



Sailing-INSS Learn to Sail **Days:** Fridays

Time: 2.10-5pm. **Cost:** €150

Dates: May 10th, May 17th, May 24th, May 31st, June 7th and June 14th

Transport: INSS can collect up to 10 children from the school at 2.10 in their mini bus- book asap to secure a seat

Booking: email lindabell20@gmail.com

What to Bring...

It is necessary to bring the following items each day:

- Raincoat/waterproof jacket
- Change of Clothes
- Wooly Hat
- Swimming Togs and Towel
- T-Shirt and Sweatshirt
- Old Trainers / Wetsuit Booties / Crocs (flip flops are not suitable for the activity)
- Parental Consent Form- Please download and fill out the consent form [here](#) and bring it in on the first day of the course.

Sailing Gear...

INSS provide a buoyancy aid and wetsuit. Please note, they do not approve the use of 'shortie' style wetsuits on any of the courses as from experience we find they do not adequately keep your child warm during the course.

Where to go...

Located on the West Pier. Landmarks close-by include The Purty Kitchen Seafood Restaurant and the Esso Filling Station

Please note that by taking a booking, you agree to the INSS terms and conditions which can be viewed [here](#).

For more info: **INSS**, West Pier, Dun Laoghaire, 01 2844195 | sailing@inss.ie | www.inss.ie