

Discover the best course for you

There is a sailing course suitable for every age and ability. Choosing the right course will depend on your age, sailing experience and courses previously completed. Have a look below to see which course suits you or contact the Junior Affairs Officer who will help you make the correct decision.

CARA NA MARA – 5 Day Sailing Course for 6 – 10 year olds.

Commencing 1 July, these courses run weekly until mid-August. Developed through Irish Sailing, the Cara Na Mara programme provides an ‘on the water’ and ‘shoreside’ training programme that delivers the basic sailing skills, seamanship, environmental awareness and science for 6 to 10 year olds.

Age Groups:

- Otters: 6 – 7 year olds.
- Seals: 7 – 8 year olds.
- Dolphins: 8 – 9 year olds.

Cara na Mara is a child focused approach to introducing sailing to children, allowing children to discover, explore and practice the skills and knowledge they will need as sailors while under the leadership and supervision of Irish Sailing qualified instructors and within an Irish Sailing recognised training centre. There is a strong emphasis on allowing the sailors to appreciate and enjoy the water and outdoor environment safely.

The skills and knowledge tie into the ***National School Curriculum.***

For more information on how to save by joining MYC (from only €110 for Juniors) visit www.myc.ie

- Hot Soups/Drinks provided
- 1 Instructor & 1 Assistant for every 6 sailors!
- You do not need to have your own boat!
- Course Runs from 10am – 3.30 pm

START SAILING – 2 Week Course

This course will introduce your child to the basic boat handling techniques and background knowledge necessary to get started in sailing. This course runs from 10.00 to 5.00 over 2 weeks and is suitable for children who are 9 to 12 years old.

No previous sailing experience required

BASIC SKILLS – 2 Week Course

By the end of this course your child should have the skills and knowledge necessary to rig their boat and safely go sailing without assistance in light winds. This course runs from 10.00 to 5.00 over 2 weeks and is suitable for children who are 9 to 12 years old.

Previous experience required

– Start Sailing + 5 days logged experience

IMPROVING SKILLS – 2 Week Course

This course will help your child develop a competent, safe and practical approach to sailing their boat in moderate winds. You will also be introduced to the different aspects of dinghy sailing such as racing and day sailing. This course runs from 10.00 to 5.00 over 2 weeks and is suitable for children who are 9 to 12 years old.

Previous experience required

– Basic Skills + 10 days logged experience or

TEEN KEELBOAT – 1 Week Course

This course will help you develop a competent, safe and practical approach to sailing a keelboat in light to moderate winds. You will also be introduced to the different aspects of keelboat sailing such as racing and day sailing. This course runs over 5 days and is suitable for young people between the ages of 13 and 17.

No experience required

SAILING WITH LANGUAGES – 1 Week Course

This course offers the same sailing objectives as Teen Keelboat with the additional benefit of being able to practice and gain confidence in speaking your chosen language! The sailing instructors delivering these courses will be fluent in speaking and teaching through the chosen language.

- No sailing experience required*
- At least one year of studying chosen language*

ADVENTURE – 2 Week Course

The aim of this course is to introduce you to the challenges and fun of cruising. You will develop the skills and knowledge you will need to become an independent sailor capable of undertaking extended trips and of making correct and appropriate decisions in difficult situations. This advanced course runs over 2 weeks and is only suitable for teenagers.

- Previous experience required*
- Improving Skills + 10 days logged experience or*
- Recommendation from a Keelboat Instructor*

KITES & WIRES – 2 Week Course

This course provides an introduction to the thrills and spills of sailing with spinnakers and trapezes. This is an advanced course which runs from 10.00 to 5.00 over 2 weeks. Boats will be supplied by Club for this course.

- Previous experience required*
- Improving Skills + 10 days logged experience or*
- Recommendation from an Advanced Instructor*

RACE COACHING - 1 Week Course

The objective of this course is to introduce you to dinghy racing and develop your skills and knowledge to a level where you can comfortably race at club or inter club level. This is an advanced course which runs from 10.00 to 5.00 each day.

- Previous experience required*
- Improving Skills + 10 days logged experience or*
- Recommendation from an Advanced Instructor*