

# Dinghy Sailing.

## Adult beginner's courses

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### ***Learn to sail with the National Sailing Scheme***

The scheme is a series of two-day (3 at LSC – see note 3) courses for adults wanting to learn in dinghies.

LSC currently only offers all aspects of dinghy sailing

	Level 1 Introducing you to sailing with all you need to know to get afloat under supervision	Level 2 Setting out the foundations of sailing for you	Level 3 Consolidating skills and trying new ones
Assumed knowledge	None	Sailing skills to the standard of Level 1	Sailing skills to the standard of Level 2
Minimum duration	2 days (see note 3)	2 days (see note 3)	2 days (see note 3)
Minimum age	16	16	16
Course content	How to sail in all directions, including an awareness of launching and recovering	Rigging, launching, sailing in all directions. Capsize recovery and essential safety knowledge	Coaching of level 1 & 2 skills and taster sessions from the advanced modules
Ability after the course	Able to sail in light winds under supervision	Able to sail and make decisions in good conditions	

### **Costs**

Members

Level 1 £120

Level 2 £120

(If Levels 1 & 2 are combined into a 5 day course £200)

Level 3 £120

Please contact [info@liverpoolsailingclub.org](mailto:info@liverpoolsailingclub.org) or call 0151-324-1958 for details, information or to book

### NOTES

1. The above subsidised rates are only for members
2. We only train members. Non-members wishing to be trained at LSC will be required to join. (This is not a problem)
3. Experience has shown that due to the unique conditions at LSC, Levels 1, 2 & 3 are best taught over 3 days.