



## Mighty River Power Learn To Sail Programme

Sailing is one of the best sports for the personal development of young people. It is a sport in which you can participate for life, and many good skills are learned.

Junior sailing in New Zealand is enjoying a very strong period, emphasised by the recent outstanding success of the New Zealand team at the World Optimist Champs, along with superb international performances by New Zealanders in other youth classes this year and of course the Olympic efforts of our team.

However, it is important to stress that participation in this course is about your child enjoying a wonderful sport, making friends and learning valuable skills. Many sailors go on to a variety of sailing activities that have nothing to do with competition.

The object of this course is to introduce 9-12 year olds to sailing in a safe and enjoyable environment; by the end of the course they should be able to sail on their own with supervision. We aim to reach the level of proficiency of the Level One Yachting New Zealand (YNZ) sailing scheme qualification, by the end of the week.

Once Level One is completed, children will then be ready to start the Level Two course, which builds on and develops their sailing skills, readying them for sailing in club racing and other fun sailing activities. Level Two sailors will be able to handle the Optimist well and be able to sail safely and successfully. Level two is offered on week nights during term one.

The club also has an optimist development squad that builds on the race skills taught in level two. This training provides the sailors the necessary skills to start and compete in the sport of Yacht Racing and will include active participation in Club racing throughout the course.

On the water training will be in the club Optimist and Mirror yachts. Supply of own Optimist boat will however be most welcome. Instructors are YNZ trained and qualified, assisted by yacht club members and parents using inflatable motor boats. The Club will ensure a safe ratio of young sailors and support vessels on the water at all times.

The courses are conducted within guidelines laid down by YNZ. The courses are run at the Yacht Club using the downstairs junior lounge and changing rooms.

Any questions, please contact me.

Michelle Woodfield

Learn to Sail Coordinator

377 0861: [learn2sail@ltyc.org.nz](mailto:learn2sail@ltyc.org.nz) : [www.ltyc.org.nz](http://www.ltyc.org.nz)



## **Frequently Asked Questions**

### **What Is the YNZ Learn 2 Sail Course?**

The Learn to sail course is a structured program, which is designed to enable those participating to achieve their Yachting New Zealand Learn to Sail Level One and Level Two Certificates. The Learn to Sail program is run under the direction of the 'Learn to Sail' Coordinator and Yachting New Zealand qualified instructors, all of whom are members of the club who are unpaid volunteers, and give their time for the benefit of your child. There will be a moderate fee for the course to cover administration costs, boat maintenance and support boat fuel. Membership of the club for the duration of the course is included as part of the Learn to sail course fee.

### **How Old Do I Have To Be?**

Nine years is the minimum age. The child must be able to swim 50 metres with a life vest and light clothing, and feel comfortable in the water, as they will be required to capsized their boat as part of the syllabus.

### **What Equipment Will I Need?**

The child will need his/her own life jacket and warm clothing. The Club provides Optimist learner boats for level 1 and level 2 of the Learn to Sail programme, however we welcome your own boat at this level.

### **Will My Child Be Well Supervised And Safe?**

Yes, we adhere to the coaching ratios stipulated by Yachting New Zealand. There are always inflatable boats on the water manned by club members whenever the children are sailing, and they are carefully supervised.

### **Who Do I Contact For A Chat?**

Michelle Woodfield – Learn to Sail Coordinator 377 0861

### **Adult Learn to Sail**

The club will hold adult and youth learn to sail courses, if there is sufficient interest. Please register your interest with Michelle Woodfield.