



Elwood Sailing Club Training

Dates

Final Enrolment and Information Sessions:

1st Semester	Sunday 28 Sept 2008,	9 am
2 nd Semester	Sunday 31 Jan 2009	9 am

Semesters:

1 st Semester	Saturdays	4 Oct to 22 Nov 2008	9 am to 12 noon
2 nd Semester	Saturdays	7 Feb to 4 Apr 2009	9 am to 12 noon

Instruction

Instruction is by qualified Instructors with many years of dinghy sailing and teaching experience.

Course Syllabus - Get Into Small Boat Sailing - Basic Skills 1

- ◆ Environment and Safety
- ◆ Boat familiarisation
- ◆ Parts of a boat
- ◆ Rigging
- ◆ Steering
- ◆ Capsize and recovery
- ◆ Sail trim
- ◆ Sailing techniques
- ◆ Rules of the road

Venue

The courses will be held at Elwood Sailing Club, Foreshore, Elwood, off Ormond Esplanade (Melways ref 67B4). Council car park adjacent - meter fee payable.

What to Wear

Weather conditions may vary from cold to hot, so students should therefore bring:

- ◆ Bathers
- ◆ Towel
- ◆ Wetsuit if available or Thermal underclothes if available
- ◆ Shorts (also ideal over wetsuit for protection)
- ◆ Polyester shirts and tops recommended. No Cotton
- ◆ PFD 1 or 2 / Lifejacket / Buoyancy Vest - preferably bring your own or will supply
- ◆ Woollen Jumpers or Thermal Jumpers/Jackets
- ◆ Windproof / Waterproof Jacket
- ◆ Old sneakers / Wetsuit Boots
- ◆ Sun Hat / Sunglasses / Sunscreen
- ◆ All hats and sunglasses must be fitted with sports straps.
- ◆ Sailing Gloves if available (golf, weight lifting, bike gloves etc. all good)

Booking and Information

Visit club website at www.elwoodsc.com or bookings and inquiries may be made to Elwood Sailing Club Training Coordinator Michael Klusel by email : training@elwoodsc.com or phone 0414 493 929