

Arnside Sailing Programme 2019

Date	High Tide		Sailing Times
	Time	Height	
Sat 6 April	1336	9.1	1230 – 1430
Sun 7 April	1406	9.2	1300 – 1500
Wed 17 April	1107	9.0	1000 – 1200 Midweek Sailors Beginner & Improvers
Fri 19 April Good Friday	1241	9.9	1145 – 1315
Sun 21 April Easter Day	1406	9.9	1300 – 1430
Mon 22 April Bank Holiday	1447	9.5	1345 – 1545
Tues 23 April	1620	9.0	1515 – 1715 Midweek Sailors Beginner & Improvers
Sat 4 May	1236	8.9	1130 – 1330 High Tide Adults 1530 – 1700 Low Tide Existing Cadets
Sun 5 May	1309	9.1	1200 – 1400
Mon 6 May	1344	9.2	0930 – 1100 Cadets Low Tide Beginners 1245 – 1445 Cadets High Tide Improvers & Advanced
Wed 8 May	1501	9.0	1300 – 1500 Midweek Sailors Beginner & Improvers
Thurs 16 May	1045	8.9	0945– 1145 Midweek Sailors Beginner & Improvers
Sat 18 May	1222	9.5	1115 – 1315 Try Out Day Slipway by Albion 1500 – 1700 Cadets Low Tide Beginners
Sun 19 May	1306	9.5	0930 – 1030 Cadets Low Tide Beginners 1200 – 1400 Cadets High Tide Improvers & Advanced
Wed 22 May	1507	8.8	1400 – 1600 Midweek Sailors Beginner & Improvers
Sat 25 May	1619	7.3	1000 -1130, 1130-1300 Cadets Low Tide Beginners
Sun 26 May	1821	7.0	1000– 1130, 1130– 1300 Cadets Low Tide Beginners
Sat 1 June	1126	8.5	1030 – 1230
Sun 2 June	1205	8.8	1100 – 1300 Cadets High Tide Improvers & Advanced 1545–1615, 1615-1730 Cadets Low Tide Beginners
Wed 5 June	1407	9.2	1300 – 1500 Midweek Sailors Beginner & Improvers
Sat 8 June	1635	8.5	1530 – 1730
Sat 15 June	1115	8.8	1015 – 1215 Cadets High Tide Improvers & Advanced 1400–1530,1530–1700 Cadets Low Tide Beginners
Sun 16 June	1204	9.0	1100 – 1300
Wed 19 June	1411	8.8	1300 – 1500 Midweek Sailors Beginner & Improvers
Sun 23 June	1643	7.7	1000-1130, 1130-1300 Cadets Low Tide Beginners
Sun 30 June	1048	8.2	0945 – 1145
Wed 3 July	1309	9.2	1200 – 1400 Midweek Sailors Improvers & Beginners
Sat 6 July	1531	9.2	1000–1130, 1130-1300 Cadets Low Tide Beginners 1430 – 1630 Cadets High Tide Improvers & Advanced
Sun 7 July	1623	8.9	1530-1730

