



Email: sailingcentresa@gmail.com

General Information

Who's welcome: Any body 7 Yrs of age and over, who would like an introduction to sailing or would like to improve on their sailing skills. We have a program for all skill levels focusing on dinghy sailing.

The program: The courses are run by qualified Instructors and Coaches introducing the SA Sailing sail training scheme. From complete beginners to race ready sailors. The program includes classroom lessons, Dry boat drills and lots of sailing on the water to reinforce the lessons.

When: Weekend sessions at Victoria Lake Club, Germiston on Saturday and Sunday mornings at 9am.
Stilbaai Yacht Club, North Bay Vaal Dam on Club Sailing weekends 2nd weekend of the month-
Saturday at 2pm and Sunday at 10am.

Cost: R 250 per session (aprox 3hrs)

Equipment:

Bouyancy aid/Life jackets You will be required to bring a buoyancy aid with you. If you don't have one please notify us so we can arrange one for you. You will be required to wear it at all times on the water so be sure it fits properly and is comfortable.

Boats: If you have your own boat, please bring it along. Boats will be allocated to those who do not have their own.

Sun protection: Sun hat is essential as well as a strong factor sun cream.

Change of Clothes: Comfortable shorts for the sailing activity is best but bring a change a clothes should you sailing clothes get wet.

Registration and payment:

Registration is on the Sailing SA Sail training Centre Website www.sailingsa.co.za.

Lessons are booked session by session to help with flexibility working towards each assessment.

Please don't hesitate to contact me if you have any questions. Looking forward to loads of fun.

Regards

Shellee

