you go all the way to Advanced Racing you will have developed your techniques and skills to enable you to confidently take part in higher level competition.

Performance Sailing – 2 Day Course

After completing Stage 4 this is coaching to improve your sailing, primarily in a two person boat and to enable you to sail faster and more efficiently in all conditions.

COURSES WILL BE AVAILABLE BETWEEN THE FOLLOWING DATES ON REQUEST

<u>Dates</u>	<u>Times</u>	<u>Price</u>
15 - 19 Jul, 29 Jul - 2 Aug, 19 - 23 Aug	9:30 - 16:00	£150 2 Day Courses £250 5 Day Courses

Minimum numbers are required for these courses.

Grafham Teens

Run at the same time as "Team Grafham" this is the next stage and is the opportunity for our youth sailors to develop their skills more independently. From 13 years upwards.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
GT	23 Mar - 26 Oct 23 Nov, 7 Dec	13:30 - 16:30	£ 7.50 per session

Bookings may be made at a discounted price of £50 per block by the closing date below.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Closing date</u>
GT-B1	Block one: 23 Mar - 1 Jun	13:30 - 16:30	9 Mar
GT-B2	Block two: 8 Jun - 24 Aug		25 May
GT-B3	Block three: 31 Aug - 26 Oct, 23 Nov & 7 Dec		17 Aug

On the following dates Grafham Teens will be incorporated into the following events:

<u>Date</u>	<u>Event</u>	<u>Venue</u>
20 Apr	Youth Regatta	Grafham Water Sailing Club
27 Apr	Cambs Youth League	Cam Sailing Club
1 Jun	Cambs Youth League	Grafham Water Sailing Club
13 Jul	Cambs Youth League	Ely Sailing Club
7 Sep	Cambs Youth League	Hunts Sailing Club
12 Oct	Cambs Youth League	Paxton Lakes Sailing Club



GRAFHAM TEENS

Team Grafham Racing

This year we will be running "Team Grafham Racing" for our Youth sailors once a month on the last Sunday of each month. There will be two races; the first at 14:00. The intention is to build on the Team Grafham experience and take the next steps into organised racing. These sessions will be coached by your Team Grafham Instructors and run in conjunction with Club Sunday afternoon racing. Meet in the Café from 13:00.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
TGR	26 May, 30 Jun 28 Jul, 25 Aug 29 Sep, 27 Oct, 15 Dec	13:00 onwards	£7.50 per session

Bookings may be made at a discounted price of £35 for all sessions by the closing date below.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Closing date</u>
TGRB	All sessions	13:00 onwards	12 May

Please note that the session on the 29 Sept is the Duke of Edinburgh Club Championship so will be all day. The 15 Dec session is the Christmas Pursuit Race starting at 11:00.

Half Term Fun

From Wednesday to Friday of the May Half Term and Monday to Wednesday of the October Half Term, we will be running Half Term Fun. Participants will take part in a range of sailing activities including seamanship, adventures and some race training. The focus will be on having fun in a relaxed environment rather than gaining RYA certificates. Those taking part will need to bring their lunch or can pre-order one from the Café.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
MHT-19	29 May - 31 May	9:30 - 15:30	£120 (3 days)
OHT-19	21 - 23 Oct	9:30 - 15:30	£120 (3 days)

Youth Summer Camp

Now a regular feature in our summer programme:

- During the day our team, led by Chief Instructor Matt French, will provide opportunities to dinghy sail and windsurf. This is a fun week – no RYA certificates, but expeditions, games etc.
- From 17:00 onwards each evening we hand over to parents to supervise their children, with free camping allowed on site. If parents are available to help during the day as well, that would be great!!
- You can pre-order meals for the week – we offer Breakfast and Packed Lunches.
- If you're interested, there are only 30 places available
- All participants must have a parent or person acting *in loco parentis* overnight – minimum age 18.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
SC-19	5 - 9 Aug	9:30 - 17:00 (13:30 on last day)	(4 ½ days) £230 booked by 14 Jul £280 booked after 14 Jul



ADULT SAILING



The following courses are run over two consecutive days and are available in Dinghies and Catamarans. Level 1, 2 and Seamanship Skills can also be taught in keelboats which are ideal for those who are less mobile or are looking to get in to keelboat sailing. The keelboat course follows the same programme as the dinghy course but is tailored to suit keelboat sailing.

Adult Level 1 – Start Sailing

An introduction to sailing in one of our larger (2-3 person) dinghies (2000, Stratos or Catamaran). You will have an instructor on-board teaching you how to steer, control the boat's speed, turn around and sail in all directions. We will also cover rigging, knots, launching and recovering a dinghy, and basic safety aspects. We recommend that you follow this with the Level 2 course to consolidate your skills and gain confidence.

