



**For all abilities and aspirations**

**Monday to Thursday Evenings**

**7<sup>th</sup> to 17<sup>th</sup> June '10**

### OUR TRAINING TEAM

#### main contacts

Keith Bailey 07899 793 313

Chris Cooper 07931 959 200

Garry Chambers 07711 781 400

### Sailing Course 2009



Rotherham Sailing Club  
Carver Way  
Harthill, Sheffield  
South Yorkshire S26 7XB

For directions and additional information log onto:  
[www.rotherhamsailingclub.org.uk](http://www.rotherhamsailingclub.org.uk)

### Is the course right for you?

Whether you are a complete beginner or simply want to improve your sailing skills, our course is designed to help you.

We are privileged to have sole use of the reservoir at Harthill and a range of qualified, patient and enthusiastic instructors.

Our course is primarily aimed at people over 16 although we are happy to offer places to younger people if accompanied by an adult (adults don't have to sail!). Alternative arrangements (avoiding late nights during term time) are being made for our younger sailors.

All you need is a desire to learn, be confident around the water, and have a positive frame of mind and a pair of old trainers!

The course fees are £110 and include meals; with the exception of Thursday night (pie and pea cost around £2). The fee includes temporary membership of the Club whilst you are on the course and social membership for the remainder of 2010, and we hope that you will continue to use the Club and join us in social activities after the course has finished, and consider continuing to sail with us.

Whether you undertake this course or not the Club offers a range of boats that can be hired to Club members at very competitive rates, we can assign a sailing buddy to help with your continued development and we offer a range of structured, yet informal, evening and Saturday sailing sessions aimed at building your confidence and sailing skills.

### What does the course cover?

The course runs over two weeks on a Monday to Thursday evening starting at 6:00pm and covers:

- Learn to set up the boat (rig), have a familiarisation sail.
- Basic controls and turning through the wind (tack)
- Going closer to the wind (windward) and the 5 essentials
- Sailing down wind and turning away from the wind (gybe)
- This will lead us into the ability to sail a triangular courses
- We will practice some basic safety procedures including man over board and capsizing
- You should be ready for your solo sail and assessment followed by certificate presentation.

Thursday nights will focus on an introduction to Club racing and a great chance to experience the excitement it brings. For the less confident there will be an opportunity to sail with some of our experienced sailors.

### How do I book a place or simply need more information?

To book a place or to find out more simply email us at [training@rotherhamsailingclub.org.uk](mailto:training@rotherhamsailingclub.org.uk) or contact one of our training team.

### Important

Children **must** be accompanied by an adult. All water users must wear suitable clothing, including footwear and a buoyancy aid and comply with **Rotherham Sailing Club** rules at all times. Please remember the Instructors are volunteers and give their time freely. A £20 non-refundable deposit is required when booking your place.