

# TVSC Training

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
  
Tel: \_\_\_\_\_  
Email: \_\_\_\_\_  
No. of Places Required: \_\_\_\_\_  
Adult: \_\_\_\_\_  
Child (under16): \_\_\_\_\_

## Details of an emergency contact

Name \_\_\_\_\_  
Telephone \_\_\_\_\_  
Address \_\_\_\_\_

Weights of students: (We ask this to ensure we have sufficient buoyancy aids for your use.)  
\_\_\_\_\_

Details of any medical treatment being received (if none, write none) :  
\_\_\_\_\_

I declare that to the best of my knowledge, I am not suffering from epilepsy, giddy spells, asthma, diabetes, angina or other heart condition, or any other relevant medical condition and I am fit to participate in the course.

Signature

Date

The club will provide personal buoyancy jackets and spray tops. Trainees should bring a change of clothes, a towel and soft-heeled shoes, e.g. trainers.

The price of the course includes beginners handbook, log book and certificates.

Hot food is available, please call with any special dietary requirements

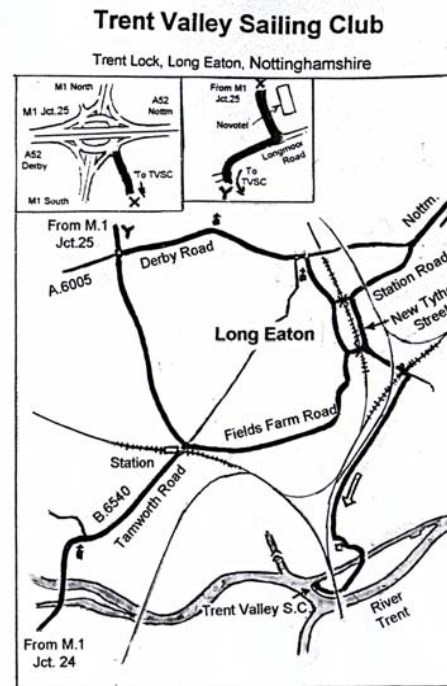


## Learn to Sail at Trent Valley S.C.



Trent Valley Sailing Club, situated on the river Trent at the attractive location of Trent Lock at Long Eaton, offers dinghy sailing training courses for Royal Yachting Association Levels 1 and 2 proficiency.

Trent Lock, Long Eaton,  
Nottinghamshire, NG10 2FY.  
Tel: 0115 973 2587  
[www.trentvalleysc.org](http://www.trentvalleysc.org)



## About the Club

Trent Valley Sailing Club was founded in 1886 and is one of the oldest inland sailing clubs in the country. It is situated on an island formed by the river Trent and the Cranfleet canal, and is reached from Meadow Lane, Long Eaton. The present clubhouse, a well known landmark, was built in 1906 and offers changing rooms, showers, bunk rooms and an impressive clubroom and bar. A resident steward provides catering on sailing days and for social events.

The club has achieved a fine record in competitive dinghy sailing and over the years, members have distinguished themselves at championship level. All this of course requires training and this is what the club offers.



We have training boats suitable for those of all ages and abilities.

## Sailing Courses

Trent Valley S.C. is a Royal Yachting Association (RYA) Training Centre and its dinghy courses are conducted to RYA standards. The club is ideally situated for training and most of the training activity is close to the club premises.

The courses are run in spring and autumn, typically on 4 consecutive Saturdays.

**Please call Ann to discuss dates.**

Training Sessions will start at 9.30am and finish at about 4.30pm. The aim is that trainees will complete the course with the proficiency required by the RYA for Level 1 ("Start Sailing") and Level 2 ("Basic Skills"), which establish the trainee as being a competent sailor in light winds.

These courses are aimed at both adults and juniors and also for the latter, the club holds a popular annual Junior Training Camp over 4 days in August. The Club is a member of Derbyshire Youth Sailing and participates in its events.

Further courses are being arranged contact Ann Britton for details.

# BOOK NOW

Either call

**Ann Britton on  
0115 9390927**

or email

[training@trentvalleysc.org](mailto:training@trentvalleysc.org)

Or complete the form  
overleaf and post to:-

**Ann Britton  
13 Kensington Road  
Sandiacre  
Derbyshire  
NG10 5PD**