



## **Waiuku Yacht Club 2019-2020 Learn to Sail Juniors**

### **For future stars of the America's Cup**

#### **If you are keen to...**

**Learn new skills**

**Sail a yacht by yourself**

**Have fun**

**Go on a 16 nautical mile sailing adventure**

**Build your confidence**

**Muck about in boats**

#### **Then we have a deal for you!**

The Waiuku Yacht Club is running two LTS block courses this season. The first 4 day course runs over two weekends 2nd,3rd,16th and 17th November. The second block course runs from the 11th,12th,13th and 14th January.

We provide Optimist training boats, buoyancy aids , coach boats, coaches and the environment to make it happen. Following the Yachting New Zealand Learn to Sail programme each trainee can track their progress in their own YNZ Sailing Hand Book. You need to supply enthusiasm, a bit of courage, a parent or guardian, warm gear, wet gear, sun gear and a bit of cash. Check out some of the details below.

#### **Key Points**

- \* Trainees should come ready to sail – that means warm clothes, wetsuit an adult and a change of clothes. Wet shoes and gloves are handy (garden gloves work fine)
- \* Even in adverse weather, with our sheltered estuary and moulded plastic boats there are few days when we cannot do at least a bit of sailing. Emphasis of the training is about learning the basics of sailing a small boat while building confidence, self and group sufficiency and having fun.
- \* Each day is about six hours, with at least three on the water.

- \* Towards the end of summer all our LTS kids are invited to join our annual sail to Clarks Beach Yacht Club . Trainees camp overnight at Clarks Beach Yacht Club grounds with their families and sail back to Waiuku on Sunday. Nominal food costs only. Younger and less confident sailors can relay their way there.
- \* You are welcome to bring your own snacks and drinks, however the club kitchen will have food, hot/ cold drinks available at nominal cost.(eftpos available)
- \* LTS course fee is only \$115.00 which includes Yachting NZ course book. Payable in advance of start date.
- \* All trainees that achieve a minimum standard of skills will be invited to have free use of the club Opti's for the remaining season. With the exception of the days when LTS sail programme is running and subject to availability. We just ask for a small contribution each sailing day to cover the costs of the club safety rhibs.
- \* Minimum age for starting is 9 years.
- \* There is a course requirement of being able to swim 50 metres in their sailing gear, in the early stage of the LTS course we will all be doing this swim.
- \* Maximum weight for the Optimists is about 55kg – they will take bigger kids but they need to be quite agile.
- \* Our club is run by club member volunteers so it is important to have parents /guardians assist with rigging, launch and retrieval - wet to above your knees, manning patrol boats and the end of day tidy up. If you are not comfortable helping on the water then please feel free to pitch in assisting the club kitchen.
- \* In the interest of fairness, safety and security all trainees must have an adult guardian who has accepted responsibility for them at the club at all times during training.
- \* To register your interest please follow this link...  
<https://www.wyc.org.nz/junior-sailing/lts-expression-of-interest/>

Please phone Gary Morse on 021 177 1376 with any queries.

## Learn to Sail Course Programme

Basics and first sail

Out and back -Tacking 1

Rigging, Launching and coming ashore

Boat handling

The long reach and gybing practise

Boat water safety, skills and around the buoys

No go zone and capsizing

Skills games, tiggly in a boat and follow the leader

Tacking and gybing check

Course sailing

The big review

Fun on the water





