

Dinghy sailing 5 day programme



	8:30	Morning	12:30	Afternoon	17:30	Evening
MON	B R E A K F A S T	Introduction to centre Kit issue & rigging of boats Boat familiarisation Reaching & tacking	L U N C H	Controlling speed, stopping lying to Tacking practice Upwind sailing	D I N N E R	Orienteering DVD Film
TUE		Launching & recovery Upwind sailing & tacking Downwind sailing gybing		Upwind & downwind sailing Tacking & gybing Practice of 5 essentials		Round the island cycle Table tennis tournament
WED		Practice of 5 essentials on triangular course		Solo sailing on triangular course Picking up moorings		Football & rounders DVD Film
THU		Picking up moorings Coming alongside jetty MOB		Picking up moorings Coming alongside jetty MOB		Cumbrae Quiz DVD Film
FRI		Further practice / different boats Short trip		Short trip Award certificates What next?		