

LTSC SAILING AND WATERSPORTS WINTER ACTIVITIES FROM LATE OCTOBER ONWARDS 2023/2024 - included in membership unless cost shown

JUNIORS

Junior Activities will be arranged approx. once a month based on the weather. We will aim to run the Saturday activities on the first Saturday of the month and push it to the next week weather depending.

	Age range/ experience	When	Location & cost	Details
Junior River Sailing	Age 7 Plus	Saturday Morning 10:30 to 12:30	River/Solent No charge	This collective Saturday children's group is for all abilities of kids sailing from moving on to the river for the first time to competent sailors. Each session will aim to run on the first of the month weather permitting. Each session will be tailored to the children who sign on each week through the newsletter
Class 4 Racing	Advanced	Sunday Mornings 10.30	River/Solent	A move into Club Racing for Families and new to racing youngsters and older sailing. For those new to club racing, staff members will be available to help you rig your boats and talk about the course and starting procedures. A low key, low competition intro to racing!
Junior Racing and Coaching	Advanced	Sunday 13.30 £6 per session with your own boat £10 per session with a club boat	River/Solent	Weekly afternoon racing for our junior members in Oppies, Teras and Fevas! Come and join in the fun and exciting racing with friends. To take part children need to be able to helm their boat comfortably around a triangle course and be confident sailing off the slipway and out the river; this is mostly aimed at children who are doing well in Saturday sessions and/or Salters Bronze fleet level and are ready to experiment with the competitive side of the sport!

RYA Sailing Stages –1 to 4	Age 11 plus	As advertised on the website	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.
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Kids Half Term & Holiday Camps

Activity	Who	When	Location	Details
October/Halloween Camp	Age 7 Plus	Dates – Monday 23 rd – Friday 27 th October	LTSC River/Solent	<p>A full week of activities Monday to Friday, starting at 9am until 3pm. Designed to improve the skill level of existing sailors and build confidence for beginners using the RYA syllabus with a focus on fun!</p> <p>Cost – Members £215 / Non-Members £265.</p>

ADULTS AND FAMILIES

Dinghy Sailing

Activity	Who	When	Location	Details
Try Sailing Taster Sessions	Families & Adults	As agreed or during an organized session £100	LTSC River/Solent	<p>A first time on the water or ‘get back into it session’ for 5 hours. Learn the basics of sailing from tacking to speed control and how to get back on land.</p> <p>Please contact training@ltsc.co.uk for more details.</p>
Sailing Courses – RYA Levels 1 to 3	Families & Adults	Weekdays	LTSC River/Solent	Qualified RYA instructors run RYA level 1-3 courses on weekdays throughout the season. These require booking and

		£180 – Members £220 – Non-Members		are chargeable. Please contact training@ltsc.co.uk for more details.
Get Afloat (GA) Sessions	All	Wednesday 0930-1200 and other times as advised £10 Per session	LTSC River/Solent	A informal coaching session with an instructor. These sessions are for all abilities covering a wide range of skill, tailored to the sailors each week. Book onto the course through the newsletter. Please contact training@ltsc.co.uk for more details.
Sailing Improver Sessions	Families & Adults	Saturday Morning 9-12pm £15 per session	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	Sunday Morning	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
Adventure Sailing	All	As arranged	LTSC River/Solent	A different day session for getting out on the water and going places. Similar to the Saturday Sailing Dinghy Cruise but arranged Ad-Hoc weather permitting
Get Afloat	All	Regular sessions – advertised when arranged £10 per session	LTSC River/Solent	Ad-hoc sailing sessions similar to the Wednesday GA session. These will be advertised through the newsletters looking for good weather
Club boat familiarization and rigging	All	Regular sessions – 1 st and 3 rd Sunday of the month @ 10.30	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.

Other Watersports

Activity	Location	Instructor*
Power Boat	LTSC River/Solent Cost TBC	The club runs both formal and informal training on the club powerboats, which are used as safety boats for all our events. We use instructors both from within the club instructor team and external instructors, when required.
SUP	LTSC River/Solent Cost TBC	Jo Styles, BSUPA qualified Stand-Up Paddleboard instructor. https://www.supstyles.co.uk/
Sun Rise SUP	LTSC River £15	A session for early risers. A paddle out to catch the first rays of sunlight with an instructor for support. Dates tbc so keep an eye on the website/newsletter.
Rowing	LTSC River/Solent Cost TBC	Kirsten Melin, British Rowing Level 2 Club Coach https://www.rowingadventures.co.uk/
Open Water Swimming	LTSC Cost TBC	Nina Yates, STA Level 2 Open Water Swim Coach, Level 2 Swimming Teacher, with Winter swimming certificate. https://www.forloveofwater.co.uk/

Cruising and Yacht Racing

Activity	Who	When	Location	Details
Yachting Informal	Adults	Wednesday	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. Please contact sailing@ltsc.co.uk for more details.
Yachting Events	Families & Adults	As arranged	LTSC – locations around the south of England and France	The club organises a full schedule of yachting events, both cruising and racing. Please contact sailing@ltsc.co.uk for more details.
Club Yacht Charter	All	Regular sessions – advertised when arranged, approx. £65 per day	LTSC – Solent, IOW, south coast	The club charters a yacht for a week and allows members to book and participate in a day’s sailing with an experienced helm. Great for beginners and those looking to build sailing miles.
Yacht Racing	All	Regular sessions – advertised when arranged	LTSC – Solent, IOW, south coast	The club organize a series of yacht racing during the season including the Solent Circuit, which takes place for six weeks in October and November on Sunday mornings.
JLPSC RYA Yacht Training	All	Regular sessions – advertised in the newsletters and website	LTSC – Solent, IOW, south coast	RYA Yacht Training courses provided through our relationship with the John Lewis Partnership Sailing Club. https://www.ltsc.co.uk/rya-yacht-training

Training and Instructor Qualifications

Qualification	Age	When	Location	Cost	Description
Power Boat Level 2	Age 13 Plus	Courses are run most weeks on a Tuesday or Thursday and selected weekends. More details on the website under training.	LTSC	Members £228 Non-Members £285	The PB2 is an internationally recognised qualification that demonstrates the holder has attained a basic level of competence in handling a power boat.
Safety Boat	Age 13 Plus	As arranged – Email training@ltsc.co.uk for further details	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	Age 13 Plus	As arranged – Email training@ltsc.co.uk for further details	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	Age 13 Plus	As arranged – Email training@ltsc.co.uk for further details	LTSC	Contact training@ltsc.co.uk for details	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).

First Aid	Age 13 Plus	As arranged – Email training@ltsc.co.uk for further details	LTSC	Contact training@ltsc.co.uk for details	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		As arranged – Email training@ltsc.co.uk for further details	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.
Yachtmaster Theory		As arranged – Email training@ltsc.co.uk for further details	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.
Competent Crew		As arranged – Email training@ltsc.co.uk for further details	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.

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