

LSTA Evening Course Joining Instructions

The Largs Sail Training Association is the teaching branch of Largs Sailing Club. These instructions are for evening sessions.

When you arrive please come into the front entrance to the sailing club where you will be welcomed by our team for registration.

Largs Sailing Club
Largs Yacht Haven
Irvine Road
Largs
North Ayrshire
KA30 8EZ



We would like to see the Cadets down by 18:15 changed and ready to go. The clubhouse will already be open so if you arrive earlier then you can change at the club. We expect to be off the water at around 20:00 then with pack up and getting change expect to finish around 20:30

Some snacks and hot or cold drinks are available in the club house and chips are often available so some spare change can be useful.

What's Included	What you need to bring
<ul style="list-style-type: none"> • Wetsuit, • Buoyancy Aid, • Spraytop, • Helmet • Boats • Fun 	<ul style="list-style-type: none"> • Swimwear, Towel, Drinks, Suncream, weather appropriate clothing • Spare pair of shoes to wear in the water with closed toes • Water Bottle.

The LSTA has some wetsuits and buoyancy aids that can be used during the evening sessions but if you are able to get some of your own equipment it can save time and make things easier. There is often a kit swap at the start of the season where kit that has been grown out of gets passed down.