



**RYA Junior
Stage 1 Dinghy sailing
Pre course information**

The Stage 1 dinghy sailing course is the introductory level in the RYA's youth sailing scheme. The course is designed to be fun and give a basic introduction to the sport, giving you all the basic knowledge you need to get afloat and start enjoying this wonderful sport. This course can be completed in conjunction with the Stage 2 course, please enquire for details.

Course content

Introduction to sailing
Tacking with assistance
Clothing and equipment
Safety afloat
Capsize theory
Sailing across the wind
Introduction to the boat and equipment
Fun games



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 including lunch boxes are available from our lake side bar at competitive prices (please enquire for details)
Alternatively bring a packed lunch

Pre requisites

You must be aged between 8 and 15, and be enthusiastic about water sports
YOU DON'T NEED TO BE ABLE TO SWIM JUST 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 stage 2 course over a 4-day period

Running times

10.30am -12.30pm	Session 1
12.30am - 1.30pm	Lunch
1.30 pm - 3.30pm	Session 2

Cost

£100.00 per head as part of a group
Price includes logbooks and certificates



General

Please arrive early on the first day of any course to allow booking in and introductions to be done

The next step

Having completed your RYA Stage 1 why not try the Stage 2? This course will progress your skills further and encourage you to sail more and more without the guidance of an instructor. Hopefully it will enable you to complete all the skills of your Stage 1 and more without the need for assistance.

We are open 7 days a week from April to October from 9.30 – 6.30



**Tallington water sports
Tallington lakes leisure park
Barholm rd
Tallington
NR Stamford
Lincs
PE9 4RJ**

**Tel: 01778 34 7000
fax: 01778 34 5321
www.tallington.com
info@tallington.com**