

Saundersfoot Sailing Club - Training Programme 2018

Date	Start time	Event	HW	Notes
27/04/2018	1700	Season open training	1730	Aim to blow off the cobwebs, free coached session
17/05/2018	1800	Push the Boat Out	2037	Helpers in at 5pm
9/10 June	0900	Stage 1/Level 1	1500	
15-Jun	1800	Social Sail	2024	On water coaching available
16/17 June	0900	Stage 2/Level 2	0830	
29-Jun	1730	Social Sail	2005	On water coaching available
13-Jul	1730	Social Sail	1923	On water coaching available
27-Jul	1730	Social Sail	1909	On water coaching available
10-Aug	1730	Social Sail	1818	On water coaching available
24-Aug	1730	Social Sail	1811	On water coaching available
08-Sep	1730	Social Sail	1804	On water coaching available
22-Sep	1730	Social Sail	1744	On water coaching available

Friday nights will have different things each time we sail, some fun and games, a sailing with Spinnakers intro, Some fun races to focus on starts/ mark roundings, chance to try other types of boats. One of the games will be topper or laser polo just to wet your appetites.