



## Training Dates

### Final Enrolment and Information Briefings:

1st Session Saturday 13 October 2012 @ 9 am

2nd Session Saturday 2 February 2013 @ 9 am

### Training Sessions:

1st Session Saturdays 20 Oct to 8 Dec 2012 from 9 am to 12 noon

2nd Session Saturdays 9 Feb to 13 Apr 2013 from 9 am to 12 noon

## Instruction

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

## Course Syllabus – Start Sailing - Dinghies

- 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
- Shorts (also good 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](http://www.elwoodsc.com) or bookings and inquiries may be made to Elwood Sailing Club Training Coordinator on 9531 4743 by email [training@elwoodsc.com](mailto:training@elwoodsc.com)