

HOWTH YACHT CLUB – JUNIOR TRAINING PATHWAY - 2018

OPTIMIST COACHING
 Training to improve skills in Optimists with experienced coaches

KITES & WIRES
 Introduction to the thrills and spills of sailing with spinnakers and trapezes

ADVENTURE
 Introduction to the skills needed to undertake longer trips

SAILING WITH LANGUAGES **NEW!**
 Seoltóireacht trí Ghaeilge
 Naviguer en Français
 Navegar en Español
 Segeln auf Deutsch

IMPROVING SKILLS
 Learn to sail a dinghy effectively in moderate conditions

TEEN KEELBOAT
 Learn to sail a keelboat effectively in moderate winds


BASIC SKILLS
 Learn to sail in light winds without assistance from instructor

TEEN DINGHY (13-17 years)
 Learn to sail with friends on a one week intensive course

START SAILING (9-12 years)
 Learn to sail in light winds with assistance from instructor

NEW! **CARA NA MARA (6-10 years)**

The Cara Na Mara program is a progression system for 6-10 year olds. It starts with Otters, then moves to Dolphins, then Seals, and finally Orcas. Each stage is represented by a circular icon with the animal and the program name 'CARA NA MARA' around it. Arrows indicate the progression from Otters to Dolphins, Dolphins to Seals, and Seals to Orcas.

 Courses restricted HYC Junior Members

Hot lunches with a choice of main course and fresh fruit are provided each day and are included in the course fee

WHICH COURSE?

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Cara Na Mara (formerly Taste of Sailing)

The aim of these courses is to give a fun introduction sailing. The Cara Na Mara programme provides an alternative to Start Sailing and Basic Skills for younger children. The course runs from 10.00 to 15.00 for one week and is ideally suited for 6 – 10 year olds. *The course fee includes shared use of a club boat for the duration of the course.*

Experience required: No previous experience required

Cost: €225/week

Start Sailing

This course will introduce you to the basic boat handling techniques and background knowledge necessary to get started in sailing. This course runs from 9.30 to 5.00 over 2 weeks and is suitable for children who are 9 to 12 years old.

Experience required: No previous experience required

Cost: €350/2 week course (with own boat) or €450 (with club boat)

Basic Skills

By the end of this course you should have the skills and knowledge necessary to rig up your boat and safely go sailing without assistance in light winds.

Experience required: ISA Start Sailing

Cost: €350/2 week course (with own boat) or €450 (with club boat)

Improving Skills

This course will help you develop a competent, safe and practical approach to sailing your boat in moderate winds. You will also be introduced to the different aspects of dinghy sailing such as racing and day sailing.

Experience required: ISA Basic Skills + 1 seasons logged sailing experience

Cost: €350/2 week course with own boat (HYC members only)

Teen Dinghy

By the end of this course you should have the skills and knowledge necessary to rig up your boat and safely go sailing without assistance in light winds.

Experience required: No previous experience required

Cost: €225/week

Teen Keelboat

This course will help you develop a competent, safe and practical approach to sailing a keelboat in moderate winds. You will also be introduced to the different

aspects of keelboat sailing such as racing and day sailing. *The course fee includes shared use of a keelboat for the duration of the course.*

Experience required: ISA Basic Skills in a dinghy

Cost: €225/week (€275 for non members in July)

Sailing with Languages

This course offers the same sailing objectives as Teen Keelboat with the additional benefit of being able to practice and gain confidence in speaking Irish, French, Spanish or German. The sailing instructors delivering these courses be proficient in speaking and teaching through the chosen language.

The course fee includes shared use of a keelboat for the duration of the course.

Experience required: ISA Basic Skills in a dinghy **Cost:** €250/week

Optimist Coaching

This course provides class specific training for sailors who are interested club racing or participating in open events. Coaching in single handed classes will include the objectives of ISA Go Racing. All of the coaches on this course have International racing experience and an ISA Club Coach or Advanced Instructor qualification.

Experience required: ISA Improving Skills + 2 seasons logged sailing experience

Cost: €350 (own boat) 2 week course (HYC members only)

Kites & Wires

This course provides an introduction to the thrills and spills of sailing with spinnakers and trapezes.

Experience required: ISA Improving Skills + 2 seasons logged sailing experience

Cost: €350 (with own boat) or €450 (with shared club Vago/420)/2 week course (HYC members only)

Keelboat - Adventure

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. *The course fee includes shared use of a keelboat for the duration of the course.*

Experience required: ISA Improving Skills in a keelboat or Improving Skills in a dinghy + 5 days logged keelboat experience

Cost: €225/week (HYC members only)