

NEW!



CARA NA MARA



**Otters
6-7 yrs**



**Seals
7-8 yrs**



**Dolphins
8-9 yrs**



**Orcas
9-10 yrs**

Cara na Mara is an Irish Sailing training programme that delivers basics sailing skills, seamanship, environmental awareness and science for 6 to 10 year olds.

The programme will replace Taste of Sailing which we offered in previous years and will also cover the sailing skills taught at Start Sailing and Basic Skills levels. In Howth Yacht Club Cara Na Mara courses will be delivered by Irish Sailing qualified instructors. Each group of not more than six students will also be supported by an assistant instructor.

There is a strong emphasis on having fun, learning to sail and allowing the sailors to appreciate the water and outdoor environment in safety.

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