



## NEWHAVEN & SEAFORD SAILING CLUB TRAINING BROCHURE 2019

Welcome to the Newhaven and Seaford Sailing Club, based in East Sussex. We have three operating centres: the Clubhouse on Seaford Seafront, BN25 2QR, the Club's own lake at Piddinghoe, BN9 9AF, and at Newhaven Marina, BN9 9BY.

We are an RYA Recognised Training Centre, running courses based on the RYA National Training Schemes, in Dinghy sailing, Keelboat sailing, Windsurfing and Powerboating, and a Members Club providing recreational sailing facilities for all ages.

Our Clubhouse on the beach at Seaford, is open to the Public as a Café Bar, 'The Galley', except when in use for Sailing Events. Social Members can use the club during these times. For membership enquiries visit [www.nssc.org.uk](http://www.nssc.org.uk)

If you have never stepped in a boat before and want to start dinghy sailing, windsurfing or powerboating, we can offer formal RYA training in our dinghies and powerboats leading to internationally recognised qualifications. Our team of RYA Instructors and Coaches are here to help you achieve your goals in a friendly and relaxed environment, on our safe inland water or in the bay at Seaford.

You may have some experience and just wish to enjoy your time on the water, or to improve your sailing skills, so when you join the club we can offer informal sessions for enthusiastic sailors to enjoy sailing inland or on the sea. Look out for the popular **Women On Water** and **Assisted Saturday Sailing** at Piddinghoe

on our online calendar on the website, or you could join in the racing and show your competitive spirit. Members are on hand to share their experience and get you going. Enjoy a meal and drink in 'The Galley' at Seaford after.

Extend your green credentials by using foot, pedal and wind power. Piddinghoe Pond is at the southern end of the cycle trail from Lewes to Newhaven, and not far from the South Downs Way, so come and find us.

## **Starting Dinghy Sailing at Piddinghoe**

### **RYA 4-DAY RYA Level 1 and 2 course for adults.**

This 4 day course introduces adults with little or no experience to the world of sailing. This practical course, mainly on the water, covers theory, safety, boat controls, points of sailing, capsized dinghy recovery, rules of the road, background knowledge and much more, guided by our team of both young and mature Instructors.

On satisfactory completion you will be awarded the RYA Dinghy Level 1 and/or 2 Certificates, and be competent to sail a dinghy safely in light to moderate winds. The fee includes the certificates, handbook and logbook.

We can offer camping facilities for course members and their families.

**Make a weekend of it.**

**All 4 days for Level 1 and 2: Non-Members: £280.00 Members: £220.00**

**2 days only for Level 1 OR Level 2: Non-Members: £150.00 Members: £120.00**

## **RYA ADULT DINGHY SAILING**

### **Spring Course 2019 Adults**

**Level 1** Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> April 9.30 am to 4.30pm.

**Level 2** Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> May 9.30 am to 4.30pm

### **Summer Course 2019 Adults and children**

**Level 1** Thursday 20<sup>th</sup> & Friday 21<sup>st</sup> June 9.30 am to 4.30pm

**Level 2** Saturday 22<sup>nd</sup> & Sunday 23<sup>rd</sup> June 9.30 am to 4.30pm

(22<sup>nd</sup> and 23<sup>rd</sup> June, children 9/14yrs with parents on the course, will be taught separately, but come together for breaks)

### **Autumn Course 2019. Adults**

**Level 1** Saturdays in September 7<sup>th</sup> and 14<sup>th</sup> September 9.30am to 4.30pm

**Level 2** Saturdays in September 21<sup>st</sup> and 28<sup>th</sup> September 9.30am to 4.30pm

Note that trainees joining the club during or immediately after a dinghy sailing course can deduct the joining membership fee, or have free boat hire for the rest of the season.

See Join Us on [www.nssc.org.uk](http://www.nssc.org.uk)

## **RYA POWERBOAT TRAINING Level 1 and 2**

You will learn to drive a RIB powerboat safely in light conditions, The RYA Powerboat Certificate is recognised round the world. Run from Newhaven Marina, in the harbour, river and in Seaford Bay.

### **Spring Course**

Saturday 30th March 2019 9.00am to 4.30pm

Saturday 6th April 2019 9.00am to 4.30pm

### **Autumn Course**

Saturday 5th October 2019 9.00am to 4.30pm

Saturday 12th October 2019 9.00am to 4.30pm

**Non-members: £275 Members who do duties: £120**

Further courses can be arranged on demand. For further information please email [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk) To book online visit [www.nssc.org.uk](http://www.nssc.org.uk)

## **RYA Sea Safety Boat Course**

This 2 day RYA certified course is aimed at those already holding a PB2, who have at least one season's experience, and wanting rescue and safety training.