Date	High Tide		Sailing Times
	Time	Height	
Sun 14 July	1057	8.2	1000-1200
Wed 17 July	1317	8.6	1215 – 1415 Midweek Sailors Improvers & Beginners
Sat 20 July	1501	8.3	0930-1100, 1100-1230 Cadets Low Tide Beginners
			1400 – 1600 Cadet s High Tide Improvers & Advanced
Sun 21 July	1534	8.2	1430-1630
Wed 31 July	1205	8.9	1100 – 1300 Midweek Sailors Improvers & Beginners
Sat 3 Aug	1027	9.5	0930-1130
Sun 4 Aug	1515	9.3	1000-1130, 1130-1300 Cadets Low Tide Beginners
			1415-1615 High Tide Cadets Improvers & Advanced
Mon 5 Aug	1600	9.2	1000-1130, 1130-1300 Low Tide Cadets Beginners
			1500-1600 High Tide Cadet Improvers & Advanced
Thurs 15 Aug	1300	8.5	1200 – 1400 Midweek Sailors Improvers & Beginners
Sat 17 Aug	1405	8.6	1300-1500
Sun 18 Aug	1434	8.5	1530-1630
Wed 28 Aug	1055	8.3	1000 – 1200 Midweek Sailors Improvers & Beginners
Thu 29 Aug	1149	8.9	1045-1245 High Tide Cadets Improvers & Advanced
			1500-1630 Low Tide Cadets Beginners
Fri 30 Aug	1238	9.4	1130-1330 High Tide Cadets Improvers & Advanced
			1530-1700 Low Tide Cadets Beginners
Sat 31 Aug	1324	9.7	1230 - 1330
Sun 1 Sept	1409	9.8	1200 - 1500
Wed 4 Sept	1621	9	1515 – 1715 Midweek Sailors Improvers & Beginners
Sat 14 Sept	1308	8.7	1200 – 1400 Cadets High Tide Improvers & Advanced
Wed 18 Sept	1504	8.6	1400 – 1500 Midweek Sailors Improvers & Beginners
Sun 15 Sept	1405	8.8	1300-1500
Sat 28 Sept	1218	9.5	1115-1315 Cadets High Tide Improvers & Advanced
Sun 29 Sept	1303	9.9	1200 -1400
Wed 2 Oct	1508	9.5	1400 – 1600 Midweek Sailors Improvers & Beginners
Sat 12 Oct	1206	8.6	1100-1300
Sun 13 Oct	1238	8.8	1130-1330
Sat 26 Oct	1112	9.1	1000-1200
Sun 27 Oct	1058	9.5	1000-1200

On the above dates safety boat cover should be provided, though this is not guaranteed . Sessions may be cancelled due to the weather or lack of demand.

Members can sail at other times subject to experience and weather conditions at their own risk..

Adult members are permitted sail when cadet sessions are taking place. Please give priority to children and families if using the changing facilities. Do not enter the changing caravan if any families, children or person of the opposite sex are using it. Safety Boat cover will prioritise cadet boats over adults, so do not go out if you do not feel confident to sail by yourself given the conditions on the day.

Sailing Courses at Killington

Date	Course	Times
Tues 30 April	Adult Tues morning 1	1000-1300
Tues 7 May	Adult Tues morning 2	1000-1300
Sat 11 May	Adult Weekend	1000-1600
Sun 12 May	Adult Weekend	1000-1600
Tues 14 May	Adult Tues morning 3	1000-1300
Tues 21 May	Adult Tues morning 4	1000-1300
Tues 28 May	Cadets Beginner	1000-1600
Wed 29 May	Cadets Beginner	1000-1600
Thurs 30 May	Cadets Beginner Cadets Advanced	1000-1600
Fri 31 May	Cadets Beginner Cadets Advanced	1000-1600
Tues 4 June	Ladies morning 1	1000-1300
Tues 11 June	Ladies morning 2	1000-1300
Sat 15 June	Adult Weekend	1000-1600
Sun 16 June	Adult Weekend	1000-1600
Tues 18 June	Ladies morning 3	1000-1300
Tues 25 June	Ladies morning 4	1000-1300
Sat 20 July	Adult Weekend	1000-1600
Sun 21 July	Adult Weekend	1000-1600
Mon 29 July	Cadet Beginner	1000-1600
Tues 30 July	Cadet Beginner	1000-1600
Wed 31 July	Cadet Beginner	1000-1600
Thurs 1 Aug	Cadet Beginner	1000-1600
Sat 3 Aug	Adult Weekend	1000-1600
Sun 4 Aug	Adult Weekend	1000-1600
Tues 20 Aug	Cadet Beginner Cadet Advanced	1000-1600
Wed 21 Aug	Cadet Beginner Cadet Advanced	1000-1600
Thu 22 Aug	Cadet Beginner Cadet Advanced	1000-1600
Fri 23 Aug	Cadet Beginner Cadet Advanced	1000-1600
Sat 31 Aug	Adult Weekend	1000-1600
Sun 1 Sept	Adult Weekend	1000-1600
Tues 17 Sept	Ladies morning 1	1000-1300
Tues 24 Sept	Ladies morning 2	1000-1300
Tues 1 Oct	Ladies morning 3	1000-1300
Sat 5 Oct	Adult Weekend	1000-1600
Sun 6 Oct	Adult Weekend	1000-1600
Tues 8 Oct	Ladies morning 4	1000-1300