



Canberra Yacht Club Sailing School

KIDS LEARN TO SAIL COURSES

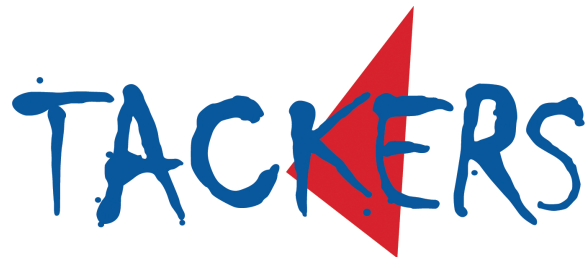
WELCOME, to the Canberra Yacht Club Sailing School. The Sailing School is a division of the Canberra Yacht Club. It is accredited by Yachting Australia as a Registered Training Centre.

Kids Courses Available

The Canberra Yacht Club Sailing School operates a number of Junior Sailing Programs. The levels progress from a basic introduction to sailing to an introduction to racing to finally a full racing program.

The first levels of this program are taught through the Youth Sailing Academy and the Tackers program, the final level is taught as part of either the Optimist Race Squad or the Junior Youth Race Squad.

If you are unsure which class best suits your child, please contact the Sailing School Office on 6273 4777 for advice.



Tackers - Beginners Aged 7-10

The Tackers Program is designed for school children aged between the ages of 7 to 10 as safe, fun games based learning course in specially designed Optimist Dinghies. The Tackers levels move from Level 1 “Having Fun” and then progresses to Level 2 “Tricks and Techniques” in finally Level 3 “Sailing Fast”. The program is structured specifically for younger children using games and non-competitive activities to teach sailing skills and theory and encouraging parents to attend.

At each level participants are provided with a T-shirt, hat, drink bottle and a certificate of achievement at the end of the course. Each level generally takes a season of practice before progressing to the next level.

Tackers 1 – “Having fun”

Participants will learn the basics of sailing, boating safety, and confidence in the boat. The boats are sailed two-up, with sailing games replacing traditional theory.

Tackers 2 – “Tricks and Techniques”

Participants will learn to sail single-handed, rig and launch independently as well as skills such as stopping, coming alongside and sailing backwards.



CANBERRA YACHT CLUB SAILING SCHOOL

Phone 02 62734777 • Fax 02 6273 6222

Web canberrayachtclub.com.au • Email sailschool@canberrayachtclub.com.au
1 Mariner Place Yarralumla • PO Box 7169 Yarralumla, ACT 2600
(ACT SAILING INC) ABN 93 090 967 514





Canberra Yacht Club Sailing School

KIDS LEARN TO SAIL COURSES

YSA - Beginners Aged 10+

The Youth Sailing Academy or YSA program is aimed at beginner to intermediate youth sailors and designed to extend student's sailing skill to a pre-racing level, teaching them new skills or developing and refining skills learned in a previous Holiday or Tackers course.

The majority of this program is sailed in Toppers with participants learning how to rig, launch and sail their boat single-handed at any angle to the wind independently as well as advanced skills such as dealing with a man-overboard, sailing backwards and coming alongside.

Students may require a years practice before moving onto the next level.

YSA Gold – Experienced Sailors Aged 10+

The "Gold Squad" of the Youth Sailing Academy is aimed at experienced sailors who have completed a season of our YSA program and are looking to progress their skills into racing. The program is an invite-only program and teaches skills relevant to racing including start lines, rules and tactics, wind strategy and racing terminology.

Participants are encouraged to sail the club race immediately following their lesson and will be coached while competing. They will also have the boat available to them should they wish to compete in further racing.

The program is sailed in Toppers and participants are expected to have their boat rigged and ready prior to the sessions briefing.

Optimist Green Fleet

This program is designed to allow students to develop their sailing and racing skills in the International Optimist dinghy as the next step above YSA Gold or the Tackers 3 program. The program is an invite-only program and teaches skills relevant to racing including start lines, rules and tactics, wind strategy and racing terminology as well as coaching advanced sailing skills needed in racing. Participants are encouraged to sail the club race immediately following their lesson and will also have the boat available to them should they wish to compete in further racing. Participants will have a boat allocated to them for the duration of the season and are expected to have their boat rigged and ready prior to the sessions briefing.

Cost

The cost of both the YSA programs and Tackers programs is **\$330**.

A \$20 discount applies if you are a member of the Canberra Southern Cross Club or are booking in two children at once.



