

# DINGHY SAILING



**Monday- Friday 15<sup>th</sup>- 19<sup>th</sup> February OR 5<sup>th</sup> -9<sup>th</sup> April**

Come & try dinghy sailing. We have small dinghies that you can sail by yourself or larger ones that will have an Instructor in the boat with you.

**WHERE ?** Sailing will take place at the ESSA Sailing Centre, Central Lagoon, south side of Meadgate Road, Nazeing, Essex EN9 2PB.

**WHO?** These **one** day sessions are for those age 10 upwards who are resident in London. They are for anyone who has **not** tried the sport before and must be able to swim 50 metres & float for 5 minutes.

**TIME?** The sessions are from 9.45 am – 15.30 pm

**COST?** Sessions are free as they are funded by **PLAYSPORT - LONDON**. We will be offering further sessions to enable you to practise and gain Royal Yachting Association qualifications. These further sessions will take place on Saturdays and must be pre booked at a cost of £11 for youth & £16 for Adults.

**WHAT DO I BRING?** You will need a packed lunch, towel, change of warm clothing, non slip gloves, hat, soft footwear (trainers) and a large plastic bag to take any wet clothing home. Hot drinks are available at reasonable cost.

**WE PROVIDE** buoyancy aids, wet suits, waterproof clothing (you may wish to wear your own) and helmets.

**HOW DO I GET THERE?** Instructions are on the website [www.essa.org.uk](http://www.essa.org.uk)

Any queries or to make a provisional booking please email [courses@essa.org.uk](mailto:courses@essa.org.uk)

Send your application form to :-

Marion Caslake, ESSA-Playsport, 9 Pollards Close, Goffs Oak, Herts EN7 5JP