

Cardiff Yacht Club Training Program 2011.

	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun						
2011																																				
April.							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
May.		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
June.				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
July.						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
August.			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
September.					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
October.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
November.				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
December.					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Key.

Dinghy Courses.

RYA Youth Dinghy Scheme Stage 1 & 3. α β	1
RYA Youth Dinghy Scheme Stage 2 & Start Racing. α β	1
RYA Dinghy Level 1 (age 16+)	1
RYA Dinghy Level 2 (age 16+)	1
RYA Dinghy Level 3 (age 16+)	1
Club Open Day	1
Introduction to Dinghy Sailing (Informal Course)	1

Power Boat Courses.

RYA Powerboat Level 2.	1
RYA Safety Boat.	1

Info Codes.

α	Stage 1 and stage 3 (or 2 & 4) courses will run side by side.
β	Course dates shown as hatched colours are spare days for the course of the same colour code, they will be used to replace any dates that may have to be cancelled due to adverse weather.
1	Where a date has a coloured border two or more courses are running on the same date. In this example (left) RYA Powerboat Level 2 and RYA Youth Dinghy Scheme Stage 1 & 3 are available.
	Courses on week days usually run 18:00 - 21:00.
	Courses on a weekend usually run 08:30 - 16:00.



To book a place on a course email training@cardiffyachtclub.org or phone 02920 797613.

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	RYA Youth Scheme Stage 1	RYA Youth Scheme Stage 2	RYA Youth Scheme Stage 3	RYA Start Racing
	A basic understanding of how a boat sailing, with some experience of steering and handling the boat	A range of sailing skills and knowledge to help in becoming a confident sailor	Rigging, launching and sailing in any direction. Equivalent to Level 2 in the National Sailing Scheme	An introduction to the skills needed for club racing.
Assumed knowledge	None	Stage 1, unless you are doing a combined Stage 1 and 2 course. Basic knowledge and steering ability	Up to and including the Stage 2 course	Sailing and knowledge to at least the standard of the Level 2 course (Stage 3 for under 16s)
Minimum duration	2 days or 6 evenings.	2 days or 6 evenings.	2 days or 6 evenings.	2 days or 6 evenings
Minimum age	8	8	8	8
Course content	Launching and recovery, steering, parts of the boat, basic sailing	Basic sailing skills, ropework, collision avoidance	Rigging, launching and recovery, sailing techniques, capsiz recovery, sailing theory	All the skills required to start club racing, including how to maximise boat speed and outwit your opponents
Ability after course	Able to steer and understand basic principles	Able to tack and control boat speed, and understand basic principles	Able to launch and sail a dinghy around a triangle in moderate conditions	Able to take part in club racing in good conditions
Cost	Members £65, Non-members £100 (including temporary membership)			

	RYA Dinghy National Level 1	RYA Dinghy National Level 2	RYA Dinghy National Level 3
	Introducing you sailing with all you need to know to get afloat under supervision	Setting out the foundations of sailing for you	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 or 6 evenings.	2 days or 6 evenings.	2 days or 6 evenings.
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. Capsiz recovery and essential safety knowledge	Coaching of level 1 and 2 skills and taster sessions from the advanced modules
Ability after course	Able to sail in light winds under supervision	Able to sail and make decisions in good conditions	Confident in sailing skills and techniques, ready to progress to advanced modules
Cost	Members £85, Non-members £120 (including temporary membership)		

	RYA Powerboat Level 2	RYA Safety Boat
	Provides knowledge to drive a Powerboat and is the basis for the International Certificate of Competence. It includes close quarters handling, high speed manoeuvres, man overboard recovery and collision regulations.	Provides the skills required when acting as an escort craft, safety boat or coach boat for a fleet of dinghies, windsurfers or canoes, or for racing or training activities.
Assumed Knowledge	None. May be preceded by Level 1	Basic understanding of sailing boats and windsurfers. RYA Powerboat Level 2 certificate must be held prior to this course
Minimum duration	2 days or 4 evenings.	2 days or 4 evenings.
Minimum age	12 (under 16's will have endorsed certificate)	16
Course content	Launching and recovery, boat handling, securing to a buoy, anchoring, leaving and coming alongside, man overboard	Preparation, boat handling, dinghy, windsurfer, kayak or canoe rescue, Towing, end-of-day procedures, safety, suitability of craft, local factors, communication,
Ability after the course	Self-sufficient powerboater	Able to provide safety or support cover to a range of craft, particularly sailing or windsurfing
Cost	Members £100, Non-members £150 (including temporary membership)	

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