

<b>KITES (Kids In The EveningS)</b>		<b>Wednesday Evenings 2 Hrs</b>	
<b>Kids in the evening is back this spring/summer</b>			
This is fun casual sailing for kids to go for a sail after school, we have qualified RYA instructors and rescue cover who will be here from 5pm, although don't worry if you're not there at 5pm on the dot! We have the use of all of the club boats, the 3 RS Teras, the RS Vision and the Laser 2000. The instructors can help you rig and then take you for a sail – the sessions will last as everyone wants to, usually a couple of hours. Non-members are also welcome but must become short term trial members which cost £20.00 to cover all 5 sessions. All you need to bring is some clothes that can get wet and a buoyancy aid if you have one			
If you are thinking of coming please let us know in advance by calling or emailing the office the weekend before so that we can arrange enough Instructors to cover the session.			
2 Hour Evening Sessions:	(5.00pm Start- All Sessions)	Member Non Member	£10.00 N/A
Spring/Summer 5 Sessions		10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , May & 7 <sup>th</sup> and 14 <sup>th</sup> June	

<b>SWIFT – Ladies Training</b>		<b>Wednesday Mornings 1/2 Days</b>	
<b>Our qualified instructors aim is to get you afloat and enjoy yourselves on the water</b>			
What is it:- Ladies training - SWIFT sessions kick off this year on 10 <sup>th</sup> May with the second series starting on 6 <sup>th</sup> September. Whether you are a complete beginner, have sailed a little, or are up to a racing standard, sign up and come along for a series of mornings of fun sailing led by an RYA instructor. We have a selection club boats that can be used for those who don't have their own, all you need to bring is some clothes that can get wet! If you are thinking of coming please let us know in advance by calling or emailing the office			
1/2 Day Sessions:	(09.30 to 1.00pm all days)	Member Non Member	£25.00 N/A
Spring/Summer 5 Sessions		10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , May & 7 <sup>th</sup> and 14 <sup>th</sup> June	
Autumn Sessions		6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> September & 4 <sup>th</sup> October	

<b>Max Mirror Mission</b>		<b>1 Day</b>	
Max Mirror Mission is all about fun on water and off the water for both children and parents. It is a great opportunity for new and inexperienced sailors to make new friends.			
<b>Kit List</b> Wetsuit, Buoyancy aid, Sailing shoes, Sailing Gloves, Spray top, Over trousers, Fleece, Towel, Swimming costume, Sunscreen Sunhat, Water bottle, Change of clothing, and make sure all items are named!			
<b>Each boat must contain the following:</b> A painter, 6 metres long, Bailer, Small paddle, Bungs plus spares, Launching trolley labelled with Surname. See ISC website for more details and the online form.			
Full 1 Day Course:	(0930 to 1700 hrs both days)	Member	£ TBC
Saturday 27 <sup>th</sup> May			



## TRAINING AT ISC 2017

### Learn to sail or improve your skills at Itchenor Sailing Club

Depending on your requirements we can offer either formal or informal learn to sail coaching and training.

For those seeking formal RYA certification Itchenor Sailing Club is an RYA Recognised Training Centre which means we have been inspected by the RYA and can run RYA certified training courses. For anyone seeking informal sail training, but still run to the Club's high standards of safety, we have an arrangement with ISC Member and local RYA Senior Instructor, Ashley Hatton. Ashley can discuss your requirements with you and tailor training to suit your needs, this can be either in your own boat or in one of the Club's training dinghies. This booklet outlines the RYA and Club courses we are offering this year

**To book on a course or for further information please call 01243 512400 or email [office@itchenorsailingclub.co.uk](mailto:office@itchenorsailingclub.co.uk)**

**Ashley can be contacted on: 07863 567584 or email: [ashley\\_hatton@yahoo.com](mailto:ashley_hatton@yahoo.com)**

We offer all RYA dinghy modules, keelboat training and First Aid training here at ISC. If there is training you would like that is not in this booklet or the dates listed are not convenient, do get in touch with the Office and we will try our best to help.

Many of these courses have a minimum number of candidates required for the course to be successful. We reserve the right to cancel courses which are undersubscribed, so please book early to avoid disappointment.

FIRST AID - 1 day courses can be arranged for groups of 4 or more, Please contact the Office for details.

