

Course Name	Min Age	Duration	AM/PM	Price per week	22nd June	29th June	6th July	13th July	20th July	27th July	3rd August	10th August
<b>Cara Na Mara</b>	7-9yrs	1wk (1/2 days)	AM	€ 125		A		C		E	G	
<small>course A,D&amp;E: 8-9yrs old (year2), course B,C &amp; F: 7-8yr olds (year1)</small>			PM	€ 125		B		D		F	H	
<b>Taste of Sailing (Intro)</b>	9yrs	2wks (1/2 days)	AM	€ 100			A (AM)		B (PM)			
			PM	€ 100								
<b>Start Sailing (L1)</b>	10yrs	2wks (1/2 day)	AM	€ 100			A (PM)		B (AM)			C (Add-on)
			PM	€ 100								
<b>Basic Skills (L2)</b>	11yrs	2wks (full days)	16.00 finish	€ 200		A				B		C (Add-on)
<b>Improving Skills (L3)</b>	12yrs	2wks (full days)		€ 200		A		B				
<b>Advanced Boat handling (L4)</b>	12-13yrs	2wks (full days)		€ 220		A		B				
<small>(Add on week can not be book at this time, instructor will advise if required)</small>												
<b>Teen Improving Skills (L1 &amp; L2)</b>	13yrs	2wks (full days)		€ 200	A							
<b>Coaching Weeks</b>		1wk (full days)		€ 210	A		B				C	D
<small>(A &amp; B Both Team racing weeks (A-Topper, B-Laser), C: Optimist Race week, D: 420 Pre-instructor)</small>												
<b>Kites &amp; Wires</b>	14yrs	2wks (full days)		€ 275			A		B			
<small>(Reduced cost of €220 if own boat)</small>												
<b>Adventure 1</b>	15yrs	2wks (full days)		€ 275			A					
<b>Fun Week</b>	12yrs+	1wk (full days)		€ 140	A	B					C	D
<small>(For Start Sailing + sailors, addon week for those completing sailing course 2026)</small>												
<b>Adult Sailing</b>	over18	1wk (1/2 days)	AM	€ 125	A							
			PM	€ 125	B							

Points to note
Course start and finish times:
Start Sailing, Taste of Sailing, CARA NA MARA & ADULT SAILING ARE HALF DAYS (09.30 -13.00 OR 14.00-17.30) ALL OTHER COURSES ARE FULL DAY (09.30 TO 17.30), EXCEPT L2 WHICH FINISH AT 16.00
Boat hire:
BOAT HIRE IS INCLUDED IN CARA NA MARA, KITES AND WIRES AND ADVENTURES COURSES. There IS NO club boats available to hire for those completed ABH. Own boat is required. Some Club Optimist are available to hire for Taste of sailing, Start Sailing and Basic sailing. These are plastic boat suitable for these levels. We recommend for sailors completing Level 3 and higher, own boat is needed to maximum benefit from course. FOR ALL COURSES, IF A HIRE BOAT IS REQUIRED, IT CAN BE BOOKED SEPARATELY, ONCE COURSE PLACE CONFIRMED. UNFORTUNATELY THE CLUB CANNOT PROVIDE BOATS FOR ALL AND GIVES PRIORITY TO THOSE NEW TO SAILING
Trainee Assistant Instructor (TAI): MIN Age 16yrs
THE FOLLOWING QUALIFICATIONS ARE REQUIRED FOR ALL WISHING TO REGISTER FOR THE TRAINEE ASSISTANT INSTRUCTOR COURSE.
1. COMPLETION OF ADVENTURE COURSE IN WHSC
2. SAFEGUARDING CERTIFICATE
3. POWERBOAT LEVEL 2
4. IRISH SAILING GARDA VETTING
Application for Assistant Instructor is no longer through sailing course application form, but there is a separate form to apply
All Queries and questions:
PLEASE READ THE 2026 SAILING COURSE INFO LETTER ON THE JUNIOR SAILING PAGE ON THE WEBSITE.