

Clontarf Yacht & Boat Club

Adult Introduction to Sailing Evenings 21st – 25th May



Adult Course 21st - 25th May

Are you interested in sailing? Have you often seen people out in their boats and wondered what it might be like?



Well the opportunity is here for you to try it out at **Clontarf Yacht and Boat Club**. We run an Adult Introduction to Sailing Course every May and we dedicate a week of sailing to budding trainees. We also get great satisfaction in introducing new people to the sport we love and we keep it simple, fun and friendly! We spend the majority of the course on the water helping you to start learning the ropes. ***No sailing experience required.***

Course Dates and Start Times:

Monday 21 st May	7.00pm	Thursday 24 th May	7.00pm
Tuesday 22 nd May	7.00pm	Friday 25 th May	7.00pm
Wednesday 23 rd May	7.00pm		



On Friday 25th May there is a BBQ for all participants. The cost of the Course is **€245**.

An introduction to sailing	Principles of sailing	Safety	Weather
On the water experience	Practical demonstrations	Information handout/booklet	End of course certificate

All successful trainees receive a certificate which is presented at our celebratory end of course barbeque where trainees can mingle with other sailors and arrange further sailing experiences. Contact training@cybc.ie for further information.