



# Canberra Yacht Club

Adult Programs 2022-23

*WELCOME, to the Canberra Yacht Club Sailing School. The Sailing School is a division of the Canberra Yacht Club. It is accredited by Australian Sailing as a Registered Discover Sailing and Training Centre.*



## Aim

Our aim is to make sailing fun and enjoyable for all.

We provide high level coaching for all introduction courses and the opportunity for you to progress as far as you wish on our pathway. We offer a comprehensive range of training for all levels of sailing.

### Adult Sailing

The adult sailing courses are programmed to fit in with your busy lifestyle. The courses are designed for beginners through to the experienced sailor wishing to improve and build on existing skills.

Adult Courses are for people aged 16 – 70.

### Family Sailing

Family groups with participants from ages 16 – 70 can be incorporated into Adult course dates. The maximum per boat is 2 persons. Contact the office to discuss your needs. Younger family members can participate in our school holiday or term time programs and learn the same skills.

## Sailing Courses Available

### Level 1: Beginners Course

Adult courses are conducted during the months of October to March. Each course consists of 14 hours of theory and practical coaching on Thursday evening and Saturday afternoon over two consecutive weeks.

### Level 2: Intermediate Course

These courses are designed for adults who have completed a Level 1 course and are looking to build skills on that foundation. This course also introduces the fundamentals of racing and improved boat handling techniques. Each course is held on Tuesday and Wednesday evenings for three weeks.

### Accreditation For Participants

All students progress toward nationally recognised **Australian Sailing (AS)** accreditation.

## Level 1: Beginners Course

### Costs

The cost of the program is \$510 per person. A \$20 discount applies if you are a member of the Canberra Southern Cross Club.

### Level 1 Course dates.

(Each course consists of **two Thursdays** and **two Saturdays**)

Level 1 Course	Theory Thursday 5.30-7.30pm	Practical Saturday 12-5pm	Theory Thursday 5.30-7.30pm	Practical Saturday 12-5pm
A1	29 Sept	1 Oct	6 Oct	8 Oct
A2	13 Oct	15 Oct	20 Oct	22 Oct
A3	17 Nov	19 Nov	24 Nov	26 Nov
A4	8 Dec	10 Dec	15 Dec	17 Dec
A5	12 Jan	14 Jan	19 Jan	21 Jan
A6	2 Feb	4 Feb	9 Feb	11 Feb
A7	23 Feb	25 Feb	2 Mar	4 Mar
A8	16 Mar	18 Mar	23 Mar	25 Mar
A9	30 Mar	1 Apr	6 Apr	8 Apr



## Level 2: Intermediate Course

The Intermediate course is conducted on Tuesday and Wednesday evenings alongside the Club's informal twilight races over three consecutive weeks.

The course is designed for those who have completed the Level 1 course and wish to continue building their skills and confidence, and pick up some new skills and a love of racing!

Tuesdays are practical instructional sessions on the water in RS Quests, Lasers or Hobies. On the Wednesday an instructor will be on the water to help you progress in your sailing and compete in the fun, social atmosphere of Twilight Racing starting at 6pm.

### Lease of Sailing School RS Quests

On the completion of the Level 2 course graduates are eligible to lease the Sailing School RS Quests for a term of racing. The perfect opportunity to try before you buy, and experience competitive, fun and exciting racing with the club. Contact the office for lease and pricing information.

### Cost

The cost of the program is \$390 per person.

**Level 2 Intermediate course dates.**

**Each course consists of three Tuesday and three Wednesday sessions. All sessions are from 5.30-7.30pm.**

LTR 1	<b>Oct</b> 25, 26, <b>Nov</b> 1, 2, 8, 9
LTR 2	<b>Jan</b> 31, <b>Feb</b> 1, 7, 8, 14, 15,
LTR 3	<b>Mar</b> 7, 8, 14, 15, 21, 22

**Canberra Yacht Club**  
(ACT SAILING INC) ABN 93 090 967 514

**Ph 6273 4777**

PO Box 7169, Yarralumla ACT 2600  
Mariner Place Yarralumla ACT 2600  
admin@canberrayc.com

**www.canberrayc.com**