

ADULT LEARN to SAIL COURSE (Information for prospective students)

- The CNLSC 'learn to sail' course is a 10 lesson course that is run over a period of 10 weeks.
- The lessons do not need to be held on consecutive weeks but this is preferred.
- Lessons are held on Saturdays starting at 12:00PM and finishing at 1:45PM in daylight saving months and from 11:00AM to 12:45PM outside of daylight saving.
- You will learn in the Pacer dinghies with one instructor per person for the first 6 lessons and supervised instruction for the remaining 4 lessons.
- 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 gybeing across the wind.
 6. Sailing a set course involving all the points of sailing.
 7. Righting the boat after a capsize.
 8. Sailing Solo.
 9. Weather and wind knowledge
- You will need to attend all of the lessons; however we can reschedule a lesson if required.
- At the completion of the course most people will be able to sail a Pacer dinghy on their own in light to medium strength winds.
- To get any lasting benefit from the course you will need to practice what you have learnt for at least the remainder of the season.
- After the completion of the course, graduate sessions and races can be organised to take place during normal race times depending on availability of boats.
- Students can also avail themselves of the opportunity to crew for experienced sailors during club races if the offer is made.
- Cost: Adult :
 - Club Membership for the season \$100 (includes insurance)
 - 10 week course \$200
 - Total Cost \$300
- Full payment is required after the first lesson, however if the student decides not to continue with the course then the first lesson will be considered as a free 'try out' and will incur no charge.
- **You must be able to swim.** Your Dinghy will capsize from time to time and you must be able to swim competently to right it and get back in.
- **You must be less than 110Kg in weight.** The Dinghies will be damaged if excessive weight is carried in a concentrated area.

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.

What You Don't Need to Bring

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

What We Will provide for You

- DVD showing how to rig a Pacer Dinghy.
- 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).
- Life Jacket. (Help yourself from the rack and return before you go home each week).
- Shackle Key from the end of the life jacket rack. (return before you go home each week).
- Pacer dinghy - that you should rig when you arrive and de-rig, wash, and put away before you leave (or pass on to someone else if they want to use it during the afternoon race.

Are the lessons still on if the Weather is bad

- Yes, the lessons will keep going if the weather is bad. We sail in all conditions except gale force winds and lightning storms.
- If we can't sail we will brush up on theory or watch sailing videos.

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.