

## **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 9 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.***

- 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

## **SUPERVISED SAILING CAMPS - August**

These camps are for members only, allowing sailors to practice their new found skills from the IS Courses, prepare for events home and away, practice race starts, learn about race courses, but also to socialise and have fun, with no pressure to achieve a level, or syllabus.

- Camps run from 10.30 - 3.00 daily.
- Hot Soups/Drinks provided.
- Booking essential!

## **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*