



## TECHNO 293 UK CLASS ASSOCIATION

### RYA LEVEL 1 START WINDSURFING COURSE

Northampton Sailing Club, Pitsford Reservoir

1<sup>st</sup> – 2<sup>nd</sup> Aug, 2011



**Course:** RYA Level 1 - Start Windsurfing

**Duration:** 2 days

**Date:** 1st -2nd August;

**Course times:** 10:00 - 16:30

**Where:** Pitsford Sailing Club, Northampton.

**Cost:** £129 (payable via PayPal on [www.northamptonwatersports.com](http://www.northamptonwatersports.com) or by calling the office with card details.

**Kit:** Old pair of shoes & towel (wetsuits, buoyancy aids, boards & rigs provided)

**Accommodation & Food:** Overnight camping available (no electric). Bring packed lunch (or food may be available via the club if booked in advance).

**Contact:** [jonsweet@northamptonwatersports.com](mailto:jonsweet@northamptonwatersports.com),

Pitsford Sailing Club, through the On-Board Scheme, are offering parents & children the opportunity to access the RYA Level 1 Start Windsurfing Course during the first 2 days of the TCA Summer Camp.

This is a course for complete beginners however a degree of water confidence is required. You will have the opportunity to learn the basics of windsurfing using modern wide boards.

The course includes: *basic rigging, safety, background knowledge and plenty of on-the-water practice, as well as learning to sail in all directions, including upwind and downwind, and gaining an understanding of when to tack and gybe. After the course you will be able to sail to a chosen point on the water and return to where you started from.*

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