



Training Week 2017: 23 July to 28 July

Come and join us for a week of sailing at Whitefriars, or join us for a 2 day course. We are planning a fun, relaxed week with plenty of learning, but also a chance to get to know your fellow students and instructors. There will be cake!

**Sunday 23 July, 6pm:
Practice for L2 course**

**Monday 24/Tuesday 25 July:
Level 1 – Start Sailing
Level 2 – Basic Skills**

**Wednesday 26 July:
Consolidation Day
for Level 2 and
Level 3 courses**

**Thursday 27/Friday 28 July:
Level 2 – Basic Skills
Level 3 – Better Sailing**

If you are interested in taking an Advanced course during this week, please contact us by the end of May. We shall need 3 students to run a course.



Level 1 – Start Sailing

Always wanted to learn to sail, but not had the opportunity or the confidence? At Whitefriars, we like you to learn in a relaxed, club based environment with expert, RYA qualified instructors. Club members and visitors are equally welcome. Many of our visiting students have joined us following the course.

Level 2 – Basic Skills

Sailed a little, or a long time ago? Level 2 can build on your previous experience, giving you the skills and confidence you need to be able to look after yourself on the water. Level 2 gives you all the building blocks you need to become an expert dinghy sailor. With our consolidation day between to practice the skills learned in Level 1, this course follows on seamlessly from Level 1.

Level 3 – Better Sailing

Build your skills to the point where sailing starts to become as natural as breathing! Following practice, Level 3 takes the building blocks from Level 2 and turns conscious decision making into instinctive action. With directed practice and hard work on the Wednesday, it is possible to take this course as a follow-on from Level 2.

Course prices can be found on our website, www.whitefriarssc.org
or by contacting training@whitefriarssc.org