Adult Level 2 – Basic Skills

This two-day course builds on the foundation skills gained in Level 1. In addition to capsizing recovery, knots and safety aspects, we will refine your sailing skills and introduce you to some additional techniques and manoeuvres. You will develop the skills and confidence to sail proficiently and make your own decisions in light to medium winds. **Following on from this course, you will be able to hire the club boats or join our Saturday club coaching session to gain more experience.**

Adult Level 3 – Better Sailing

This will enhance your skills and develop your techniques in a single hander. A two day course designed to boost your confidence giving you the ability to progress to more advanced sailing such as Start Racing and Performance Sailing.

Seamanship Skills

Have you completed your Level 2 or 3 and would like to learn how to handle a wider range of situations afloat? On this course you will experience launching and recovering the boat in different circumstances, stopping, reducing sail, recovering a man overboard and anchoring.

Start Racing

From fun races to Regattas this course is all you need to know to get off the start line and round the course.

Performance Sailing

This will provide you with coaching to improve your sailing, primarily in two person boats with spinnakers and enable you to sail faster

All of the Adult courses are available on the following dates:

(Except Adult Level 3 which is not available 13 & 14 Apr or 8 & 9 Jun)



<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
AD-C1-2-APR	13 & 14 Apr	9:30 - 16:45	£195 (2 full days)
AD-C2-2-MAY	11 & 12 May	9:30 - 16:45	£195 (2 full days)
AD-C3-2-JUN	8 & 9 Jun	9:30 - 16:45	£195 (2 full days)
AD-C4-2-JUN	15 & 16 Jun	9:30 - 16:45	£195 (2 full days)
AD-C5-2-JUL	13 & 20 Jul (2 Sats)	9:30 - 16:45	£195 (2 full days)
AD-C6-2-AUG	3 & 10 Aug (2 Sats)	9:30 - 16:45	£195 (2 full days)
AD-C7-2-SEP	7 & 8 Sep	9:30 - 16:45	£195 (2 full days)
AD-C8-2-SEP	28 & 29 Sep	9:30 - 16:45	£195 (2 full days)

Adult Level 1 and 2 plus



This five day intensive option follows the same syllabus as the two-day Level 1 and 2 courses (see above) but with additional time available to develop your skills.

Intermediate and Advanced Racing

This five day course develops your techniques and skills to enable you to confidently take part in higher level competition.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
AD-12-5-MAY	27 May - 31 May	9:30 - 16:00	£395 (5 full days)
AD-12-5-JUL	22 Jul - 26 Jul	9:30 - 16:00	£395 (5 full days)
AD-12-5-AUG	26 Aug - 30 Aug	9:30 - 16:00	£395 (5 full days)

Sailing Clinic

During this Saturday morning session, the instructor will help you (and up to three friends) to improve your sailing, gain confidence or try something new.

You might want to familiarise yourself with a new boat, one of our Club boats, try catamaran sailing, learn how to use a spinnaker, or improve aspects such as your tacking, upwind sailing or leaving/returning to shore.

Available as a one, two or three hour session at £25 per hour.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
CL-1HR/2HR/3HR	6 Apr - 26 Oct	Available between 09:30 - 13:00	£25 per hour

Adult Club Coaching

These Saturday sessions are designed to help you to improve your sailing skills in a relaxed, supervised environment and lead on naturally to “Sociable Saturday” racing. As a group, we will decide on an activity that suits the conditions. You might improve your tacking one week, and learn techniques for going faster or practise a variety of controlled manoeuvres the next. We may also look at racing skills, such as starting, tactics, rules, etc.

Minimum sailing experience: Adult Level 2 or equivalent.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
AD-CC	6 Apr - 26 Oct	09:30 - 12:30	£5 per person

Sociable Saturdays

We meet at 14:00 in the Café and there will be one or two handicap races on a triangle course, with the first race starting at 14:30. The races follow on from the Club Coaching sessions, and is intended to be suitable for intermediate standard sailors and above.

Seasoned Sunday racers are welcome to join in, and perhaps provide coaching tips for others, or give their crews a chance to helm!

Afterwards, there will be an opportunity to meet, de-brief and have some tea and cakes in the Café.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Saturday afternoons	6 Apr - 26 Oct	14:00 - 16:30	FREE

Tuesday Group

This is a chance for some friendly sailing supported by an experienced Club Sailor to help you develop your sailing skills. The group extends the session with tea and cake and you can even bring a friend along with you to try out sailing (please enquire at the office).

We began this programme under the Sport England #thisgirlcan campaign which was to encourage female participation in sport. Our Tuesday group though now welcomes both women and men.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Tuesday mornings	2 Apr - 29 Oct	10:30 - 12:30	FREE

Friendly Fridays

Friendly Fridays is our informal summer evening racing. It gives the opportunity to introduce family and friends to sailing and the Club, to try different boats, to sail with different people, and to improve your racing and sailing skills in a relaxed format with plenty of help for newcomers. Start the weekend with a sail along with other like-minded members.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Friday evenings	3 May - 9 Aug	18:00 onwards	FREE
		First start (slowest boat) at 1845	

Please refer to the website for boat class pursuit race start-times.

