



FSC SAILING ACADEMY WINTER WEEKLY TRAINING SCHEDULE 11th May – 03rd September 2024

DAY	CLASS	TIMES
Monday	No Training	
Tuesday	ILCA 4 & 6 ILCA 7 IQ FOIL	1600 – 1830 1500 – 1830 1600 – 1830
Wednesday	ILCA 4,6,7	1600 – 1830
Thursday	Optimist Green Optimist Intermediate Optimist Open	1600 – 1800 1600 – 1800 1600 – 1800
Friday	29er	1600 – 1830
Saturday	Optimist Green Optimist Intermediate Optimist Open 29er IQ FOIL ILCA 4,6,7	0830 – 1230 0830 – 1230 0830 – 1230 1200 – 1600 1200 – 1600 1200 – 1600
Sunday	No Training	

Weekly training will be conducted during the school terms unless there is a regatta at FSC or neighbouring club.

For all related enquiries, please contact:

Chris Charlwood, Head Coach

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