

Get Sailing

Sample Timetable

Time	Details
0930	Registration
0945	Welcome / centre briefing / group allocation
0950	Kit Allocation
1000	Change for activities / Safety briefings
1020	Rig and Launch – Water session 1
1245	Return to CYE Beach
1300	Lunch
1345	Talk
1400	Water session 2
1600	Return to CYE beach
1615	Pack down boats and get changed
1645	Theory (e.g. rope work)
1700	Sign Out