WINDSURFING

Let's Go Windsurfing – Start Windsurfing

These sessions are for Adults and Youths to develop windsurfing experience in light and moderate winds. You will focus on the essential basics; beach starts, non-planing gybes, harnesses and you will learn some freestyle moves. We have Club boards which you may hire with a wide range of sails, or you may bring your own board. There is also a land windsurf simulator.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
LGW	6, 27 Apr, 11, 18 May 8, 22 Jun, 13, 27 Jul 10, 24 Aug, 14, 28 Sep	09:30 - 11:30	£5 per session

Youth Windsurfing Team 15



This session is a RYA initiative to introduce young people into the sport of Windsurfing. They will learn the basics along with an excellent progression scheme for those who already know how to windsurf. Ideal for beginners to the sport as they will get to meet other young people with the same interest.

Participants will need to wear their own wetsuits and boots but buoyancy aids are provided.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
T15	6 Apr, 11 May, 8 Jun 13 Jul, 10 Aug, 14 Sep	12:30 - 14:30	£10

Let's Go Windsurfing - Intermediate

Build on "Let's Go Windsurfing – Start" with our Intermediate sessions.

Control your equipment in conditions that will enable you to enjoy the thrill of windsurfing. Refine your expertise in specific windsurfing techniques and practise core skills of the Fast Forward scheme. We will also be looking at planing, harness and footstraps. The prerequisite is to be able to sail comfortably upwind in moderate winds.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
LGWINT	27 Apr, 18 May 22 Jun, 27 Jul 24 Aug, 28 Sep 12 Oct, 26 Oct	12:30 – 14:30	£5 per session

Youth Beginner Windsurfing Course – RYA Stage 1



Begin by getting straight out onto the water and discovering windsurfing. You will be up and sailing around in no time with the ability to sail to a chosen point and return to where you started in light winds.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
YSW-2-MAY	28 & 29 May	09:30 - 16:00	£150 (2 full days)

Youth Windsurfing Course – RYA Stage 2



Once you have completed Stage 1 or equivalent standard, with stage 2 you will learn to tack and gybe to enable you to sail in all directions.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
YW-2-May	30 & 31 May	09:30 - 16:00	£150 (2 full days)

Adult RYA Start Windsurfing



An introduction to windsurfing for Adults using our Club boards. You will learn on a land windsurf simulator before taking to the water with on-water instructor support. You will learn the basics of windsurfing, tacking, steering and gybing. This is a two day course to provide you with the skills to sail out, enjoy windsurfing and return to the shore. We recommend that you complement this course with our Let's Go Windsurfing programme.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
ADSW-2-MAY	25 & 26 May	09:30 - 16:00	£195 (2 full days)

Adult RYA Intermediate Windsurfing



Have you completed the RYA Start Windsurfing course or have the equivalent skills and knowledge to Start Windsurfing?

This course will improve your technique and confidence through new skills such as a beach start and an introduction to the harness. You will be taught to sail on all points of the wind in a variety of conditions. The training will enable faster tacking and gybing, to the next steps of blasting control, using the footstraps and planing.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
ADINTW-2-SEP	21 & 22 Sep	09:30 - 16:00	£195 (2 full days)

POWERBOAT

Introduction to GWSC RIB Crew

An introduction to powerboating in one day to equip you with the knowledge required to act as crew on a GWSC powerboat. The course will include the basics of preparation of the boat and crew, launch and recovery, boat handling, picking up and securing to a mooring buoy, leaving and coming alongside and mark laying.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
IRC-MAY	12 May	9:30 - 16:45	£25
IRC-JUN	29 June	9:30 - 16:45	£25
IRC-JUL	21 Jul	9:30 - 16:45	£25
IRC-SEP	15 Sep	9:30 - 16:45	£25

Rebates are available for Safety Boat volunteers. Please enquire at the Office for details.

RYA Powerboat Handling Level 2



This two-day entry level course provides the skills and background knowledge needed to drive a powerboat and is the basis of the International Certificate of Competence (ICC).

It focuses on low speed close quarters handling, man overboard recovery, an introduction to driving at planing speed, and collision regulations. No prior experience required.

Please note that this course is conducted in planing and displacement craft on inland waters.

