

## **ADULT SAILING**

Saturday mornings

- 9.30 – 11.30 **Beginners** – starting from the beginning with single handed dinghies
- 11.30 – 13.30 **Improvers** - if you have already some experience and you would like to improve your skills on our single handed boats.

(If you are planning to take part in Saturday Club Racing, you can finish your session around 13 and have time to have some food, rest and be ready to race!)

From September on, the Adult training will be £10 each session.

## **YOUTH SAILING**

Sunday mornings (starting from the 8<sup>th</sup> of August)

- 9.30 – 13.30 **Snails Junior Teams (Neptune & Mercury)**
- 11.30 – 13.30 **Laser Youth Team**

If you have children who can potentially be interested in sailing, please feel free to contact me:

[training@medwayyachtclub.com](mailto:training@medwayyachtclub.com)

## **SRC RADIO COURSE**

20<sup>th</sup> of September – Book your space as soon as possible!

## **STAND UP PADDLEBOARDING**

No wind at all? Jump on one of our new boards! You will have an introduction learning how to enjoy and be safe on the water, then you can relax and paddle on the Medway!

*Introduction* - £20 x hr (safety and skills), 1 to 1 session

£15 each if you are coming as a group

After completing the induction it is possible to rent independently the equipment for £5 half day!

## **BIG NEWS!! RYA DAY SKIPPER THEORY COURSE**

The course equips the skippers with the necessary knowledge to navigate, they will learn about the basics of coastal and inshore navigation and pilotage, including chartwork, position fixing, plotting a course to steer, weather forecasting, IRCPs improving also the confidence and the skills necessary to navigate in familiar waters by day.

Please contact me if you are interested: [training@medwayyachtclub.com](mailto:training@medwayyachtclub.com)

See you soon!