



RYA LEVEL 1 DINGHY SAILING

PRE COURSE INFORMATION

The Level 1 dinghy sailing course is the introductory level in the adult sailing scheme. The course is designed to give the complete novice the basic skills and knowledge needed to get afloat and start enjoying this wonderful sport.

This course may be run in conjunction with the level 2 sailing scheme please enquire for details

Course content

Introduction to sailing
Rigging
Reaching (sailing across the wind)
Sailing up and down wind
Launching and recovery
Sailing across the wind
Theory
Capsize recovery theory

Facilities and equipment

During the course you will be using a variety of craft. Our fleet consists of Topaz, Taz, Topaz Race and Omega. The relevant boat will be selected to run your course

Wetsuits and buoyancy aids are provided for the duration of all courses

Tallington lakes boasts a sailing specific clean spring fed lake to ensure all your tuition takes place in the ideal learning environment without disturbance from our other exciting activities available on site

Please bring with you a towel and a pair of old trainers you don't mind getting wet!

Lunch

Lunch is available from our lakeside bar at competitive prices (please enquire for details)
Alternatively bring a packed lunch

Pre requisites

You must be at least 16 years old, and be enthusiastic about water sports
YOU DON'T NEED TO BE ABLE TO SWIM JUST BE WATER CONFIDENT

Duration

The course is run over two days with approximately 4 hours of tuition per day.
This course can also be combined with the Level 2 course to be run over a 3 or 4 day period

Running times

10.00 - 12.00	Session 1
12.00 - 1.00	Lunch
1.00 - 3.00	Session 2

Cost

£150 per head with 2 or more participants
£200 1:1

General

Please arrive early on the first day of your course to allow time for booking in and introductions to be done. Although Tallington lakes endeavours to never cancel a course please be aware that sessions are subject to appropriate safe weather conditions.

The next step

Having completed your RYA Level 1 why not try the Level 2, this course will progress your skills further and encourage you to sail more and more without the guidance of an instructor, the level 2 is classed as your 'drivers licence' in sailing. Once obtained you may hire any of our fleet of boats in light to moderate winds.



We are open 7 days a week from mid march to October from 9.30am – 6.30pm

**Tallington water sports
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