



ALBANY PARK CANOE & SAILING CENTRE

Adult courses 2011

RYA 'Start Sailing' Course 2011

This introductory course will focus on teaching boat rigging, launching and recovery, basic sailing techniques and safety whilst afloat. By the end of this course you should have the competence and the confidence to be able to sail in light winds under the supervision of your RYA Instructor. No previous experience necessary. This two day course covers the RYA Level 1 Syllabus.

INSTRUCTOR RATIO: 1:6
DURATION: 2 DAYS
SAILING DINGHIES: SINGLE HANDER LASER PICOS/TOPPER
VIBES
COST: £190

Times

9:30am – 4:30pm

Dates

SATURDAY 14TH AND SUNDAY 15TH MAY 2011
SATURDAY 9TH AND SUNDAY 10TH JULY 2011
SATURDAY 10TH AND SUNDAY 11TH SEPTEMBER 2011

Please note: All adult courses are for ages 18+



RYA 'Basic Skills' Course 2011

This Basic Skills course will focus on teaching a more in depth knowledge of sailing and will include safety issues. This Improver course is two days of practical and theoretical training allowing you to increase your level of confidence and competence, so by the end of this course you should be able to sail a dinghy in light winds **without** supervision. The RYA Level 2 Syllabus is covered during this course. The 'Basic Skills' course is for those with reasonable experience of sailing or who have already attained a minimum of the RYA Level 1 'Start Sailing' course.

INSTRUCTOR RATIO: 1:6
DURATION: 2 DAYS
SAILING DINGHIES: SINGLE HANDER LASER PICOS AND CREWED WANDERERS OR WAYFARERS
COST: £190

Times

9:30am – 4:30pm

Dates

SATURDAY 11TH AND SUNDAY 12TH JUNE 2011
SATURDAY 10TH AND SUNDAY 11TH SEPTEMBER 2011
SATURDAY 8TH AND SUNDAY 9TH OCTOBER 2011

Please note: All adult courses are for ages 18+



RYA 'Better Sailing' Course 2011

This course seeks to bridge the gap between Start Sailing [L1], Basic Skills [L2] and the five advanced module, so is intended to make the transition easier for those sailors wishing to progress through the scheme. A real confidence builder in allowing sailors to try out different boats and spend more time out on the water. More emphasis is given to a two person dinghy giving the sailor a more in control feeling, which enables an enjoyable and successful sailing experience without an instructor on board.

This 'Better Sailing' course is for those sailors who have successfully completed an RYA Level 2 'Basic Skills' course.

INSTRUCTOR RATIO: 1:3
DURATION: 2 DAYS
SAILING DINGHIES: TOPPER VIBES, WANDERERS, SPORT 16,
BASSBOAT
COST: £205

Times

9:00am – 5:00pm

Dates

SATURDAY 10TH AND SUNDAY 11TH SEPTEMBER 2011

Please note: All adult courses are for ages 18+



RYA Seamanship Course 2011

On completion of this course, you will be capable of maneuvering a dinghy in a seamanlike manner and making seamanship decisions in moderate conditions. You should have already mastered the practical skills and absorbed the background knowledge required for Better Sailing Level 3. This is a two day practical and theoretical course allowing you to increase your self reliance and decision making as a sailor.

INSTRUCTOR RATIO: 1:3
DURATION: 2 DAYS
SAILING DINGHIES: CREWED WANDERERS, WAYFARERS,
TOPPER VIBES AND SPORT 16
COST: £205

Times

9:00am – 5:00pm

Dates

SATURDAY 12TH AND SUNDAY 13TH NOVEMBER 2011

Please note: All adult courses are for ages 18+