



Level 3: Start Racing Course

These courses are designed for adults who have completed a Learn to Sail course and a Better Sailing Course and are looking to build skills on that foundation. This course introduces the fundamentals of racing and improved boat handling techniques. Each course is held on Tuesday and Wednesday evenings for three consecutive weeks alongside the Club's informal twilight races.

Tuesdays are practical instruction 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 \$480 per person.

Level 3 Start Racing course dates.

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

| | |
|-------|---------------------------|
| LTR 1 | Dec 2, 3, 9, 10, 16, 17 |
| LTR 2 | Feb 3, 4, 10, 11, 17, 18, |

Lease of Sailing School RS Quests

On the completion of the Level 3 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.

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Canberra Yacht Club
Adult Programs 2025-26

*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

Beginners Learn to Sail Courses

These courses introduce participants to dinghy sailing and its fundamental skills including terminology and equipment, launching and returning to shore, sailing basics and capsizing recovery. Each course consists of 14 hours of theory and practical coaching on two evenings and two Saturday afternoons (generally over two consecutive weeks).

She Sails at CYC

Come and try sailing at CYC's She Sails day from 12.30pm Sunday 15 February with racing from 2-4pm or try out our free She Sails Friday sessions from 5.30 - 7.30 pm on 21, 28 November, 5, 12 December; 20, 27 February, 13, 20 March.

Women only Level 1 Beginners Learn to Sail courses

| | | | | |
|----|--------------|--------------|--------------|--------------|
| F1 | 6 Nov (Thu) | 8 Nov (Sat) | 13 Nov (Thu) | 15 Nov (Sat) |
| F2 | 24 Feb (Tue) | 28 Feb (Sat) | 10 Mar (Tue) | 14 Mar (Sat) |

Cost of women's only Level 1 courses is \$400 per person. No further discounts applicable.

Level 1: Beginners - Learn to Sail Course

Costs

The cost of the program is \$650 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 evening sessions** and **two Saturday afternoons**)

* note non standard dates

| Level 1 Course | Theory Thursday 5.30-7.30pm | Practical Saturday 12-5pm | Practical Thursday 5.30-7.30pm | Practical Saturday 12-5pm |
|----------------|-----------------------------|---------------------------|--------------------------------|---------------------------|
| A1 | 2 Oct | 4 Oct | 9 Oct | 11 Oct |
| A2* | 16 Oct | 18 Oct | Sat 25 Oct 12-5 | Thu 30 Oct 5.30-7.30 |
| A3 | 20 Nov | 22 Nov | 27 Nov | 29 Nov |
| A4 | 4 Dec | 6 Dec | 11 Dec | 13 Dec |
| A5 | 8 Jan | 10 Jan | 15 Jan | 17 Jan |
| A6* | Tue 20 Jan | 24 Jan | Tue 27 Jan | 31 Jan |
| A7 | 5 Feb | 7 Feb | 12 Feb | 14 Feb |
| A8 | 19 Mar | 21 Mar | 26 Mar | 28 Mar |



Level 2: Intermediate - Better Sailing Course

This course is designed to give participants more time on the water focusing on getting the fundamentals right.

4 topics across 4 weeks held 4 times! Each session will give participants more in depth lessons focusing on one of the fundamentals of sailing.

The course will bridge the gap between Learn to Sail and Learn To Race, boosting confidence in the boat before introducing racing and rules.

Each session will commence with rigging the boats and then a launch, retrieve and safety briefing.

Level 2 Better Sailing Monday session dates

| Rotation | Balance and Positioning 5.30-7.30pm | Trimming and Steering 5.30-7.30pm | Handling and Manoeuvres 5.30-7.30pm | Optimising Upwind 5.30-7.30pm |
|----------|-------------------------------------|-----------------------------------|-------------------------------------|-------------------------------|
| BTR - 1 | Mon 27 Oct | Mon 3 Nov | Mon 10 Nov | Mon 17 Nov |
| BTR - 2 | Mon 24 Nov | Mon 1 Dec | Mon 8 Dec | Mon 15 Dec |
| BTR - 3 | Mon 12 Jan | Mon 19 Jan | Mon 2 Feb | Mon 9 Feb |
| BTR - 4 | Mon 16 Feb | Mon 23 Feb | Mon 2 Mar | Mon 16 Mar |

Costs

The cost is \$80 per session.

You do not need to do all the topics, and can repeat them if you like.