<b>RYA Adult Dinghy Level 2 Course</b>		<b>2 Days</b>		
This two-day course covers the foundations of sailing, covering rigging, launching, sailing in all directions, capsized recovery and essential safety knowledge. By the end of the course successful participants will be able to sail and make decisions in good conditions. This course will be in the Club's RS Vision or Laser 2000 dinghy with an RYA qualified Instructor on board initially, progressing towards independent sailing. Price includes RYA Logbook and Certificate				
Full 2 Day Courses:	(0930 to 1700 hrs both days)		Member Non Member	£195.00 £225.00
Saturday 20 <sup>th</sup> and Sunday 21 <sup>st</sup> May		Saturday 17 <sup>th</sup> and Sunday 18 <sup>th</sup> June		

<b>RYA Powerboat Level 2</b>		<b>2 Days</b>		
This course provides the skills and background knowledge required by a competent powerboat driver and is the basis for the International Certificate of Competence. It includes boat handling, close quarters handling, leaving and coming alongside, high speed manoeuvres, man overboard recovery and collision regulations etc. This course is a pre-requisite for members wishing to be included on our paid support drivers list. Minimum age 12. Candidates under the age of 16 will be issued with an endorsed certificate.				
Full 2 Day Courses:	(0930 to 1700 hrs both days)		Member Non Member	£195.00 £225.00
Saturday 1 <sup>st</sup> and Sunday 2 <sup>nd</sup> April		Saturday 20 <sup>th</sup> and Sunday 21 <sup>st</sup> May		
Saturday 3 <sup>rd</sup> and Sunday 4 <sup>th</sup> June		Saturday 1 <sup>st</sup> and Sunday 2 <sup>nd</sup> July		
Saturday 19 <sup>th</sup> and Sunday 20 <sup>th</sup> August		Saturday 2 <sup>nd</sup> and Sunday 3 <sup>rd</sup> September		
Saturday 30 <sup>th</sup> September and Sunday 1 <sup>st</sup> October				

<b>RYA Racing Instructor Endorsement</b>		<b>1 Day</b>		
<i>This endorsement should be obtained by instructors with experience of club racing who wish to teach racing skills through the Start Racing module of the RYA Sailing Scheme.</i>				
<b>Eligibility</b> Dinghy instructor trainees who have experience of club racing (minimum completed 9 races and assistant race officer role once) may qualify during their instructor training course. Alternatively qualified dinghy instructors may undertake further training at a later date with a Coach/Assessor.				
<b>NOTE:</b> Membership of the RYA (or the National Governing Body for your boating activity in your country of residence) is required in order for you to qualify or revalidate as an RYA instructor.				
<b>Training</b> The course will include the organisation of club racing, preparation and management of the Start Racing course and instructional techniques afloat including the use of race training exercises. On successful completion, the candidate's logbook will be signed by the Coach/Assessor.				
Full 1 Day Course:	(0930 to 1700 hrs both days)		Member Non Member	£95.00 £105.00
Sunday 16 <sup>th</sup> April and Monday 1 <sup>st</sup> May				

<b>Junior Training Weeks 1 OR 2 (Mirrors and Toppers)</b>		<b>Both 5 Days</b>		
This popular 5 day course has been a part of the ISC calendar for many years. The key aim of the weeks is for the children to have lots of fun in a safe and supported environment. The young ISC Instructors are joined by Melvyn Cooper who oversees the two training weeks. These are the perfect way to get to know other children at the club and get prepared for Junior Fortnight!				
The Programme for each week of JTWs will be tailored to the abilities of the children attending. There will be an emphasis on developing sailing independence and improving confidence on the water. For the more experienced sailor, there will be a focus on improving specific helming/crewing skills and the start of racing skills. The older children in Week 2 will focus on the progression of intermediate racing skills to a higher standard.				
The course fee includes lunch each day with a drink and snack return each afternoon and all RYA certificates that are achieved. See ISC website for more details and the online form.				
Full 5 Day Courses:	(0930 to 1700 hrs each day)		Member Non Member	£TBC £TBC
WEEK 1		Monday 17 <sup>th</sup> to Friday 21 <sup>st</sup> July		
WEEK 2		Monday 24 <sup>th</sup> to Friday 28 <sup>th</sup> July		

<b>RYA Dinghy Instructor Course</b>		<b>5 Days</b>		
This is a 5 day course to train experienced small boat sailors and assess their competence to teach dinghy sailing to adults and children, both beginners and improvers. It assumes candidates are competent and experienced small boat sailors, capable of sailing a dinghy confidently in strong winds and handling small powerboats. Prerequisites for this course are good standard of dinghy sailing, RYA Powerboat Level 2, valid First Aid certificate, as well as RYA Safe and Fun Safeguarding Certificate. In order to be accepted for training, candidates will have to pass a Pre-Assessment which takes the form of a practical sailing test in a double handed dinghy conducted by an RYA Coach/Assessor.				
Full 5 Day Courses:	(0930 to 1700 hrs each day)		Member Non Members	£295.00 £295.00
Monday 23 <sup>rd</sup> to Friday 27 <sup>th</sup> October				

<b>Mirror &amp; Topper Learn to Sail</b>		<b>1/2 Days</b>		
These parent led sessions are about having fun and a gentle introduction to sailing at Itchenor.				
1/2 Day Courses:	(1300 to 1600 hrs all days)		Member Non Member	£ FOC £ N/A
Saturday 6 <sup>th</sup> May		Saturday 10 <sup>th</sup> June		
Saturday 24 <sup>th</sup> June				