Saturday 8<sup>th</sup> and 15<sup>th</sup> June 2019 Newhaven Marina 9.00 to 4.30

**Non-Members: £275 Members who do duties: £50**

For information please email: [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

To book a course online visit [www.nssc.org.uk](http://www.nssc.org.uk)

## **RYA First Aid Course**

An RYA certified course held in our Training room at Piddinghoe, for novices or those re-validating, but really useful to safety boat helms, crew, coaches and parents

Spring Course Saturday 9<sup>th</sup> March 2019

Autumn Course Saturday 2<sup>nd</sup> November 2019

Cost just £48 members and £60 to non-members.

For information please email: [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk) To book a course online visit [www.nssc.org.uk](http://www.nssc.org.uk)

### **Sea Safety Boat upskilling sessions, for experienced helms,**

Dates. 23<sup>rd</sup> Feb, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Mar, 6<sup>th</sup> April, 4<sup>th</sup> May, 1<sup>st</sup> June, 7<sup>th</sup> Sept, 6<sup>th</sup> Oct. Meet at Newhaven Marina for 9.00 . Free to members.

To book a place online visit [www.nssc.org.uk](http://www.nssc.org.uk)

### **RYA VHF Radio & RYA Navigation Courses,**

On demand. Contact the Training Organiser for details.

[trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

### **RYA INSTRUCTOR TRAINING.**

**RYA** Dinghy Instructor and Dinghy Assistant Instructor Training.

Contact [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

**RYA** Powerboat Instructor Training, Pre-course assessment and course.

Contact [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

### **NSSC CADETS. At Piddinghoe**

For the Cadet members of NSSC 7-17 yrs, Optimist, Topper and Laser.

Saturday 4<sup>th</sup> May 2:00pm - Registration and Cadet Launch Event

**Cadet Tuesdays evenings** 5.30 to 7.00pm dates for 2019

1) 4<sup>th</sup> May, 2) 14<sup>th</sup> May, 3) 21<sup>st</sup> May, 4) 4<sup>th</sup> Jun, 5) 11<sup>th</sup> Jun,  
6) 18<sup>th</sup> Jun, 7) 25<sup>th</sup> Jun, 8) 2<sup>nd</sup> Jul, 9) 9<sup>th</sup> Jul 10) 16<sup>th</sup> Jul

For up to date information visit <https://www.facebook.com/NSSCcadets/>

or contact Andy Hamilton at [cadetnssc@nssc.org.uk](mailto:cadetnssc@nssc.org.uk)

To secure a cadet place book online at [www.nssc.org.uk](http://www.nssc.org.uk)

### **Cadet Week**

12 to 16th August 2019

September / October Pond Series, Training, Optimist, Topper and Laser, The Len Miller Cup Races, Coaching and National events.

For pre and post-season training dates and times,

Contact [cadetsnssc@nssc.org.uk](mailto:cadetsnssc@nssc.org.uk)

### **WOW Women on Water**

On Thursdays at Piddinghoe from 5pm until 7ish from April until September. An opportunity to become familiar with dinghy sailing in a calm and supportive

setting. Guidance is on hand, and sailors support each other while gaining confidence. Men welcome! Members can turn up and join in.

Open to all members, use your own boat or Club boats available to hire, £6 per session or with annual hire scheme.

Non-members welcome to come along for one taster session.

Contact [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk).

### **Assisted Saturday Sailing (ASS)**

Piddinghoe, on Saturday mornings from 10.00am For club members of any age and gender to enjoy their sailing skills and knowledge, with advice and a support boat on hand. Club boats available to hire £6 per session or with annual hire scheme. Join the ASS Whatsapp group for current info. To pay online visit [www.nssc.org.uk](http://www.nssc.org.uk)

**Cataraman** sailing at Seaford.

The Club has now acquired a Dart 18 to use and train with.

[trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

### **Sailability.**

Sailing for less abled sailing enthusiasts. The group has now acquired two boats for experienced sailors, and can offer Tasters for novices at Piddinghoe.

Contact [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

### **Technical Topics,**

Evening Talks at Seaford on, Start racing, Racing rules, the Start line, Sail setting, Tacking, Gybing, and much more, usually Friday evenings. Enjoy a little learning in a convivial atmosphere over a drink in the Galley.

