

## Adult Learn to Sail Dinghy - Start Sailing I

The **Start Sailing I** dinghy course (*formerly Basic Skills I*) is the ideal introductory learn - to - sail course which is both fun and instructional. This five week course (3 hour sessions) is suitable for youth from 12 years & adults of all ages, with training conducted in off -the-beach sailing dinghies. As students learn to be both the skipper & crew, this course provides a solid grounding to further sailing in both keelboats and/ or dinghies. The **Start Sailing I** course is part of the nationally recognised **Yachting Australia Dinghy Program** and is delivered by accredited sailing instructors.

Course topics include:

- How to safely launch and recover a dinghy from a beach
- How to sail a dinghy on a course
- How to trim the sails for speed and varied wind conditions
- How to safely tack (turning into the wind) and gybe (turning with the wind behind the boat)
- Setting up a dinghy for sailing; understanding care & maintenance
- Basic marine knots
- Safe capsize recovery

Training takes place in the shelter of St. Kilda harbor, which has consistent sea breezes, small waves and a sandy beach from which to launch our dinghies. Sailing is conducted in 2 person dinghies including X3, Pacer and Heron types with instructor supervision from powered safety craft. Maximum class size is 18 students.

**Course dates & times:** 3 hour sessions morning or afternoon on weekends. Mid week courses during school holiday periods. Private tuition available by arrangement.  
**Students need to bring:** wet weather gear, wet suit (recommended – *can be hired*), footwear (old sandshoes, or wet suit booties – *no thongs*) sun hat with lanyard, towel, change of clothes, sunscreen, snacks, water bottle etc. The Squadron has full change room facilities with hot showers. All safety equipment is provided.

**Course fee:** \$330. Optional wetsuit hire is \$40 per course

**Course includes:** “Start Sailing” Yachting Australia textbook, logbook & certificate

**Course location:** Royal Melbourne Yacht Squadron, Pier Road, St.Kilda  
Melways Map 57 J9

### Royal Melbourne Sail Training Academy

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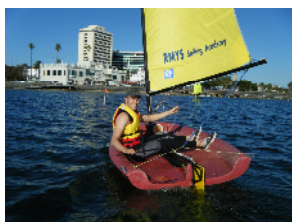
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X3 dinghy



Pacer dinghy



Heron dinghy

