

LAKE KEEPIT SAILING CLUB INC



Basic Sail Training Course

Friday 23 March, Saturday 24 March and Sunday 25 March 2012

We invite everyone interested in sailing to a weekend of fun and learning at Lake Keepit.

Learn to sail on a Club boat – you do not have to own a boat. Buoyancy vests are available. Beginners will learn how to sail, and the course will help others to improve their sailing knowledge and skills. The Club's trainers will give hands on theory and practical sailing sessions.

Bring with you sun screen, sunglasses, hat, several changes of clothing and shoes that can get wet.

<i>Friday 23 March 2012</i>	<i>Saturday 24 March 2012</i>	<i>Sunday 25 March 2012</i>
<i>6.30 pm Registration and Light Meal</i> <i>7.00 pm Welcome and Induction</i> <ul style="list-style-type: none">• Parts of the boat• Basics of sailing theory• Personal safety• Light Supper	<ul style="list-style-type: none">• Rigging and launching of boats• Sailing – under supervision• Sailing Rules• Knots• First aid	<ul style="list-style-type: none">• Sailing – under supervision• Presentation of Statements• Club Race (2 pm) – optional

Cost includes Light meal and Supper on Friday evening and all meals on Saturday and Sunday \$60 Junior (up to Year 12); \$120 single; \$150 couples; \$200 family of 4; (non refundable)

It's all good fun at lovely Lake Keepit where camping is available at the Clubhouse, or at the excellent accommodation facilities at Lake Keepit State Park (6769 7605). Usual State Park entry fee applies.

Course enquiries to Ken Donaldson on 6742 1159 or 0427 293 526. Participant numbers are limited.

LAKE KEEPIT SAILING CLUB INC



Basic Sail Training Course

Friday 23 March, Saturday 24 March and Sunday 25 March 2012

APPLICATION TO ATTEND

Name/s

Address

..... Email

Telephone Age (if under 18)

Any previous sailing experience?

Do you own a sailing boat? Type of boat

This course is undertaken at the applicant's own risk and the Lake Keepit Sailing Club Inc will not accept responsibility for any personal or property damage incurred during the course.

Signature of applicant or guardian

Cost includes Light meal and Supper on Friday evening and all meals on Saturday and Sunday \$60 Junior (up to Year 12); \$120 single; \$150 couples; \$200 family of 4; (non refundable)

Post completed form with payment to

Lake Keepit Sailing Club Inc
PO Box 3281
WEST TAMWORTH NSW 2340

Receipt #