We can also offer a one day direct assessment for experienced powerboaters who would like to be certified as PB2 - dates for this by arrangement.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
PB2-APR	13 & 14 Apr	9:30 - 16:45	£195
PB2-MAY	11 & 12 May	9:30 - 16:45	£195
PB2-JUN	8 & 9 Jun	9:30 - 16:45	£195
PB2-JUL	13 & 14 Jul	9:30 - 16:45	£195
PB2-AUG	17 & 18 Aug	9:30 - 16:45	£195
PB2-SEP	21 & 22 Sep	9:30 - 16:45	£195
PB2-OCT	12 & 13 Oct	9:30 - 16:45	£195
PB2-NOV	23 & 24 Nov	9:30 - 16:45	£195

Rebates are available for Safety Boat volunteers. Please enquire at the Office for details.

PB2+

This Club course takes our newly qualified safety boat drivers beyond their PB2 certificate to give them the confidence to help on a RIB with Club racing.

The course includes loading a RIB with buoys and anchors and a briefing by a Race Officer. On the water you will learn how to lay a racing mark and a pin-end buoy and also spend time on one of our Committee boats.

There is also a VHF refresher and some basic on-water rescues.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
PB2P-MAR	31 Mar	9:30 - 16:45	FREE
PB2P-MAY	26 May	9:30 - 16:45	FREE
PB2P-JUL	28 Jul	9:30 - 16:45	FREE
PB2P-SEP	1 Sep	9:30 - 16:45	FREE

RYA Safety Boat



This course covers the skills and techniques applicable to providing rescue cover at the club or when assisting with racing events. We will practise rescuing dinghies, catamarans and windsurfers, as well as introducing basic elements of race management and mark-laying.

It is ideal for competent powerboaters who are keen to become more involved with safety duties and open meeting events at the club.

Please note that RYA Powerboat Level 2 and a basic understanding of sailing boats and windsurf boards must be held prior to this course.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
SB-JUN	15 & 16 Jun	9:30 - 16:45	£195
SB-OCT	5 & 6 Oct	9:30 - 16:45	£195

Rebates are available for Safety Boat volunteers.

OTHER

Volunteer Training Session

These shore-based sessions are an introduction to the different ways in which you can help the Club by volunteering and what is involved in these various roles.

They will be run on Saturday afternoons throughout the year.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Saturday	25 May, 13 Jul, 31 Aug, 9 Nov, 7 Dec, 21 Mar	14:30 - 16:00	FREE

RYA First Aid



A one day session which covers all of the usual first aid subjects, but from a boating perspective and also meets the requirements of RYA qualifications such as Dinghy Instructor.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
FA-APR	13 April	9:30 - 16:00	£30
FA-OCT	26 Oct	9:30 - 16:00	£30

This course is free for regular Safety Boat volunteers.

Club Mark Laying Course

A one day introduction to mark laying for racing. The day includes the basics of race management and time on the water laying marks. It is a great prelude to the RYA Regional Mark Laying Course.

It is open to our Safety Boat volunteers with PB2 or above. Please book your place with the Office.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Saturday	25 May, 27 Jul, 31 Aug	09:30 - 16:30	FREE

Dinghy Instructor Course



The dinghy instructor course takes experienced sailors through the basic skills, knowledge and teaching techniques required to instruct, coach and develop sailors of all levels of ability.

There will be a maximum of six students and the course costs £295, including all relevant handbooks and logbooks from the RYA National and Youth Sailing Schemes.

A pre-entry assessment is required to confirm that you have the sailing ability and background knowledge required to become an instructor. You will be asked to sail a triangular course efficiently and must also successfully complete a variety of sailing manoeuvres. This is one of a number of qualifying criteria that should be met before your dinghy instructor course starts.

Please contact the office if you are interested.

SRC Courses (Marine Radio Short Range Certificate)



This course is run by East Coast Offshore Yachting; contact them directly to book. A discount is offered to Club members.

Please contact Les Rant on l.rant@outlook.com or 01480 861381.

Club Boats available for hire

The Club has a fleet of boats that are available for hire by competent Club members. The prices for hiring the boats are:

	Pico/Topper/RS Tera Funboat/Laser Radial Laser Standard/ Sailboard	2000/Dart 16 Laser Stratos
Per session	£15	£25

There is a discount of £5 on the above rates if booked for Team Grafham, Club Coaching or Let's Go Windsurfing

Sessions are morning, afternoon or evening for up to 3 hours.

Advance bookings can be made for a maximum of two sessions bookable for any future date. If you've already booked two sessions, further additional sessions can be booked a maximum of one week in advance. Discounts are given for more than one session booked per day.

Membership Rates – for an initial three month period

The training courses described in this booklet are for Club members (except where otherwise stated). Those wishing to book a course who are not already members may take out a three month membership.

Membership rates are:

	Three months	Full Year
Adult (25+)	£ 65	£ 250
Youth (under 25)	£ 15 (plus £15 non Sailing Adult for under 17s)	£ 65
Senior	£ 45	£ 185

The initial three month membership period starts on the first day of your training course.

Volunteer Vouchers

Volunteer vouchers may be used in part payment for all the above courses (but not for membership).