

LTSC SAILING AND WATERSPORTS ACTIVITIES 2026 - included in membership unless cost shown

JUNIORS

Activity	Age range/ experience	When	Location & cost	Details
Seals & Dolphins	Age 5 Plus	Saturday Morning 11.00 to 13.00	Salterns £70 Associate Membership per year	Seals is for children aged 5+ who have gained some experience and understanding of the basics, develop familiarity and confidence with water and the equipment. Focus is on fun, play and developing communication and enjoyment of water activities with an objective of moving into 'Dolphins'. Can lead to RYA 1 & 2 Qualifications Contact: Vacant – needs Parent Co-Ordinator
Saturday Juniors & Youth training	Age 7 Plus	Saturday Morning 09.00 to 12.00	River/Solent £11 per session	Introduce children to open water river/Solent sailing, increasing both independence, communication and teamwork whilst ensuring fun and enjoyment for all. Focus on developing sailing skills in line with delivering RYA 2 & 3 Qualifications. See LTSC Newsletter and LTSC.co.uk/training for details Contact: training@ltsc.co.uk Book at: https://office.ltsc.co.uk/booking/type/training
Saturday Youth (combined with Saturday Sailing)	Age 10 Plus	Saturday Afternoon 1300	River/Solent No charge	In 2026 this group is combined with "Saturday Sailing", with support of safety Rib/s. Club Dinghies are available, allocation in liaison with the Saturday Sailing Supervisor.
Fleet 4 Racing for Juniors & Youths	Improvers to Advanced	Wednesday Evenings From 1700	River/Solent	Part of our regular Wednesday Evening racing series but designed with our junior sailors and other less speedy boats in mind. Dedicated Rib and with DI support. Parental Declaration form required. Participants to Sign and Sign Off – forms adjacent to Changing Rooms. Club Dinghies can be booked at the normal rates. https://office.ltsc.co.uk/booking/resource/club-boats

Junior RYA Stages 1-4	Age 8 Plus	As advertised on the website	LTSC River/Solent	Qualified RYA instructors run RYA Stage 1-4 courses on weekday afternoons throughout the season. These require booking and are chargeable. Please contact training@ltsc.co.uk for more details.
Friday Junior Racing	Age 9 - 18	25 April – 22 August, Friday evenings, first start not before 1800		Run by RLymYC, but LTSC members are invited. All details at https://rlymyc.org.uk/FEJR
Stand up Paddle-boarding	Age 10+	Ongoing	River/Solent/SWB	LTSC own 4 x SUPs. These can be hired, once a safety test has been completed, contact Jo Styles at jo@supstyles.co.uk to organise. Jo will charge but use of our SUPs for this training will be free. If you would like to get involved with further training, adventures, or other SUP activities, contact Jo, she arranges regular activities.

Kids Holiday Sailing Camps

Activity	Who	When	Location	Details
Kids Summer Sailing Camps	Age 7 Plus	Tues 28 th – Fri 31 st July Tues 4 th – Fri 7 th Aug Tues 11 th – Fri 14 th Aug Tues 18 th – Fri 21 st Aug	LTSC River/Solent £200 per week (Members) £300 per week (Non-members)	Our legendary LTSC Kids Summer Sailing Camps are back! The four-day sailing camp is designed for all abilities, from complete beginners to those looking to develop their skills further.

ADULTS AND FAMILIES

Dinghy Sailing

Activity	Who	When	Location	Details
Try Sailing Taster Sessions	Families & Adults	As arranged – Enquire to LTSC Training	LTSC River/Solent	A first time on the water or ‘get back into it session’ for 4 hours. Learn the basics of sailing from tacking to speed control and how to get back on land. Please contact training@ltsc.co.uk for more details.
Start Sailing – RYA Courses Levels 1 to 3	Families & Adults	Weekdays Enquire to LTSC training	LTSC River/Solent	Qualified RYA instructors run RYA level 1-3 courses on weekdays throughout the season. These require booking and are chargeable. Please contact training@ltsc.co.uk for more details.
“Saturday Sailing”	Adults + Juniors (Gold level)	April to October Meet at 1300 on LTSC Lawn	LTSC River/Solent	Informal sailing and racing sessions, where members can helm or crew to gain experience. Club boats or your own boats can be used. Please contact training@ltsc.co.uk for more details.
Sailing Improver Sessions	Families & Adults	Saturday Morning 09.00 to 12.00	LTSC River/Solent	Run by RYA qualified instructors with safety cover provided who can provide formal or informal coaching for those who already sail or are returning after a break. This is a paid for activity. Please contact training@ltsc.co.uk for more details.
Club Dinghy Racing	All	Wednesday Evenings and Sunday mornings (Saturday afternoons during October and November)	LTSC River/Solent	LTSC has an unrivalled reputation for dinghy racing, producing numerous national and international champion sailors. So, if your passion is dinghy racing experienced or not, we are the club for you. https://www.ltsc.co.uk/official-noticeboard

