

SAILING COURSES



KNAI BANG CHATT

COURSES OPTIMIST SAILING

The course is for children and is divided into four sessions and takes a total of six hours to complete. The sessions can be combined into two days or alternatively spread over a period of several months (Time between beginner and intermediate is recommended). Once all four sessions are completed, we recommend taking the optimist solo sailing exam to gain a sailing club certificate. Experienced sailors can take any course as a refresher or skip straight to the exam before getting certified to go solo sailing.

Beginner 1 – Introduction to Optimist sailing

During this introductory session, participants will learn basic sailing terms and work with an instructor to get familiar with the optimist and its relationship with wind. Participants will spend 30 minutes on land learning theory and then join an instructor for 60 minutes in 1 or 2 optimists depending. The instructor will skipper at this point if in 1 boat, participants watch and learn. (If wind low, students may be in their own boat with instructor in the water.

- 90 minutes with an instructor
- Includes sailing manual
- Price \$50 per person, \$55 for two people, \$60 for three people

Beginner 2 – Maneuvering

The second session in this course focuses on maneuvering the boat, including launching from shore, tacking, and gybing. Participants will spend 90 minutes in the optimist. Focusing on practical practice and some theory.

- 90 minutes with an instructor
- Includes sailing manual
- Price \$50 per person, \$55 for two people, \$65 for three people

Intermediate 1 – Control and Recover

The third session in the series builds on the knowledge gained in the first two sessions and teaches participants how to handle difficult situations including man overboard (MOB) and capsizing. Gain experience righting a boat and coming ashore.

- 90 minutes with an instructor
- Includes sailing manual
- Price \$50 per person, \$70 for two people, \$90 for three people

Intermediate 2 – I'm (almost) a Skipper!

During this final session in the four part series, participants will hone their skills. At this stage, budding sailors should be comfortable using sailing terminology, navigating both windward and leeward, and know how to right a boat if it capsizes.

- 90 minutes with an instructor
- Includes sailing manual
- Price \$50 per person, \$55 for two people, \$65 for three people

Children's optimist courses are supervised at all times. Children must be able to swim. Depending on weather conditions the instructor may use a Hobie cat to teach theory and terminology.

COURSES FOR HOBIE CAT SAILING

The course is divided into four sessions and takes a total of six hours to complete. The sessions can be combined into a single day or alternatively spread over a period of several months. Once all four sessions are completed, participants are encouraged to take the 'Solo Sailing' exam to get a Sailing Club certificate to sail our Hobie Cats without an instructor. Experienced sailors can take any course as a refresher or skip straight to the written exam before getting certified to go solo sailing.

Beginner 1 – Introduction to Hobie Cat Sailing

During this introductory session, participants will learn basic sailing terms and work with an instructor to get familiar with the Hobie Cat and its relationship with wind. Participants will spend 30 minutes on land learning theory and then join an instructor for 60 minutes aboard a Hobie Cat – 13' or 16' – depending on the number of participants. The instructor will skipper at this point, participants watch and learn.

- 90 minutes with an instructor
- Includes sailing manual
- Price \$50 per person, \$65 for two people, \$85 for three people

Beginner 2 – Maneuvering

The second session in this course focuses on maneuvering the boat, including launching from shore, tacking, and gybing. Participants will spend 90 minutes aboard a Hobie Cat – 13' or 16' depending on the number of participants. Again, the instructor will do most of the sailing, but participants get some time working the tiller and learning

how to steer the boat.

- 90 minutes with an instructor
- Includes sailing manual
- Price \$50 per person, \$70 for two people, \$90 for three people

Intermediate 1 – Control and Recover

The third session in the series builds on the knowledge gained in the first two sessions and teaches participants how to handle difficult situations including man overboard (MOB) and capsizing. Gain experience righting a boat and coming ashore. Participants spend more time skippering the boat in the session.

- 90 minutes with an instructor
- Includes sailing manual
- Price \$50 per person, \$70 for two people, \$90 for three people

Intermediate 2 – I'm (almost) a Skipper!

During this final session in the four part series, participants will try their hand at skippering the boat, while the instructor mainly provides coaching and support. At this stage, budding sailors should be comfortable using sailing terminology, navigating both windward and leeward, and know how to right a boat if it capsizes.

- 90 minutes with an instructor
- Includes sailing manual
- Price \$50 per person, \$70 for two people, \$90 for three people

SOLO SAILING

All members and guests who wish to go solo sailing must take and pass the 'Solo Sailing Exam'. The exam should not take more than 10 minutes and is free of charge

BOOK

To book your Sailing course please contact our Discovery Centre Manager at info@knaibangchatt.com





Direct to Sailing Courses

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