

LTSC SAILING AND WATERSPORTS ACTIVITIES 2022 - included in membership unless cost shown

JUNIORS

| Activity | Age range/ experience | When | Location & cost | Details |
|--------------|--------------------------|--------------------------------------|---------------------------|---|
| Fish | Age 3 Plus | Saturday Morning 09.00 to 10.00 | Sea Baths £2 per child | Build On Water Confidence with a focus on play, fun and on water familiarisation with an objective of moving into 'Seals' |
| Seals | Age 5 Plus | Saturday Morning 09.00 to 10.45 | Salterns £50 per year | For children who have gained some experience and understanding of the basics, develop familiarity and confidence with water and the equipment. Focus is still 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 |
| Dolphins | Age 6 Plus | Saturday Morning 09.00 to 10.45 | Salterns £50 per year | For children age 6 upwards. Developing further the understanding learnt from 'Seals', increasing participants sailing skills, independence, determination, communication and teamwork. Can lead to RYA 1 & 2 Qualifications. From here children have the opportunity of moving onto river/Solent sailing at Lymington and gaining RYA stage 3 & 4 qualifications. |
| Intermediate | Age 8 Plus | Saturday Morning 09.00 to 12.00 | River/Solent | Introduce children to open water river/Solent sailing, increasing both independence, determination, communication and teamwork whilst ensuring fun and enjoyment for all. Focus on developing sailing skills in line with delivering RYA 3 & 4 Qualifications. |
| Advanced | Age 10 Plus | Saturday Afternoon 12.30 to 16.00 | River/Solent | Develop sailing skills further and deliver RYA 4 Qualification |

| | | | | |
|------------------------------------|-------------|--|--|---|
| Class 4 Racing | Advanced | Sunday Mornings and Wednesday Evenings - starts in newsletters | River/Solent | Part of our regular racing series but designed with our junior sailors and other less speedy boats in mind |
| Summer Camps | Age 8 plus | July 25 th onwards for five weeks | River, Solent and Sea Baths £130 per wk | A full week of activities Monday to Friday, starting at 9 am until 3 pm. Designed to improve existing sailors and build confidence with RYA certificates available for stages 1 – 4. £130 for members and £160 for non members. |
| Half Term Camps | Age 8 plus | May 30 th to June 3rd | River, Solent and Sea Baths £130 per wk | A full week of activities Monday to Friday, starting at 9 am until 3 pm. Designed to improve existing sailors and build confidence with RYA certificates available for stages 1 – 4. £130 for members and £160 for non members. |
| Start Racing | Advanced | Saturday mornings and Saturday Sailing 10.30 to 12.00 | Training Room, River/Solent | A 90 minute theory session on Saturday morning followed by on the water coaching and training in parallel with Saturday sailing. |
| Start Sailing – RYA Courses 1 to 3 | Age 11 plus | As advertised | LTSC River/Solent | Qualified RYA instructors run RYA level 1-3 courses on weekdays throughout the season. These require booking and a chargeable. Please contact training@ltsc.co.uk for more details. |

ADULTS AND FAMILIES

Dinghy Sailing

| Activity | Who | When | Location | Details |
|---|-------------------|---|-------------------|--|
| Try Sailing Taster Sessions | Families & Adults | As agreed or during an organised session Cost on request | LTSC River/Solent | We can arrange taster dinghy sailing sessions with experienced members who volunteer using their own or club boats. This can be run separately or as part of an organised activity such as 'start sailing'. Please contact training@ltsc.co.uk for more details |
| Start Sailing – RYA Courses 1 to 3 | Families & Adults | Weekdays £140 per course | LTSC River/Solent | Qualified RYA instructors run RYA level 1-3 courses on weekdays throughout the season. These require booking and a chargeable. Please contact training@ltsc.co.uk for more details. |
| Leisure Sailing – Helms and crew (also suitable for crew beginners) | Families & Adults | Saturday Sailing in Afternoons (March to October) | LTSC River/Solent | Informal sailing sessions where new members can join and gain experience as a crew on the water from experienced club sailors. Club boats or your own boats can be used. Please contact training@ltsc.co.uk for more details. |
| Family Sailing and other themed sailing events | Families | Sunday Afternoons | LTSC River/Solent | A dedicated session designed to allow families, parents and specific groups to sail with full safety cover and instructors on hand using either club boats or their own boats. 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 | Wednesday Evenings and Sunday AM | LTSC | 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. |
| Friday Free Sailing | All | Friday 1630 onwards (summer only) | LTSC River/Solent | A fun end to the week, a general watersports session covered by safety boats and instructors. Enjoy the bar and restaurant afterwards to kick off your weekend. |
| Get Back on the Water | All | Regular sessions – advertised when arranged £15 per session | LTSC River/Solent | A three hour session, covered by safety boats and instructors. Designed to get back on the water, improve technique and build confidence in different conditions. £15 per session and bookable via the member’s area on the website. |
| Club boat familiarization and rigging | All | Regular sessions – advertised when arranged | LTSC River/Solent | A 90 minute 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 |
| Rowing | LTSC river/Solent | Jane Homewood, British Rowing Level 2 Club Coach |

| | | |
|---------------------|------------------|--|
| | Cost TBC | |
| Open Water Swimming | LTSC Cost TBC | Nina Yeates, STA Level 2 Open Water Swim Coach, Level 2 Swimming Teacher, with Winter swimming certificate |

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 £65 per day | LTSC – Solent, IOW, south coast | The club charts 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 consecutive weeks in October and November. |

Training and Instructor Qualifications

| Qualification | Age | When | Location | Cost | Description |
|----------------------|-------------|--|----------|--|---|
| PB2 | Age 13 Plus | As arranged – Email training@ltsc.co.uk for further details | LTSC | Contact training@ltsc.co.uk for details | 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 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. |