

## **RYA Advanced courses 2017**

**Saturday 18/Sunday 19 March:**

**Start Racing**

**Seamanship**

**Sailing with Spinnakers**

**Saturday 23/Sunday 24 Sept:**

**Intermediate Racing**

**Performance Sailing**



Our **Start Racing** course is ideal for people who have sailed regularly after reaching Level 2 standard, and are now looking to get a kick start when joining in with Sunday and Wednesday night racing. Everything is explained: setting up your boat, what happens before you hit the water, preparation for the start, making it round the course and even how to finish. Give yourself the confidence to get involved!

**Intermediate Racing** is for those who have been racing regularly, but really want to start getting more out of it, moving up the results sheet by making fewer mistakes, spotting the windshifts, improving boat set up revolutionize your racing!

With regular racing between, it would be possible to do **Start Racing** in the spring and **Intermediate Racing** in the autumn.

**Seamanship** is a wonderful course that teaches you all you need to know about handling your dinghy in close quarters and adverse circumstances. Ranging from such things as sailing rudderless to perfecting a lee shore landing, course will sharpen your skills and improve your understanding of how boats work. A must for prospective Dinghy and Assistant Instructors!

Using a spinnaker adds a whole new area of fun to sailing, whether racing or simply going for a blast. **Sailing with Spinnakers** will be based around learning to fly asymmetric spinnakers. The course will take us from the theory of flying a spinnaker through learning to rig, launch and drop to discovering how to fly it in the fastest and most efficient way.

If you wish to learn how to use a symmetric spinnaker, please contact the training department – we will be happy to help!

Our autumn **Performance Sailing** course will focus on getting more from your boat. Setting your rig up correctly and altering it on the water. Learning to trapeze, working on your spinnaker handling and generally putting those high performance skills in place!

Course Prices: Club Members £120, Cotswold Federation Member £145, Non-Member £165  
Contact: [training@whitefriarssc.org](mailto:training@whitefriarssc.org)