

## About False Bay Yacht Club

The Yacht club is situated on Cole Point, in the centre of Simon's Town.

The Club overlooks beautiful Simon's Bay with views north to mountains along the west False Bay Coast.

The Club enjoys typical family atmosphere. The sailing activities range from the youngsters sailing "Teras" through to keelboats, which are varied in classes and designs.

There is an active racing section: races are held throughout the year, which include the popular Wednesday Evening Races and Saturday races.

The Angling Section (SA Marlin and Tuna Club) is well represented by various fisher men and women. They hold regular competitions and social events.

The Simon's Town Marina Company manage the Boatyard "Hard" and Marina.

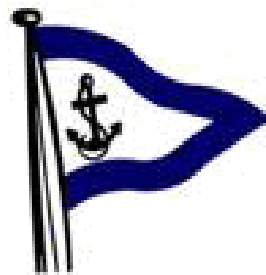
The Club's restaurant, "Neptune's Galley" is open to the public and offers a full service menu and is open 7 days a week Saturday—Thursday 08h00 to 16h00 Fridays 08h00 to 21h00. (021 786 4638)



### False Bay Yacht Club

False Bay Yacht Club  
King George's Way  
P.O. BOX 45  
Simon's Town  
7995

Phone: 021 786 1703  
Fax: 021 786 3925  
E-mail: [juniorsailing@fbyc.co.za](mailto:juniorsailing@fbyc.co.za)



# Junior Sail Training



## False Bay Yacht Club

False Bay Yacht Club is below Jubilee Square, Simon's Town

# The Sailing Courses



To learn the basics of sailing in two days!

Join our intro-to-sailing course for only R 160.00 The **"Intro to sailing"** programme is for children from the age of 8. The next courses will run on the **18 to 19 September 9 am to 12** or **18 to 19 September 1pm to 4pm** (morning classes or afternoon classes)

What will be covered during the course to get the students sailing?

This course is aimed at getting your child on the water to see if he or she would like to continue on to other sail training courses.

Our instructors will take your child out on one of the club dinghies in sheltered waters in Simon's Bay and teach some elementary aspects of sailing. This will include the basic knots and parts of the boat. After the course, your child will



**Level 1** – A six day course dinghies for boat handling skills, tacking and gybing skills with a training supervisor on board.

A re- cap of what was learnt on the "Intro to Sailing" course will be done- to re-fresh the memory.

Students will learn 2 more knots – The sheet bend (Single and double) and The Clove Hitch, as well as revise and practice the first 3 knots- Figure of eight, reef and bowline.

They will learn how to tell where the wind is coming from using wind vanes/Burgees and wind on the water. Along with this they will be learning points of sail – close hauled (sailing up wind), close reach, beam reach, broad reach and run (sailing downwind). Rules of the road will be taught to them- such as starboard boat has right of way and passing port to port.



**Level 2** – A six day course in 6 new RS Teras sailing two up without a training supervisor on board.

This is where the students get to sail on the new RS Teras two up and put what they have learnt on the first two courses to practice. A revision of previous lessons will be done to re-fresh the memories of the students.

Learning to rig and de-rig and look after a boat correctly and safely will be taught.

How to sail to and around a mark correctly and back will be practiced repeatedly, teaching them how to beat (sailing close hauled) and run (sailing downwind).

By the end of this course the students will be ready to go on to the next level (**Level 3**) and learn the racing rules.

**Level 3** – A six day course in the new RS Teras sailing one up without a training supervisor on board practicing boat handling and finer details perfected to get them racing ready.



**L26 Training Program**— This is a 5 day course that will help you learn the basics of keel boat sailing, man overboard procedures, how to use emergency equipment and when, basic sailing knots, Docking and un—docking as well as how to keep a boat clean and tidy.

Don't delay and contact Linsay to book your child today on 021 786 1703 Ext 5 or email her on [sailtraining@fbyc.co.za](mailto:sailtraining@fbyc.co.za) as courses fill up fast.

