



Canberra Yacht Club

Adult Programs 2023-24

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.

She Sails at CYC

Come and try sailing at CYC's She Sails day 10am Sunday 4 February, BBQ lunch, racing 2-4pm.

Women's Level 1 Learn to Sail course

F1	15 Feb (THU)	18 Feb (SUN)	20 Feb (TUE)	25 Feb (SUN)
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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.

Level 1: Beginners Course

Costs

The cost of the program is \$590 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	5 Oct	7 Oct	12 Oct	14 Oct
A2	26 Oct	28 Oct	2 Nov	4 Nov
A3	23 Nov	25 Nov	30 Nov	2 Dec
A4	7 Dec	9 Dec	14 Dec	16 Dec
A5	11 Jan	13 Jan	18 Jan	20 Jan
A6	1 Feb	3 Feb	8 Feb	10 Feb
A7	22 Feb	24 Feb	29 Feb	2 Mar
A8	14 Mar	16 Mar	21 Mar	23 Mar
A9	4 Apr	6 Apr	11 Apr	13 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 beginners 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.

Cost

The cost of the program is \$450 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	Nov 14, 15, 21, 22, 28, 29
LTR 2	Jan 30, 31; Feb 6, 7, 13, 14,
LTR 3	Mar 5, 6, 12, 13, 19, 20

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.

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