

**SHOTWICK LAKE SAILING
TRAINING PROGRAMME 2009 Rev (A) 141108**

Date	Course	Cost	Comments
Sat 10 & 17 Jan, 7 & 21 Feb and 7 Mar 09 09.30 to 16.00	Junior Open Training	See WYA web site	
Sun 11 and Sun 18 Jan 2009 09.00 to 16.30	RYA Powerboat level 2	£35 total. £15 non- refundable deposit. Primarily for safety boat helms.	A copy of RYA G20 will be issued on payment of deposit. Lead Instructor Tim Bowden
Sat 24 Jan 09	First Aid course		For Instructors and Coaches
Sat 31 Jan and Sun 1 Feb 09 09.30 to 16.00	North Wales Optimist Squad		
Sat 14 Feb & Sun 15 Feb 09	North Wales Topper Squad		

Sun 22 Feb and Sun 1 Mar 2009	RYA Safety Boat	For Dinghy Instructors and Assistant Instructors.	Lead Instructor Tim Bowden
Sun 15 Mar 2009	WYA Instructor Conference		
21 March 2009	Instructor Training Day	None	Designed for those interested in becoming assistant instructors.
Sun 5 April 2009 14.00 to 17.00	Improving racing skills	No cost	Lead Instructor Steve Hopson
Sat 25 April and 2,9,16 & 23 May 2009 Thursday 16 & 30 April 21 May 2009	RYA Level 1 & 2 Dinghy Sailing	£125 per person £50 non – refundable deposit.	A copy of RYA G4 and G3 will be issued on payment of deposit. Lead Instructor Tony Forster
Mon 4, 11, 18 & 25 May 2009	Junior Sailing 1 (none RYA certified). 18.30 to 20.30	£20 per person £15 non-refundable deposit.	Participants need to have suitable sailing clothing e.g. wet suit, spray top and old trainers. Ask if unsure. Lead Instructor Tim Bowden
Sun 17 May 2009	Taster Session 14.00 to 16.00	No cost	Lead Instructor Tim Bowden

Sun 24 May 2009 14.00 to 17.00	Introduction to racing	No cost	Lead Instructor Steve Hopson
Sat 6 June 2009	Open Day 11.00 to 16.0	No cost	Lead Instructor Tony Forster
Thursday 25 June & 2, 9, 16 July 2009 16.00 to 21.00	School Sailing		Lead Instructor Tim Bowden
Sat 27 June & 4 July 2009	RYA Level 1 Dinghy Sailing. 09.00 to 16.30 both days.	£65 per person £30 non-refundable deposit. Wetsuit hire - £20 or purchase - £50	Training on Topper dinghies, suitable for adults or teenagers accompanied by adult (either sailing or on shore). Cost includes RYA G4 and G3 handbook & logbook.
Sun 28 June & 5 July 2009	Dinghy Sailing (non RYA certified) 13.00 to 17.00 both days.	£30 per person £15 non-refundable deposit. Wetsuit hire - £20 or purchase - £50	Training on Topper dinghies, suitable for adults or teenagers accompanied by adult (either sailing or on shore).
Mon 22 & 29 June & 6 & 13 July 2009	Junior Sailing 2 (non RYA certified). 18.30 to 20.30	£20 per person £15 non-refundable deposit.	Participants need to have suitable sailing clothing e.g. wet suit, spray top and old trainers. Ask if unsure. Lead Instructor Tim Bowden
Sun 19 July 2009	Taster Session 14.00 to 16.00	No cost	Lead Instructor Tim Bowden
Thursday 23 & 30 July 09.00 to 16.00	Oppi & Topper youth training. Provisional		

Sat 8 and Sat 15 Aug 2009	RYA Start Racing	£35 total. £15 non-refundable deposit.	Lead Instructor Steve Hopson
Sun 23 August 2009	Taster Session 14.00 to 16.00	No cost	Lead Instructor Tim Bowden
Friday 4,11,18 & 25 September 2009	Junior Sailing 3 (non RYA certified). 17.00 to 19.30	£20 per person £15 non-refundable deposit.	Participants need to have suitable sailing clothing e.g. wet suit, spray top and old trainers. Ask if unsure. Lead Instructor Tim Bowden
Sat 12,19,26 September & 3 & 10 October 2009 Thursday 3 & 17 September & 8 October 2009	RYA Level 1 & 2 Dinghy Sailing	£125 per person £50 non – refundable deposit.	A copy of RYA G4 and G3 will be issued on payment of deposit. Lead Instructor Tony Forster
Sat 7 & 14 November 2009	RYA Seamanship Skills	£40 per person £20 non – refundable deposit.	A copy of RYA G12 will be issued on payment of deposit. Lead Instructor Tony Forster
Sat 28 Nov 2009	RYA Level 1 & 2 one-day assessment.	£25 total £10 non – refundable deposit.	A copy of RYA G4 and G3 will be issued on payment of deposit. Students need to be familiar with and able to carry out the requirements detailed in the above. Lead Instructor Tim Bowden

Sat 5 and Sat 12 Dec 2009	RYA Powerboat level 2	£35 total. £15 non- refundable deposit. Primarily for safety boat helms.	A copy of RYA G20 will be issued on payment of deposit. Lead Instructor Tim Bowden
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