

R.St.G.Y.C. Juniors Sailing Pathway

Sea Squirts. This is a week long course of half days, from 09:30 – 13:00. (Recommend age 5 – 7)

As our youngest sailors are main aim is to foster water confidence and enjoyment of the sea via games, sailing, and a fun social setting. The Squirts are the next generation and a huge priority for us within the Junior Section. This a week long course of half days, (lunch included) from 09:30 – 13:00.

Sea Tigers. This is a week long course of full days, from 09:30 – 16:30. (Recommend age 7 – 8)

This year, Sea Tigers will be offered as a week long, full day course. This will allow us to further broaden the experience on offer to these sailors and to allow them the best possible introduction to life out on the water. Included on the course is a chance to go keelboat sailing, a day long trip into the further reaches of Dublin Bay, and a huge amount of fun on the water.

Start Sailing. This is a 2 week long course of full days, from 09:30 – 16:30. (Recommend age min 8 years)

This will be a sailors first formal sailing course. Sailors will now start sailing their own boats and *learning the ropes*. They will learn how to be safe on and off the water, develop their water confidence, and learn to sail a simple triangular course all with assistance from the instructor.

Basic Skills . This is a 2 week long course of full days, from 09:30 – 16:30.

This course will progress from start sailing. Now that they can sail a basic triangle they will start to learn some *Basic Skills*. They will practice these manoeuvres and skills to further their confidence and develop their boat handling and wind awareness. They will further their abilities and learn to sail a windward/leeward with minimal assistance.

Improving Skills. This is a 2 week long course of full days, from 09:30 – 16:30.

This course will progress from basic skills. Now that they have learned their *basic skills* they can now start to *Improve these skills*. Not only do they improve these skills but they will develop new boat handling abilities. The main objective from this course is to become a fully independent sailor capable of sailing in a Force 4.

Advanced Boat Handling. This is a 2 week long course of full days, from 09:30 – 16:30. (12 years +)

After sailors have proved their independence with winter/ evening training they can move onto Advanced Boat Handling. This course is not for the summer sailor as the boat handling and manoeuvres require a high level of skill and regular practice. By the end of this course sailors will be fully capable of sailing flat out in a Force 5 and deal with incidents that arise.

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Go Racing 1/2. This is a 2 week long course of full days, from 09:30 – 16:30.

This course is an introduction to racing skills! Here sailors will learn all the basic information and boat handling abilities they need to compete in races at club and inter club level. Start sequences, different classes, racing courses, strategies, and tactics will all be covered. Go Racing 2 will help sailors develop their skills to the standard of competing at national and international level.

Kites And Wires 1/2. This is a 2 week long course of full days, from 09:30 – 16:30.

Now that sailors have developed their boat handling to an advanced level it is time for them to learn some new tricks! This course is an introduction to the use of spinnakers and trapeze wires. Sailors will spend equal time as both helm and crew in order to achieve their level and must use a boat that carries this equipment. Kites and wires 2 will help sailors fully develop and master these new skills.

Adventure 1/2. This is a 2 week long course of full days, from 09:30 – 16:30.

This course will teach sailors new skills they will need in order to undertake longer trips and sail in stronger winds. This course will also develop a sailors sense of adventure and self reliance. Sailors will learn the basics of chart work, pre-trip planning, equipment checks, and maintenance underway and ashore. Sailors will plan overnight trips with assistance from instructors. Adventure 2 will develop these skills so that sailors can become independent adventure planners with no assistance.

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