

# LEARN TO SAIL with ARNSIDE SAILING CLUB

*RYA North West Club of the Year*



## MIDWEEK BEGINNER AND IMPROVER SESSIONS



Arnside Sailing Club is offering midweek beginner and improver sessions at Arnside in 2019 for people available during the week.

The sessions will be led by a trained instructor and offer around 2 hours sailing time.

They are suitable for people wanting to try out sailing, practise their skills or restart having sailed in the past.

Sailing is a great way of making new friends and enjoying Arnside's outstanding environment.

The Sessions are made possible by a grant from ACRE (Action with Communities in Rural England) funded by Sport England to promote sport in rural areas.

Dates and times are overleaf:

**Price** £15 per session (Free to Arnside Sailing Club members)

### **Joining Arnside Sailing Club**

At £65 a year our membership fees are one of the lowest in the country. We have 13 club boats, so you do not need your own boat to start sailing with us. Our club house in the Old Customs House on the Promenade is open for regular social, music, jazz and folk events. The club offers a cadet sailing programme at Arnside..

We run adult, women's and children's sailing courses at Killington near Sedbergh..

**To join the sessions:** Please fill in the attached form (Arnside Sailing Club members do not need to apply).

**Further Information:** Alasdair Simpson [asc.sailing.secretary@gmail.com](mailto:asc.sailing.secretary@gmail.com) telephone 01524 762386

[www.arnsidesailingclub.co.uk](http://www.arnsidesailingclub.co.uk)

## Midweek Sailing Sessions Times

Date	High Tide		Session Times
	Time	Height	
Wed 17 April	1107	9.0	0915 – 1230
Tues 23 April	1620	9.0	1415 – 1730
Wed 8 May	1501	9.0	1300 – 1630
Thurs 16 May	1045	8.9	0915– 1215
Wed 22 May	1507	8.8	1300 – 1630
Wed 5 June	1407	9.2	1200 – 1530
Wed 19 June	1411	8.8	1300 – 1530

Dates and times are tide dependent. Subject to demand we plan running further sessions in July, August and September.

We also plan to run some theory sessions in the club house using learn to sail videos.

