



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 1, 2, 8, 9, 15, 16
LTR 2	Mar 2, 3, 9, 10, 16, 17

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 2026-27

*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 capsize recovery. Each course consists of 14 hours of theory and practical coaching on two evenings and two Saturday afternoons (generally over two consecutive weeks).

SheSails at CYC - Sail Our Way!

Come and try sailing at CYC's SheSails day from 12.30pm Sunday 14 February with racing from 2-4pm or try out our free SheSails Friday sessions from 5.30 - 7.30 pm on 20, 27 November, 4, 11 December; 19, 26 February, 12, 19 March.

Women only Level 1 Beginners Learn to Sail courses

F1	19 Nov	21 Nov	26 Nov	28 Nov
F2	18 Feb	20 Feb	25 Feb	27 Feb

Cost of women's only Level 1 courses is \$500 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**)

Level 1 Course	Theory Thursday 5.30-7.30pm	Practical Saturday 12-5pm	Practical Thursday 5.30-7.30pm	Practical Saturday 12-5pm
A1	15 Oct	17 Oct	22 Oct	24 Oct
A2	29 Oct	31 Oct	5 Nov	7 Nov
A3	3 Dec	5 Dec	10 Dec	12 Dec
A4	7 Jan	9 Jan	14 Jan	16 Jan
A5	21 Jan	23 Jan	28 Jan	30 Jan
A6	4 Feb	6 Feb	11 Feb	13 Feb
A7	11 Mar	13 Mar	18 Mar	20 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 twice! 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.

Club social sailing sessions will be held alongside the BTR course on 9 and 23 November and 18 January and 8 February. This will be a great opportunity to see some of the other boats regularly sailed at the CYC on a non-racing evening!

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 2 Nov	Mon 9 Nov	Mon 16 Nov	Mon 23 Nov
BTR - 2	Mon 11 Jan	Mon 18 Jan	Mon 1 Feb	Mon 8 Feb

Costs

The cost is \$80 per session.

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