Keep an eye open on the Bulletin and/or Calendar for topics dates and times.

### **Piddinghoe family member weekends, camping and supported sailing.**

Club boats available to hire £6 per session or with annual hire scheme.

Saturday 13<sup>th</sup> and Sunday 14<sup>th</sup> April

Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> April

To book and pay online visit [www.nssc.org.uk](http://www.nssc.org.uk)

### **Seaford family member weekends, camping and supported sea sailing.**

Saturday 1<sup>st</sup> and Sunday 2<sup>nd</sup> June

Bring your tent and the family for the weekend,

To book and pay online visit [www.nssc.org.uk](http://www.nssc.org.uk)

These weekends at Seaford are designed to introduce Pond sailors to the sea and discover the joys of the third dimension, (going up and down)!

These free sessions will cover beach launching and coming in, boat set up, sailing on the sea, background knowledge on tides and weather, introduction to the basic rules of racing and tactics, etc.

Feel confident that there will be help on hand and safety boats on the water.

Morning sessions. 10.00am to 1.00pm. Club boats, double hander, catamaran or singlehander. £6 per session, or bring your own boat and join in.

To book a place and pay hire fees online, visit [www.nssc.org.uk](http://www.nssc.org.uk)

### **Sailing Week at Seaford**

3<sup>rd</sup> to 11<sup>th</sup> August 2019. Camping and Sailing, informal/fun races in the mornings and formal race series in the afternoons, including Cadet racing Championships, an expedition to Cuckmere on Saturday, etc.

Club boats for hire, Vision, Catamaran or Topper.

Every evening there will be competitions, games, live music, dancing and fun in the clubhouse.

To pay online go to [www.nssc.org.uk](http://www.nssc.org.uk)

### **Cadet Week at Piddinghoe**

12<sup>th</sup> to 17<sup>th</sup> August 2019 Family camping for the Cadets. Racing and coaching, fun races, games, barbeques, evening activities.

Contact [cadetsnssc@nssc.org.uk](mailto:cadetsnssc@nssc.org.uk) Or for up to date information visit

<https://www.facebook.com/NSSCcadets/>

To book online go to [www.nssc.org.uk](http://www.nssc.org.uk)

### **INFORMAL LEISURE SAILING with your own boat at any time at**

**Piddinghoe Pond.** There will be Safety Boat cover when there is Teaching or Coaching, Racing, Family Weekend, WOW, or ASS.

Club boats available to Hire.

**Seaford** While there is racing and a Safety Boat on the water on Sundays, March to October and Wednesday Evenings May to August.

Use your own boat. Get help with launching and recovery. As your confidence builds you can join in with the races, or just tag along behind the racing fleet, Enjoy the Sailors Special meal, and a chat in The Galley after, while you sit beside the sea, with a drink in your hand, and watch the sun go down.

## **Windsurfing**

**Windsurf Tasters at Piddinghoe** 10.30 am usually on Saturdays by arrangement.

Contact [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk) Members can use their own boards at any time.

## **Taster Sessions at Piddinghoe**

Individuals and families new to sailing. Try a dinghy experience and a sailing taster session. Have a go in one of our large dinghies with an Instructor.

Join us for a couple of hours and enjoy the calm atmosphere at one of the Jewels of Sussex, Cost is just £20 up to 3 persons at a time .

Contact [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

## **Gift Vouchers.**

Want to give a Sailing Taster as a present? We can arrange it for you.

Contact Simon Suter [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)

## **Water Activity Days for Schools or Community groups.**

(max 40) at Piddinghoe

Sailing. Come and have a go in one of our large dinghies with an Instructor, or if you can sail, go out in a single hander.

Powerboating. Rides in our powerboats, have a go at basic boat handling skills to see if powerboating is for you.

Funboards, Sit on and swim, sometimes Paddleboards and kayaks if available.

A half day (morning, afternoon, evening, 3 hours) Cost is just £15 pp enjoying being on or in the water. (minimum 10 persons)

A full day (6 hours) Cost is just £20 pp minimum 10 persons enjoying the water.

Activity and games sessions and can be rotated, with our Instructors on water, and your staff on shore. Training room, Picnic tables, Barbeque, kitchen and hot drink facilities, separate changing rooms, toilets and showers, good walking nearby. Camping on site by arrangement. We can supply buoyancy aids.

Contact Simon Suter [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)