RYA Level 1 & 2 Dinghy Sailing course at

Newtownards Sailing club each Tuesday evening in May & June and finishing on a Saturday or

Sunday during the day

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| Programme Title | Time of individual sessions on the programme |
| Sailing Club introduction tour for convenient use  And for H &S. Discuss Suitable clothing options,  Buoyancy aids & weather. Rig launch & joyride | 1st evening 7-10pm |
| Orientation 7 basic boat control on shore & on  water | 2nd evening 7-10pm |
| Tacking shore and on water | 3rd evening 7-10.pm |
| Explain the 5 Essentials on shore: Sail setting,  Balance, Boat trim. Centreboard. Course sailed.  Launch & practice the 5 essentials on water | 4th evening 7-10pm |
| Sail to windward and practice tacking and the 5  essentials | 5th evening 7-10pm |
| Practice gybing on land and sail downwind and  practice gybing on water | 6th evening 7-10pm |
| Sail triangular course & practice gybing &  tacking | 7th evening 7-10pm |
| Explain man overboard recovery on shore &  Practice on water. Practice more sailing to  windward | 8th evening 7-10pm |
| Explain capsize & recovery on shore and  complete on water. More sailing to windward | 9th evening 7-10pm |
| Final session. More on water practice to catch up if necessary. End the course with a race on a  triangular course, BBQ, Prize giving and certificate awards. Get trainees to complete a  course feedback report | Saturday or Sunday (whichever will most suit  Instructors and trainees most)  1.30 – 6.30pm with a tea break at 3.30pm |