



Redesmere Sailing Club Capesthorne, Macclesfield, Cheshire SK119JU

Training Courses 2018

Redesmere Sailing Club is an RYA Training Centre committed to providing high quality training for both adults and children.

Our accreditation enables us to teach and examine candidates under various RYA training schemes. These include: the National Dinghy Sailing Scheme; the Youth Sailing Scheme; the Powerboat Scheme and the Emergency First Aid Scheme.

Our dedicated training team of volunteers consists of qualified RYA instructors, supported by experienced helpers at the approved ratio of one instructor to six or eight students, run all of our RYA approved training courses (for the RYA Powerboat courses the ratio is 1 to 3 and First Aid 1 to 12).

Course	Dates	Time	Cost
<p>Start Racing Course Once you have mastered the basic skills, the next step is to start Club racing. The course aims to build confidence and skill encouraging members to participate in Club racing. The course takes place on Sunday mornings, with 5 weeks of teaching and 5 weeks on the water. Candidates should hold RYA Level 2 or equivalent to take the course or Stage 3 for under 16's. The Sunday mornings run alongside Club racing, with both theory and practical sessions.</p>	15 th April 29 th April - 24 th June	9.00 am – 1.00 pm	£70
<p>Adult Beginner Courses Beginner training, run over 2 days, covering both RYA Start Sailing (RYA level 1), is done with 1 instructor to 2 participants so everyone is able to learn at their own pace. Basic Skills training (RYA level 2) helps teach how to handle a boat in windier conditions and when sailing in company with other boats. 2 day course.</p>	Adult A 21 st & 28 th April Adult B 8 th & 15 th Sept	9.30 am – 4.30 pm	£68
<p>Adult Progressive Skills A series of 'drop-in' skills clinics taking place on the first Social Session each month. The clinics aim to improve your sailing, refresh knowledge and build confidence. Topics covered will include; rigging, controlling speed, tacking and gybing, upwind and downwind sailing.</p>	7 th April – 20 th October	1.00 pm – 4.00 pm	Free
<p>Junior Spring Friday Evenings This course is for junior Club Members up to 16 years and runs on six Friday evenings during May and June. Juniors must be aged 5 or over to be eligible to apply for a place. Children are split into groups dependent on age and ability and are allocated boats suitable to their weight and sailing skills. Parents of children under 9 must remain on site for the duration of the training. The course covers the RYA syllabi for Stages 1 to 4, but there is not always sufficient time to complete an RYA stage over the 6 sessions.</p>	4 th , 11 th & 18 th May 8 th , 15 th & 22 nd June	6.00 pm – 8.30 pm	£58
<p>Junior Summer Week The summer training is an intensive 5 days of both practical and theory sessions open to juniors aged 9 or above. Club boats are available for use and are allocated dependent on which RYA course you are following. Those offered are Stages 1 to 4 of the Youth Sailing scheme. Packed lunches are required. RYA certificates may be awarded if candidates have met the required standards.</p>	25 th – 31 st July	9.30 am– 4.30pm	£108

<p>Junior Autumn Training</p> <p>This course is for Junior Club Members from age 5 up to 18 years and runs on two Saturdays. Children are split into groups dependent on age and ability and are allocated boats suitable to their weight and sailing skills. Parents of children under 9 must remain on site for the duration of the training. The course covers the RYA syllabi for Stages 1 to 4, but there is not always sufficient time to complete an RYA stage over the two sessions.</p>	8 th & 15 th September	12.30 pm – 4.30 pm	£42
<p>Thursday Night Youth Club</p> <p>These Thursday night “clubs” are an opportunity for those with sufficient sailing skills to improve their sailing at their own pace. Juniors must be racing / intending to race regularly or be aged 13 or above and have a minimum of an RYA Stage 3 Youth Scheme certificate to be eligible to apply for a place (younger sailors at the discretion of the Training Principal). Sailing is done in a mixture of single-handed and two-handed boats. RYA Certificates can be awarded if candidates are sailing at the required level.</p>	10 th , 17 th & 24 th May, 7 th June – 19 th July	6.30 pm – 9.00 pm	£76
<p>Powerboat Familiarisation</p> <p>Powerboat Familiarisation training is offered to all members who have not had experience of driving a powerboat or those who need a refresher. This course is essential to all members to understand what is expected when doing Club Safety Boat duties. Places are limited and it is strongly recommend that this course is attended to gain the bare essentials required to drive a safety boat.</p>	A 7 th April B 29 th June	9.30 am – 12.30 pm 6.00 pm – 9.00 pm	Free
<p>Club OD Briefing</p> <p>This half-day course takes the form of an informal briefing by one of the Club’s most experienced Officer’s of the Day (OD), and is for all ODs, aspiring ODs and AODs who wish to do a better job. This is an invaluable introduction and refresher on what to expect as OD and how to manage a day’s racing stress-free and effectively.</p>	24 th March	10.00 am – 1.00 pm	Free
<p>RYA Powerboat Training</p> <p>Powerboat training is available to anyone aged 16 or over. It can only be done during the spring, when the fishermen have their closed season. RYA levels 1, 2 courses are offered comprising five sessions, over 2 full days plus an evening of both theory and practical driving exercises.</p>	21 st April, 5 th May	TBC	£68
<p>RYA Emergency First Aid Training</p> <p>The RYA First Aid certificate can be offered as a 1 day course. It is useful for anyone doing water based activities and covers basic first aid training in an outdoor environment. Candidates are required to have the most recent copy of the St John Ambulance First Aid Manual.</p>	17 th April	TBC	£25
<p>RYA Safety Boat Course</p> <p>The RYA Safety Boat course introduces the techniques used in powerboats escorting racing fleets of dinghies and windsurfers, providing safety cover for training fleets and assisting in race management. Techniques for canoes/kayaks and kite surfers are also discussed. Members must have a minimum of RYA Level 2 Powerboat certificate to be eligible.</p>	Sept (dates tbc)	TBC	£68
<p>RYA Dinghy Instructor and Assistant Dinghy Instructor</p> <p>These courses are also available. Please contact the Training Principal (training@redesmere.org.uk) to discuss potential eligibility.</p>	25 th – 31 st July	9.30 am– 4.30pm	POA

If you have any queries or would like advice about which course to take please do not hesitate to ask or email training@redesmere.org.uk