

LSTA Training Sessions – 2019

Week	Monday	Thursday
	Adults & Seniors	Juniors
Information Evening	Thursday 28 March	
Week 1	No training - Easter Monday	25-Apr
Week 2	29-Apr	02-May
Week 3	06-May	09-May
Week 4	13-May	16-May
Week 5	20-May	23-May
Week 6	27-May	30-May
Week 7	03-Jun	06-Jun
Week 8	10-Jun	13-Jun
Week 9	17-Jun	20-Jun
Week 10	24-Jun	27-Jun
Week 11	01-Jul	04-Jul
Week 12	08-Jul	11-Jul
Week 13	15-Jul	18-Jul
Week 14	22-Jul	25-Jul
Week 15	No Training - Laser UK Nationals	
Week 16	No Training - Topper UK Nationals	
Week 17	12-Aug	15-Aug
Youth Sailing Week	12-16 August (days)	
Week 18	19-Aug	22-Aug
Week 19	26-Aug	No Training - Hiking Viking Race Series
Week 20	02-Sep	05-Sep
Week 21	09-Sep	12-Sep
Cadet Regatta	15-Sep	