



**September 16th – 17th**  
**Sat 09:00 / 21:00**  
**Sun 09:00 / 17:00**

# SUSSEX YACHT CLUB & UK DEAF SAILING

## **RYA** Level 1 Dinghy Training Course **2006**

This is 2-day dinghy sailing course for adults. We cater for complete beginners. At the end of this course, you will have been introduced to the basics of sailing a dinghy safely and had the opportunity to both helm (steer) and crew. The syllabus will include rigging the boat, safty afloat, what to do in case of capsize. The course will be taught by deaf instructors from Deaf Sailing UK and supported by club instructors and qualified BSL communicator. Basic accommodation is available if required.

Open to:	Adults over 18
Costs:	£65
Booking:	Payment with application.
Location:	Sussex Yacht Club (Southwick)
Craft:	Bosun Dinghies
Instructor Ration:	1:3
Provided:	Waterproofs & Buoyancy Aids
Food Provided Free	Sat:- A basic hot lunch & evening meal Sun:- Basic breakfast & Lunch Those with dietary needs will need to provide own food.
Contact:	Simon Terry - zenium07@btinternet.com 15 Cliftonville Road St Leonards on sea East Sussex TN38 8AG

