

Thrills, Skills & Spills

(Performance sailing development day)



This course is for instructors & SI's who want to gain experience and training of sailing performance dinghies during an informal day, with no assessment or pressure. The course will enable you to update your skills and learn & improve advanced/performance techniques.

The course will look at general sailing techniques for modern advanced/performance boats including: how to handle asymmetric spinnakers, boat "set up" and capsize recovery techniques. It can also be tailored to individual needs.

A variety of boats will be used, but primarily Laser Vagos, which are fun to sail, but quite forgiving.

So....If you feel a bit "rusty", never get the opportunity to access such boats, want to have ago without feeling "watched/judged" then just come along – ready to learn, have fun & get wet.

COURSE DATES:

2 nd September 2009	£75 inc VAT, non-residential
3 rd September 2009	£75 inc VAT, non-residential
4 th September 2009	£75 inc VAT, non-residential
5 th September 2009	£75 inc VAT, non-residential
6 th September 2009	£75 inc VAT, non-residential
7 th September 2009	£75 inc VAT, non-residential

Other dates by arrangement for a minimum of 4 clients

Water Park Adventure Centre
High Nibthwaite
Ulverston
LA12 8DQ