

Taster - Try out the sport

- Find out why we love sailing so much!
- Feel the wind on your face
- Joyride with an Instructor - lets you get a feel for the water.

Level 1- Start Sailing

- Introducing you to sailing with all you need to know to get afloat under supervision
- Assumed Knowledge – None
- Duration – 2 days
- Minimum age – 16
- Course content - How to sail in all directions, including an awareness of launching and recovering
- Ability after course -Able to sail in light winds under supervision

Level 2- Basic Sailing

- Setting out the foundations of sailing for you
- Assumed Knowledge – Sailing skills to the standard of Level 1
- Duration – 2 days
- Minimum age – 16
- Course content - Rigging, launching, sailing in all directions. Capsize recovery and essential safety knowledge
- Ability after course -Able to sail in light winds.

Level 3 – Better Sailing

- Consolidating skills and trying new ones
- Assumed Knowledge - Sailing skills to the standard of Level 2
- Duration – 2 days
- Minimum age – 16
- Course content - Coaching of level 1 and 2 skills and taster sessions from the advanced modules
- Ability after course -More confident in sailing skills and techniques, and ready to progress onto the advanced modules

Seamanship Skills

- How to Handle the Boat in all circumstances and solve problems afloat
- Assumed Knowledge - Sailing skills to the standard of Level 2
- Duration – 2 days
- Minimum age – 16
- Course content – Heaving to, Reefing Afloat, Anchoring, Sailing backwards, Rudderless Sailing etc..
- Ability after course –Capability to manoeuvre a dinghy in a seaman like manner making seamanship decisions in moderate conditions.

Sailing with a spinnaker

- How to rig, launch, sail and drop either a symmetric or asymmetric spinnaker
- Assumed Knowledge - Sailing skills to the standard of Level 2
- Duration – 2 days
- Minimum age – 16
- Course content – Spinnaker rigging, launching, Gybing, Dropping and proficient spinnaker techniques.
- Ability after course –Capability of using a spinnaker.

Start Racing

- Basic introduction to racing
- Assumed Knowledge - Sailing skills to the standard of Level 2
- Duration – 2 days

- Minimum age – 16
- Course content – Course and starting sequence, Boat handling, starting, mark rounding, transits, Race strategies, Tactics, Racing Rules
- Ability after course –Capable of participating in club racing.

Performance Sailing

- How to sail a performance dinghy in all wind conditions, sailing the boat to best advantage at all times.
- Assumed Knowledge - Sailing skills to the standard of Level 3 and a full seasons experience.
- Duration – 2 days
- Minimum age – 16
- Course content – Spinnakers, trapeze, using wind shifts and gusts, planing.
- Ability after course –Can Sail most types of dinghy in most conditions efficiently.