

Tel: 08 83418600 Email: rsays@rsays.com.au

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Women's Sailing

Women on Water (WOW) is a great opportunity to improve your skills in a safe and constructive environment under the supervision of coaches on the water, with instruction in match and short course racing. Sessions are aimed at all skill levels.

WHEN: Thursday evenings starting 13th of October 2022 until the 30th of March 2023. Please arrive at 5:45pm. Each session is for approximately 2 hours depending on the weather.

PRICE: \$80 for a block of 4 sessions.



EXTRA INFORMATION: Please note that spaces are limited to 16 people per Thursday. You will sail the RSAYS fleet of J24s with three or four other participants. We sail in most weather conditions except strong winds. Should we not be able to sail on any given day we spend the time working on some sailing theory and other practical skills that can be practised on the boat whilst in the marina or on the clubhouse lawn.

Email: boating@rsays.com.au Phone: 08 8341 8600

Salt Water Veterans

As a social group of veterans who use sailing to be physically and mentally active, the Saltwater Veterans collective continues to grow in both veteran and non-veteran volunteers.



Cruising

For those who enjoy sailing at your own pace and in your own time. Cruises are offered throughout the year to various destinations across, or up and down the Gulf. The RSAYS Cruising Committee also organise activities and information nights, giving members opportunities to meet new friends and enjoy the social atmosphere of the club.



Sailing



at the
*Royal South Australian
Yacht Squadron*

750 Victoria Road Outer Harbor SA 5018

<https://www.rsays.com.au>

Email: rsays@rsays.com.au Phone: 08 8341 8600

Sailing at the Royal South Australian Yacht Squadron

Weekend Racing

We run keel boat racing on Saturdays and some Sundays over Summer and six times on Sundays during winter.

The Offshore Racing Series provides a great training ground and practice for those intending to do a Sydney to Hobart Race or a Melbourne to Hobart Yacht Race.



One Design Racing

Eight Club race days dedicated to Etchells, J24, Flying Fifteen, Melges 24 and Sports Boat



Twilight Racing

This is a casual racing series which takes place on Wednesday evenings from 6pm during daylight-saving months. It is a great introduction racing in a fun, relaxed environment.

Members are welcome to stay on after racing to enjoy dinner and prize giving on the Squadron's Quarterdeck to relive the excitement on the water.

There are 20 races over two series and each series includes a Women's Helm race.



Women's Series

Seven club races held on Sundays. Crews can have male and female members but the boat must be skippered by a woman.



Your Sailing Journey at RSAYS

There are many reasons to learn to sail, the most important being it is a lot of fun.

You embark on a partnership with nature driving your boat across the water.

Sailing is invigorating, physical yet relaxing. Once you have learned the basic skills you can begin a life time of pleasure. You can travel, pass time entertaining your friends or engaging in friendly racing with the club's community.

There will always be something to learn and new challenges to experience.

Individual Lessons

3x3hour sessions with a one on one instructor. Single booking \$550. Double booking \$880. Our adult course will give you the knowledge to sail a boat in light to moderate wind conditions within smooth waters.

You will develop the skills to:

Prepare and rig your boat.

Steer on all points of sail.

Tack and Gybe.

Docking

Your next lessons will work towards building your confidence and explore weather, road rules and chart reading.

We also cover safety and emergencies and managing your yacht in unexpected situations. Having completed this course you will have covered the fundamentals of sailing and embark on a life time of pleasure and engagement.