



This four day sailing courses covers the RYA Level One and Level Two syllabus. It will take you from having no experience to sailing our single-handed dinghies by yourself, but don't worry; you will be closely supervised by one of our safety boats. The course will also include a logbook and RYA Level Two certificate

When: We hope to run courses on the following dates, subject to interest and minimum numbers of participants.

[A] Monday 22th, Tuesday 23th, Wednesday 24th and Thursday 25th July

[B] Monday 19th, Tuesday 20th, Wednesday 21st and Thursday 22nd August

Cost: Only £120 per person which includes an RYA Certificate and logbook.

Families: We will also be running separate 4 day sailing course groups for Scouts and Explorers on these dates. Why not encourage your family to learn to sail at the same time? More details are on our website.

How to book: Application forms are available to download at www.greenwithens.org.uk Call 0330 094 8050 or email bookings@greenwithens.org.uk for further enquiries.

Essential information:

Participants should be able to swim 50m as per Scout rules. Everyone needs to bring a complete change of clothing and a towel. It is important to wear warm clothing for water activities, as it feels cooler on the water. Green Withens is situated high on the moors and is often colder than less exposed sites. Plenty of warm clothing and a waterproof jacket and over trousers or similar windproof outer garments and a woolly hat are necessary. Old trainers or similar soft footwear, with socks should be worn. Shorty wetsuits may be fine on the beach but are not usually suitable for Green Withens unless worn with other clothing.

If it happens to be warm and sunny don't forget a sunhat and suntan lotion. There is no drinking water on site, please bring your own drinks and snacks. Although there are toilets and changing rooms, there are no showers.

The team leader at Green Withens must be informed of any relevant medical information or special needs.