Club boat familiarization and rigging	All	By request	LTSC River/Solent	A rigging session to introduce new and existing members to our club boats, rigging demonstrations and advice on how to get on the water using these boats. Please contact sailing@ltsc.co.uk
“Dangerous Girls”	All	Every Tuesday from April to October @18.00	LTSC River/Solent	Each Tuesday from April - October a group of ladies meet at the sailing club rigged and ready at 18:00. Please contact haversgf@gmail.com for more information.
SUP-ing	All	On-going	River/Solent/ SWB	<p>LTSC own 4 x SUPs. These can be hired, once a safety test has been completed, contact Jo Styles at jo@supstyles.co.uk to organise. Jo will charge but use of our SUPs for this training will be free.</p> <p>If you would like to get involved with further training, adventures, or other SUP activities, contact Jo, she arranges regular activities.</p>

Cruising and Yacht Racing

Activity	Who	When	Location	Details
Yachting Informal	Adults	Wednesday and Saturday	LTSC – Solent area	We have a group who meet weekly known as ‘The Meanderers’ for an informal sail, lunch, the occasional drink and leisurely sail home. On weekends there will be similar Meanderer arrangements on regular dates March to November. Please contact sailing@ltsc.co.uk for more details.
Yachting Events	Families & Adults	As arranged	LTSC – locations around the south of England and France	LTSC organises a full schedule of yachting events, including cruises, rallies, and racing. Please contact sailing@ltsc.co.uk for more details.
Yacht Racing	All	Approximately 16 Sundays from April to November.	LTSC – Solent, IOW, South Coast	The club organizes yacht racing during the season including the Solent Circuit, which takes place for six weeks in October and November on Sunday mornings. Details here: Yacht Racing Official Noticeboard LTSC
JLPSC RYA Yacht Training and recreational sailing	All	Regular sessions – advertised in the newsletters and website	LTSC – Solent, IOW, South Coast	RYA Yacht Training courses including Day Skipper and Yachtmaster Practical courses, provided through our relationship with the John Lewis Partnership Sailing Club. https://www.ltsc.co.uk/rya-yacht-training

Training, Instructor & RYA Yachting Qualifications

Qualification	Age	When	Location	Cost	Description
Power Boat Level 2	13 Plus	Courses are run most weeks on Thursday and selected weekends.	LTSC	£285 (Minimum of 2 persons)	The PB2 is an internationally recognized qualification that demonstrates the holder has attained a basic level of competence in handling a power boat. Please Contact training@ltsc.co.uk or check for any scheduled courses at: Lymington Town Sailing Club
Safety Boat Training Course	13 Plus	As arranged	LTSC	Contact training@ltsc.co.uk for more details	This course aims to introduce the techniques used in powerboats escorting fleets of dinghies, windsurfers and canoes to provide safety and rescue cover. The course is intensely practical, using the club's RIBS, dinghies and other craft to show how to handle them when they are semi-submerged and heavy. Ropework applicable to escorting and rescuing boats is also taught and assessed.
Assistant Instructor	13 Plus	As arranged	LTSC	Contact training@ltsc.co.uk for details	The first step in the RYA instructor training scheme, this course allows members to teach sailing to beginners at LTSC under supervision. This can lead to RYA Dinghy Instructor qualifications.
VHF	13 Plus	March 21 st 2026 and as arranged	LTSC	£80 – members £85 – non-members Please note there is an additional £76 payable separately to the RYA for the post-course assessment.	The RYA Marine Radio Short Range Certificate (SRC) is the minimum qualification required to operate marine VHF radio equipment in the UK. This includes both fixed and handheld equipment with and without Digital Selective Calling (DSC). Contact training@ltsc.co.uk for details or check for any scheduled courses at: Lymington Town Sailing Club

RYA First Aid	13 Plus	As arranged	LTSC	£80 – members £130 – Non-members	The default first aid training required for those holding any RYA instructor qualifications or commercial endorsements is the RYA First Aid course. This course is designed for the specific demands of providing first aid afloat.
Day Skipper Theory & Practical		As arranged	LTSC	Contact training@ltsc.co.uk for details	A comprehensive introduction to chartwork navigation meteorology and the basics of seamanship. Invaluable for learning how to start making decisions on board and if you are considering taking the Day Skipper practical course. Practical course currently available via JLPSC.
Yacht Master Theory & Practical		As arranged	LTSC	Contact training@ltsc.co.uk for details	The RYA Coastal Skipper/Yachtmaster theory is advanced training for more experienced skippers building on the Day Skipper course. The course will take your theory knowledge to the standard required for RYA Coastal Skipper/Yachtmaster. Practical course currently available via JLPSC.
Competent Crew Theory & Practical		As arranged	LTSC	Contact training@ltsc.co.uk for details	This is for beginners and those who would like to become active crew members rather than just passengers. By the end of the course you should be able to steer, handle sails, keep a lookout, row a dinghy and assist in all the day to day routines. Practical course currently available via JLPSC.