

What

We have 3 Laser Picos fully insured and maintained.
You will learn.....
To prepare the dinghy for sailing.
Launch off the beach,
Steering the boat across the water, and around the bay.
Set the Sail for maximum speed.
Return to the beach

Why

Dinghy sailing is great fun.
It's a skill for life.
The thrill of sailing a boat across the water with the wind driving you through the waves is an experience not to be missed.

Where

Lough Foyle: in the sheltered bay at Culmore Pt.

When

Friday evenings 7pm – 9 pm
From May to September
Tides and Weather permitting

Who

The sessions have been developed to give a taste of dinghy sailing to those wishing to try sailing without incurring the cost of buying a boat.

Preparation for sailing

Please bring your own wet / dry suit.
Although the club can provide a lifejacket we would prefer you bring your own.
Bring a pair of sailing boots (or old trainers)
Waterproof gloves are advisable

Changing Facilities

Our changing facilities are very limited.
Please be prepared to change around your car.

Receipt & Conditions

Participants will become temporary member of LFYC for the duration of the sessions. Consequently you will be required to adhere to Club Rules, and responsible for treating the boat with appropriate care.

Name: _____

Address: _____

Tel: _____

Email: _____

Membership Dates: ____/____/____ to ____/____/____

Applicant's Signature _____

Amount: £ _____ Date: ____/____/____

Received By _____

You are entitled to use the Pico on 3 occasions, during Race Day (Saturday, Tuesday, Thursday) at a Special Rate of £ _____
(Booking essential and subject to availability)

Useful Terms

Port Side Facing Front, it's the Left hand side
Starboard Facing Front, it's the Right hand side

Sailing Directions

Beat Sailing into the wind (beating back the wind)
(can't sail closer than 45° to the wind)
Reach Sailing with the wind blowing across the side of the
boat
Run Sailing with the wind blowing to the rear of the boat.
Tacking Turning the boat across the oncoming wind
Gybing Turning the boat across a following wind

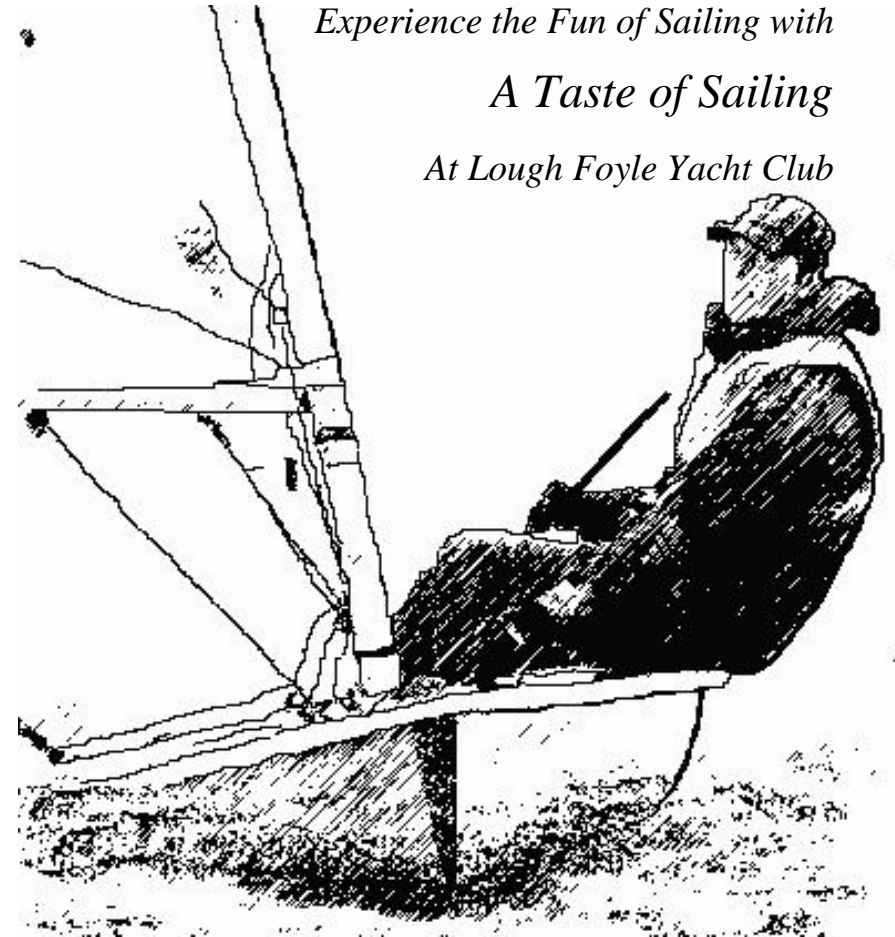
Parts of the Dinghy

Mainsail The large sail behind the mast
Jib The small sail in front of the mast
Boom The horizontal bar holding the Mainsail
Cunningham Used to tighten the mainsheet at the bottom of the
mast.
Kicker Used to tension the boom
Outhaul Used to put tension across the bottom of the
mainsail.
Mainsheet Main control line used to move the mainsail in or
out

For more information about Sailing at LFYC visit.....

Website www.lfyc.co.uk

Blog www.foylearts.com/lfyc/



Experience the Fun of Sailing with

A Taste of Sailing

At Lough Foyle Yacht Club

Sessions from May to September
at Culmore Point

Friday Evenings 7pm to 9pm

(Tide & Weather Permitting)

Cost Only £10 per session or (£20 for 3 sessions)

www.lfyc.co.uk

To Book Phone Bill **07845 148180**