

## CNLSC Children's Learn to Sail Program

The Chipping Norton Lake Sailing club offers a "Learn to Sail" program specifically geared for children. The course is held on Saturdays between 12PM and 1:45 PM. This is in the same time slot as our adult course, consequently those parents who also want to learn to sail can do so while their children are learning.

- The CNLSC 'Children's learn to sail' course is an 8 lesson course that is run over a period of 8 weeks.
- Lessons are held on Saturdays starting at 12:00PM and finishing at 1:45PM during daylight saving months or from 11AM to 12:45PM outside daylight saving.
- The Children will learn together in dinghies suitable for their size.
- The lessons cover:
  1. Rigging and de-rigging the boat.
  2. Steering and balancing the boat.
  3. Sailing into the wind and tacking through the wind.
  4. Adjusting the sails for different courses relative to the wind.
  5. Sailing with the wind and gybing across the wind.
  6. Sailing a set course involving all the points of sailing.
  7. Righting the boat after a capsize.
- Your child will need to attend all of the lessons, however we can reschedule a lesson if required.
- To get any lasting benefit from the course your child will need to practice what they have learnt for at least the remainder of the season.
- After the completion of the course, junior sessions and races can be organised to take place during normal race times depending on availability of boats.
- The children can also avail themselves of the opportunity to crew for experienced sailors during club races if the offer is made.
- Cost: Child :
  - Club Membership for the season \$60 (includes insurance)
  - 8 week course \$120
  - Total Cost \$180
- Full payment is required after the first lesson, however if your child decides not to continue with the course after the first lesson then it will be considered as a free 'try out' and will incur no charge.
- **Your child must be able to swim.** The dinghy will capsize from time to time and your child must be able to swim competently to right it and get back in.
- To attend the course your child **must be at least 7 years old.**

## **INFORMATION for STUDENTS**

### ***What Do You Need to Bring?***

- Sunblock
- Sun sensible clothing that you can **expect to get wet**, including a hat that will not blow off.
- Enclosed shoes with rubber soles eg old joggers or volleys etc (wetsuit boots ideal)
- Full change of clothes.
- Towel.
- Skate Board helmet or similar (not essential but recommended).

### ***What You Don't Need to Bring***

- Valuable items that may get lost, stolen, or damaged by water immersion.

### ***What We Will Supply for Each Lesson***

- Home work: learning boat parts and terminology.
- Parking permit to be displayed inside the windscreen when parking inside the chained area. (Must be returned before you go home each week).
- Buoyancy Vest. (The Instructor will fit you with a buoyancy vest each week)
- Sailing dinghy as appropriate for the lesson.

### ***Are the lessons still on if the Weather is bad***

- Yes, if the conditions are not appropriate for safe sailing we will conduct shore based activities.

### ***Do I Need to Tell Someone if I'm Not Able to Attend a Lesson***

- Yes, we need to let your instructor know so they don't waste their time. Ring David on 0419 230 592. We can reschedule a lesson for you if you give us appropriate warning.

