



RYA Training Centre
Attenborough Sailing Club
RYA Level 1 & 2, Start Sailing and Basic Skills courses

September Course
10th-12th September & 17th – 19th September 2010

This two-weekend dinghy sailing course leads to a level 1 or Level 2 RYA Dinghy certificate. By the end of the course participants will have had a short introduction to dinghy sailing, including basic boat handling techniques and essential background knowledge. Successful participants will be safety conscious and capable of sailing a dinghy without an instructor on board in light winds.

Cost:

£150.00, £135 for members, which includes RYA logbook and certificate.

Course:

Friday evening (ashore)	10 th September	7:00pm – 9:30pm
Saturday	11 th September	9:00am – 5:30pm
Sunday	12 th September	9:15am – 12:30pm
Friday evening (ashore)	17 th September	7:00pm – 9:30pm
Saturday	18 th September	9:00am – 5:30pm
Sunday	19 th September	9:15am – 12:30pm

You will need; two changes of warm clothes, a towel, waterproofs, trainers, pen and notebook, plus packed lunches on Saturdays.

Booking:

If you wish to enrol on the course, please detach and complete the form and return, with the appropriate course fee to: Roger Day, 9 Buckingham Road, Sandiacre, Nottingham NG10 5PP. Cheques should be made payable to: "Attenborough Sailing Club"

NB: Applications cannot be accepted without payment in full.



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September 2010 RYA Level 1&2:

Family Name: _____ First Name: _____

Address: _____

Telephone No(s): _____ e-mail: _____

Previous sailing experience: _____

Are you a member of the sailing club? _____ Can you swim: _____

Known medical problems, which may be relevant (e.g. heart complaint, asthma, allergies):

Person to contact in case of emergency (inc tel. no.) _____

Please note: RYA Instructors, Senior Instructors and Safety Boat crew involved with this training do not accept responsibility for any loss, damage or injury suffered by persons and/or their property arising out of or during the course of their activities whilst training and/or coaching and/or instructing unless such injury loss or damage was caused by, or resulted from negligence or deliberate act. We also take photos for club publicity; if you object to this please let us know.