

	<h2 style="text-align: center;"><u>Canberra Yacht Club</u></h2>
<p>PO Box 7169 Yarralumla 2600 Mariner PI, Yarralumla ACT <small>(ACT Sailing Inc T/A) ABN 93 090 967 514</small></p>	<p>Tel (02) 6273 4777      Fax (02) 6273 6222 email: <a href="mailto:sailschool@canberrayachtclub.com.au">sailschool@canberrayachtclub.com.au</a> Website: <a href="http://www.canberrayachtclub.com.au">www.canberrayachtclub.com.au</a></p>

## ***WELCOME, to the Canberra Yacht Club Sailing School***



***A Yachting Australia Approved Training Centre***

### **Adult Sailing Courses Information Package 2009 to 2010**

**The Sailing School -**

The Sailing School is a division of the Canberra Yacht Club. It is accredited by Yachting Australia as a Registered Training Centre.

**Aim -**

Our aim is to make sailing fun and enjoyable for all. We provide the level of guidance that you need at the moment, and the opportunity for you to progress as far as you wish. We offer a comprehensive range of training courses for all levels of sailing and powerboat handling.

**Where To Come -**

The sailing course lessons are conducted on the ground floor clubroom of the Canberra Yacht Club, located underneath the Canberra Southern Cross Yacht Club at Lotus Bay Yarralumla. The practical sessions are conducted from Lotus Bay, on Lake Burley Griffin.

**Accreditation For Participants -**

All students progress toward Yachting Australia accreditation. At the end of each course each student receives a Sailing School certificate stating the skills attained, together with the relevant endorsements in their YA Log Book.

## Adult Sailing Courses Available -

The adult sailing course is 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 sailing courses are conducted during the months of October, November, December, January, February, March and April. Each course consists of 18 hours of theory and practical coaching. In the price includes **four hours** of free boat hire so you can practice your new skills.
- ◆ Private one-on-one tuition is available. Times, yacht types and duration of sessions can be negotiated with the office at anytime.
- ◆ Level Two Learn To Race Courses for those who have passed Level 1 beginners course. These classes start on Thursday with evening theory, a Monday, Tuesday and finishing with a Twilight race on Wednesday.

On completion of the course you will be able to purchase 1 year CYC membership for half the normal price \$95 or \$85 for Canberra Southern Cross Club members.

### Cost -

The cost for the adult introductory sailing course is \$330 per person (including GST).

A \$20 discount is given to all Canberra Southern Cross Club and Canberra Yacht Club Members.(\$310)

The cost for the Level 2 Learn To Race Course is \$220 (including GST).

A \$20 discount is given to all Canberra Southern Cross Club and Canberra Yacht Club Members.(\$200)

### Course Bookings -

Our sailing courses are extremely popular, so to secure your place we require **FULL payment two weeks** prior to the commencement of the course.

**Course Timetable** - refer to Pages 4 & 5 of this package.

### Introduction To Sailing Course Syllabus -

#### Personal Preparation

Water Safety  
Personal Flotation Devices  
Sun Protection  
Cold Weather Protection  
Marine Safety  
Nautical Terminology

#### Yacht Preparation

Rigging  
Terminology  
Points of Sail  
Knots  
Capsize Recovery  
Helming Technique

## **Things To Bring And Wear -**

Sailing is a water sport and sailors will always get wet. At the very least, they will get wet feet when launching the yachts, and at the worst they will get completely wet after a capsize. It is therefore essential to bring a complete change of clothes and a towel for a shower at the club after sailing.

For each practical session please provide the following:

- ◆ Sneakers and socks (they will get wet).
- ◆ Shorts and tracksuit trousers (jeans are not OK as they are not as warm).
- ◆ A wetsuit for sailing the dinghies (only if you own or can borrow one - no need to purchase).
- ◆ A long sleeve shirt.
- ◆ A jumper (preferable woollen ).If its cold more than one may be needed.
- ◆ A nylon spray jacket or parka (preferably not with deep pockets as these can fill with water).
- ◆ A hat (A MUST).
- ◆ Sunscreen lotion (A MUST).
- ◆ Lunch, morning tea and afternoon tea - for full day courses.
- ◆ Something to drink.

These items of clothing etc. should be brought each day. What is actually worn will depend on the weather. Don't worry about the clothes being new or fashionable. Most clothes worn by sports sailors are of the old and worn variety - they will get wet!

### **Additional Sailing School Courses Available -**



**Introduction to Racing - Adult's Sailing Course**

Advanced Racing - Adult's Sailing Course

**Children's Introductory Sailing Course**

Introduction to Racing - Children's Sailing Course

**Advanced Racing - Children's Sailing Course**

**Youth Sailing Academy**

**Sailing Instructor Training**

**Little Tacker's Introductory Sailing Course - Children aged 7-8 years.**

**Powerboat handling courses.**



### **Membership of the Canberra Yacht Club -**

Whilst participating in the Sailing School Course membership to the Canberra Yacht Club is not necessary. However, the Sailing School recommends that its participants join the Canberra Yacht Club to provide on-going support and facilities for sailing. Information regarding this can be obtained from the Yacht Club Office downstairs.



