

Sailing School

Whether you've never sailed before, or are looking to expand your skills, PMYC can get you out on the water and enjoying the sport of sailing. PMYC has a team of qualified Instructors who can take you from your first experience of sailing through to racing.

We teach the basic skills of sailing through the nationally recognised "Discover Sailing" training program developed by Australian Sailing. This program has been designed to provide a safe introduction to dinghy sailing. The Discover Sailing program progressively builds skills as you become more confident. All our trainers are certified through Australian Sailing.

Each training session is tailored to suit the conditions and the skill level of participants. Trainees are also encouraged to participate in club activities on Saturday afternoons. You will have the opportunity to volunteer as race crew, or to go on-water with the rescue boats during races.

Dates and Times

Training Sessions are held on Saturday mornings from 9:00am to 12:30. We run two intakes each year. The dates for the two intakes in the coming season will be as follows:

Intake 1: 2023 – Nov 4, 11, 18, Dec 2, 9

Intake 2: 2024 - Feb 3, 10, 17, 24, Mar 2

What will you learn?

The Australian Sailing Discover Sailing program is a structured program that adds skills as you learn. At the PMYC Sailing School, we run scheduled classes for the first three levels of the program. We also provide race training and coaching, but this is scheduled as required. If you already have some sailing experience, we will help you decide which level you should start with.

Start Sailing 1	Your sailing journey starts here as you learn the fundamental skills of sailing and are introduced to the fun of dinghy sailing in a safe and supportive environment.
Start Sailing 2	You will build upon the experiences and knowledge gained in Start Sailing 1. By the end of this course, you will be ready to sail a dinghy on your own.
Better Sailing	Improve your sailing performance as you develop the skills to get maximum speed from your dinghy. Your journey speeds up as you experience the thrill of trapezing and using a spinnaker.

If we get good weather, you will probably be able to complete each level in 4 to 5 weeks. Don't worry if it takes you longer. As a club member, you can continue coming to sessions until you feel confident and are comfortable to move on to the next level.

The training program includes:

- Use of boats, lifejackets, and other safety equipment
- Registration with “Australian Sailing”, the national authority for the sport of sailing
- Online textbook and training log for beginners
- Official assessment and recognition: At the conclusion of training, trainees will be assessed and receive an Australian Sailing certificate appropriate to the level of achievement.

What to bring

Students should come with:

- Comfortable clothing that may be worn in the water. A wetsuit is ideal, but shorts and warm top and jacket will be OK.
- Enclosed footwear is essential; bring an old pair of running shoes to protect your feet.
- Be “Sun Smart” and bring a hat and sunscreen.
- Finally, remember to bring a towel and change of dry clothes to wear after sailing. We have fully equipped changing rooms and warm showers for your use.

Venue

We sail from the beach right next to the clubhouse in Beach St, Port Melbourne

Swimming skills

Students should be confident treading water and able to swim a short distance.

How do I join the school?

That’s easy, you begin by becoming a member of PMYC. If you are new to sailing, you can join as a Start Sailing member for your first two years. This is a reduced cost membership to let you discover sailing and participate in the school.

What does it cost?

There are two costs involved:

- Joining the Club as a Start Sailing member - \$260 per year.
- Sailing School Class Registration - \$120 per 6-week class.

Enrolment Process

Membership application forms are available on the PMYC website:

<https://www.pmyc.asn.au/>

Membership and School fees will be invoiced after the application has been processed.

For more information, contact

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