



OPTIMIST



TRAINING & DEVELOPMENT

FOR ALL OPPY SAILORS

(able to sail a triangular course)

***AN IOCA WINTER TRAINING INITIATIVE
TO SUPPORT AND DEVELOP OUR YOUNG SAILORS IN THE NORTH***

RYA COACH AT EVERY SESSION * FUN TRAINING * FUN SAILING

Saturday, 19 November 2011	Leigh & Lowton
Saturday, 10 December 2011	West Kirby
Saturday, 21 January 2012	Leigh & Lowton
Saturday, 18 February 2012	West Kirby
Saturday, 24 March 2012	West Lancashire
Saturday, 28 April 2012	Venue TBC

DETAILS FOR ALL EVENTS:

- £15 entry fee
- Rigged and ready for 10 am briefing
- Training sessions and racing, led by RYA coach
- Finish by 4.30pm
- Bring packed lunch and drinks (galley service not guaranteed)
- Bring your boat !

***If sailor can pre-book on to all six sessions, pay for only five sessions !
Pre-booking a place is not a requirement – come to one or as many sessions
as you can !***

*If you require any further information, or you wish to pre-book a sailor,
please email Steph Leckie at leckie.aurial@gmail.com*