# Training Update



## Coming up soon...

#### RYA Adult Dinghy Level 1/2:

There are still a couple of spaces on our Adult Dinghy course for beginners.

This is running on five consecutive Saturdays beginning on 25th May.

Please contact Marisa on <u>training@chanonry.org.uk</u> by Thursday 16th May if you would like to book a place on this course.

#### RYA Assistant Instructor:

We are running an RYA Assistant Instructor (for dinghies) course on three Saturdays starting 15th June.

Please contact Marisa on training@chanonry.org.uk for more information.

#### RYA Junior Stage 1:

We have spaces on our Junior Stage 1 course, running in the school holidays on 8th, 9th and 10th of July.

Please contact Richard Jenner on <u>r.h.jenner@btinternet.com</u> if you are interested.

#### Sunday morning Race Coaching:

Check out the programme on <a href="www.chanonry.org.uk/training-programme.html">www.chanonry.org.uk/training-programme.html</a> to see when our coaches are running race coaching, open to all members who race regularly and want to improve their racing techniques. Please ask whether there are spaces available by email to <a href="mailto:coaching@chanonry.org.uk">coaching@chanonry.org.uk</a>. Next session on 26th May.

## ...and later on in the season

## Better Sailing:

If you are looking to improve your general sailing skills then our "Better Sailing" sessions on 21st July and 25th August may be just what you need!

Please contact Marisa on training@chanonry.org.uk if you are interested.

### Powerboat and Safety Boat training:

While no further Powerboat/ Safety Boat training is scheduled at the moment, further opportunities may be scheduled later in the season if there is demand.

Please contact Helen Jenner on r.h.jenner@btinternet.com if you are interested.