

Girton Sailing Club – Supernova Training Day

On the **26th April 2014** Girton Sailing Club will be host to Duncan and another of his very popular East Midland Training days.

The aim as always is to give local sailors a little training on their door step, so if you are based in the east midlands S.Yorks region and you would like some insightful supernova sailing tips or even just fancy a change please pop along.

Coaching will be run by a fully qualified RYA race coach.

Timings of the day

Coaching 10.00 - 12.00

Please try and be rigged and ready to go for 10.00 as this will maximize the on water time. with on water hints and tips during the race.

The first out of three races will start as close to 12.30 as we can.

Cost is £5.00 for the day.

Girton has full galley and bar facilities along with changing/showers etc

Details of the club can be found here <http://www.girtonsc.com> or via our very popular facebook page <https://www.facebook.com/groups/girtonsc/>

Any questions please contact me Edward - ed@softalk.co.uk or Duncan - duncan@hartleyboats.com