



Dear Members

I am happy to announce that CMYC is launching a sail training program for adults.

No prior experience of sailing is required. The course is open to both members and non-members (Members will receive a 50% discount on the course fee). The Yachting Association of Sri Lanka will provide the coaching staff.

This is a great opportunity to learn the sport! Please recommend to your family and friends.

The attached flyer contains further details. Please do contact me on 0777 783065 for any clarifications.

Kind regards

PJ

Sailing Convenor

CMYC

START SAILING

COURSE STRUCTURE

- Course will be conducted over two consecutive weekends
24th/25th April & 1st/2nd May 2021
- We will use the GP14, a two-man dinghy, for the training sessions.
- Trainers will be internationally qualified coaches from the Yachting Association of Sri Lanka, the official governing body for sailing in Sri Lanka.
- CMYC will provide club facilities, meals, safety equipment, training boats and course materials.

PRICING
FEE OF RS. 35,000

FEE INCLUDES:

- Training
- 10 hours use of a club GP14 (in addition to the training time)
- A one-month membership to CMYC (membership will be subject to committee approval)
- Lunch and refreshments

COURSE CONTENT

- Introduction to sailing
- Boat & sail rigging
- Introduction to personal equipment
- Wind direction guidance
- Sailing manoeuvres
- Boat launching & recovery
- Rules of the 'road'
- Capsize & recovery

PLEASE CALL
PJ - 077 778 3065