CANBERRA YACHT CLUB SAILING SCHOOL
Phone 02 62734777 • Fax 02 6273 6222
Web canberrayachtclub.com.au • Email sailschool@canberrayachtclub.com.au
1 Mariner Place Yarralumla • PO Box 7169 Yarralumla, ACT 2600
(ACT SAILING INC) ABN 93 090 967 514





Canberra Yacht Club Sailing School

KIDS LEARN TO SAIL COURSES

Children's Sailing Course times and dates

Course	Day	Times	From	Till
Tackers 1	Saturdays	9:30 – 11:30	11 th Feb	14 th Apr
Tackers 2	Saturdays	12:00 – 2:00	11 th Feb	14 th Apr
YSA	Saturdays	2:30 – 5:00	11 th Feb	14 th Apr
YSA Gold	Wednesdays	5:00 – 6:00 Followed by club racing until 7:30 aprox.	7 th Feb	11 th Apr
Optimist Green Fleet	Sundays	11:00-1:00	12 th Feb	15 th Apr

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 boats, and at the worst they will get completely wet after a capsized. 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:

- ◆ Bathers, Shorts and rash tops
- ◆ A towel
- ◆ Enclosed shoes such as aqua-shoes, wetsuit boots or old trainers
- ◆ Wetsuit and/or thermal underclothes if available
- ◆ A jumper (preferable woollen). If its cold more than one may be needed.
- ◆ Windproof and waterproof "spray-jacket" or raincoat.
- ◆ Sailing gloves if available (bike, golf gloves ect are a suitable alternative)
- ◆ A hat (A MUST).
- ◆ Sunscreen lotion (A MUST).
- ◆ Something to drink.
- ◆ Canberra Yacht Club provides PFD's in a variety of sizes, however participants may wear their own of a suitable safety standard if available

These items of clothing etc. should be brought each day. What is actually worn will depend on the weather.



CANBERRA YACHT CLUB SAILING SCHOOL

Phone 02 62734777 • Fax 02 6273 6222

Web canberrayachtclub.com.au • Email sailschool@canberrayachtclub.com.au
1 Mariner Place Yarralumla • PO Box 7169 Yarralumla, ACT 2600
(ACT SAILING INC) ABN 93 090 967 514





Canberra Yacht Club Sailing School

KIDS LEARN TO SAIL COURSES

APPLICATION FORM FOR CHILDREN'S SAILING COURSES

Course: Tackers 1 Tackers 2 YSA YSA-Gold

Please indicate which program you want to book (please note to attend Tackers 2 you must have completed Tackers 1, to attend YSA-Gold you must have attended YSA or Tackers 2)

PARTICIPANT DETAILS

Surname Given Names.....

Address..... Postcode.....

E Mail address.....

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

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

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

Emergency Contact Name :..... Relationship :

Has the participant attended a relevant course before? YES / NO
If YES, please give details :

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

Details of any relevant condition which may affect ability to participate (e.g.medical or physical?)
please give details :

As part of our children's programs your child will receive a YSA or Tackers t-shirt.
Please indicate what size t-shirt your child will need:
8 10 12 14 XS S M L

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

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



CANBERRA YACHT CLUB SAILING SCHOOL
Phone 02 62734777 • Fax 02 6273 6222
Web canberrayachtclub.com.au • Email sailschool@canberrayachtclub.com.au
1 Mariner Place Yarralumla • PO Box 7169 Yarralumla, ACT 2600
(ACT SAILING INC) ABN 93 090 967 514





Canberra Yacht Club Sailing School

KIDS LEARN TO SAIL COURSES

PARTICIPANT INDEMNITY FORM

I(PARENT) am aware that during the training course I have chosen for my child/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 their associates or agents I have and do hereby assume all the above risks and will hold ACT SAILING INCORPORATED 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 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 I agree to indemnify ACT SAILING INCORPORATED its associates and agents and will meet the total costs resultant from such action.

I also give my authority to use any images taken of my child during this program to be used for Canberra Yacht Club promotional purposes.

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"/> Radio advertisement. |
| <input type="checkbox"/> Participated in previous courses. | <input type="checkbox"/> Telephoned Canberra Yacht Club. |
| <input type="checkbox"/> CYC Web Page / Search Engine | <input type="checkbox"/> Telephoned Canberra Southern Cross Club. |
| <input type="checkbox"/> Yachting Australia webpage | |



CANBERRA YACHT CLUB SAILING SCHOOL
Phone 02 62734777 • Fax 02 6273 6222
Web canberrayachtclub.com.au • Email sailschool@canberrayachtclub.com.au
1 Mariner Place Yarralumla • PO Box 7169 Yarralumla, ACT 2600
(ACT SAILING INC) ABN 93 090 967 514