## ADULT SAILING COURSES 2009/10

<b>COURSE NUMBER</b>	<b>Theory Thursday 6pm to 8pm</b>	<b>Practical Saturday 10am to 5pm</b>	<b>Theory Thursday 6pm to 8pm</b>	<b>Practical Saturday 10am to 5pm</b>
<b>A1 Level 1</b>	8 <sup>th</sup> October	10 <sup>th</sup> October	15 <sup>th</sup> October	17 <sup>th</sup> October
<b>A2 Level 1</b>	22 <sup>nd</sup> October	24 <sup>th</sup> October	29 <sup>th</sup> October	31 <sup>st</sup> October
<b>A3 Level 1</b>	12 <sup>th</sup> November	14 <sup>th</sup> November	19 <sup>th</sup> November	21 <sup>st</sup> November
<b>A4 Level 1</b>	26 <sup>th</sup> November	28 <sup>th</sup> November	3 <sup>rd</sup> December	5 <sup>th</sup> December
<b>A5 Level 1</b>	10 <sup>th</sup> December	12 <sup>th</sup> December	17 <sup>th</sup> December	19 <sup>th</sup> December
<b>A6 Level 1</b>	7 <sup>th</sup> January	9 <sup>th</sup> January	14 <sup>th</sup> January	16 <sup>th</sup> January
<b>A7 Level 1</b>	28 <sup>th</sup> January	30 <sup>th</sup> January	4 <sup>th</sup> February	6 <sup>th</sup> February
<b>A8 Level 1</b>	11 <sup>th</sup> February	13 <sup>th</sup> February	18 <sup>th</sup> February	20 <sup>th</sup> February
<b>A 9 Level 1</b>	25 <sup>th</sup> February	27 <sup>th</sup> February	4 <sup>th</sup> March	6 <sup>th</sup> March



## ADULT SAILING COURSES 2009/10

<b>A10 Level 1</b>	11 <sup>th</sup> March	13 <sup>th</sup> March	18 <sup>th</sup> March	20 <sup>th</sup> March
<b>A11 Level 1</b>	8 <sup>th</sup> April	10 <sup>th</sup> April	15 <sup>th</sup> April	17 <sup>th</sup> April

### **Level 2 Learn to race courses**

You must have completed a Level 1 or equivalent to start Level 2

<b>Course Number</b>	<b>Theory Thursday 6pm to 8pm</b>	<b>Practical Monday 6pm to 8pm</b>	<b>Theory/Practical Tuesday 6pm to 8pm</b>	<b>Practical Wednesday Race 5.30pm to 7.30pm</b>
<b>Race A12</b>	10 <sup>th</sup> December	14 <sup>th</sup> December	15 <sup>th</sup> December	16 <sup>th</sup> December
<b>Race A13</b>	18 <sup>th</sup> February	22 <sup>nd</sup> February	23 <sup>rd</sup> February	24 <sup>th</sup> February

**APPLICATION FORM FOR ADULT INTRODUCTORY SAILING COURSES**

**Course Number: A # .....** **Dates from: .....** **to .....**

**PARTICIPANT DETAILS**

Surname ..... Given Names.....

Preferred Name .....

Address.....

E Mail address.....Postcode.....

Phone AH : (.....)..... Phone BH : (.....)..... Mobile : .....

Date of Birth (...../...../.....) Age .....

Emergency Contact Phone : (.....).....

Emergency Contact Name :..... Relationship : .....

Details of any relevant condition which may affect ability to participate (e.g. medical or physical?) YES / NO

If YES, please give details : .....

Has the participant attended a relevant course before? YES / NO

If YES, please give details :  
.....

Does the participant have a relevant YA Log Book or other proof of sailing skill attainment? YES / NO

If YES, please give details and bring it along to the first lesson.

Would members of the Canberra Southern Cross Club please provide their membership number. ....

Can the participant swim 25 meters with clothes on? YES / NO

Is the participant under the age of 18 years? YES / NO

If YES, then a parent or guardian must complete and sign the indemnity on the reverse.

If NO, then the participant must complete and sign the indemnity on the reverse. **THANK YOU**

To receive your \$20 discount please provide your:  
Canberra Southern Cross Club Member Number (if applicable) .....

Office Use Paid \$..... Receipt Number ..... Date .....

**PARTICIPANT INDEMNITY FORM**

I .....am aware that during the training course I have chosen  
*(self - over 18 or Parent/Guardian - under 18)*  
for myself or ward (delete category not applicable) to participate in under the arrangements of  
the ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB certain hazards  
may occur associated with sailing and boat rigging generally. In consideration of the right to  
participate in such instruction or other activities associated with the course arranged by the ACT  
SAILING INCORPORATED trading as CANBERRA YACHT CLUB their associates or agents  
I have and do hereby assume all the above risks and will hold ACT SAILING  
INCORPORATED trading as CANBERRA YACHT CLUB their associates and agents free of  
any liability action, debt claims or demands which I now have or may arise as a result or in  
connection with the participation in this course of instruction. The terms hereof shall also serve  
as a release of the ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB  
from risk and assumption of risk by my heir's executors or administrators for all members of my  
family including minors.

Should any successful claim be brought for myself/son/daughter/defacto/spouse against the  
ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB I agree to  
indemnify ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB its  
associates and agents and will meet the total costs resultant from such action.

SIGNED.....Date.....

Name in block letters.....

Address.....

**NOTIFY IN CASE OF EMERGENCY**

Name.....Relationship.....

Address.....

Phone AH : (.....)..... Phone BH : (.....)..... Mobile : .....

**HOW DID YOU HEAR ABOUT OUR SAILING SCHOOL COURSES?** (Please tick)

- |  |   |
|--|---|
| <input type="checkbox"/> Friends / word of mouth.          | <input type="checkbox"/> Telephoned Canberra Yacht Club.          |
| <input type="checkbox"/> Participated in previous courses. | <input type="checkbox"/> Telephoned Canberra Southern Cross Club. |
| <input type="checkbox"/> Web Page.                         | <input type="checkbox"/> Canberra Yacht Club newsletter           |
| <input type="checkbox"/> Newspaper advertisement.          |   |

