



Basic course sailing dinghy, adult

Sailstar organizes adult sailing courses

In a sailing dinghy you will learn sailing fastest possible and you will be amazed how much you learn in a short time! Our basic courses are four days either the course is over two weekends or coherent courses in four days. We sail in modern, safe and secure dinghies, both singlehanded and double handed dinghies, Laser BUG and RS Zest.

The first day begins with a longer theory and afterwards the days go by becomes more and more sailing. Our goal is that after the undergraduate course you can take a dinghy, rig it and launch it and sail around an island and get back on your own in moderate wind forces.

Course day starts at. 9 AM and ends at. 4 PM. Our instructors are used to sailing and instructing, many of them are dinghy racing and they all have Yachtsman's diploma.

The course includes course documentation. We have wetsuits and life jackets for all participants. After the course, you can get Sailing certificate 1 (supplement 300: - blue book 50 :-)

On the sailing course you will learn the basics of the sailing, winds, knots, give-way rules, capsizing, rigging, terms and much more. Max 12 participants per course and we have plenty of boats in different sizes.

Sailstar

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About Sailstars sailing courses

Sailstars courses are arranged in sailboats and sailing dinghies. We sail Laser BUG (singlehanded), RS Zest (singlehanded/double handed). Learning how to sail dinghy is a quick way to learn and it's easy to switch to a big boat (keelboat) after learning the basics of dinghy sailing. Dinghy sailing is more physical than sailing a keelboat.

Locations

Sailstar arranges the courses at Viggbyholm, Täby north of Stockholm. It is easy to get there by car or by collective transportation.

Equipment

Sailstar has wetsuits and life vests. Bring good shoes, towel, some warmer jacket and trousers, preferably wind-tight. Swim gears are used under the wetsuit.

Requirements

No sailing experience is required. You need to be able to swim 200 meters in open water.

The course

Our adult and family courses are made for adults, with longer theory passes than the children have. Our basic courses are four days. It is possible to go the first two days when there is room for it, we call it introductory course. Our basic courses in spring and late summer / autumn take place over two weekends while we arrange four-day basic courses in the summer. The courses in dinghies go parallel to the courses in smaller keelboats and you can try a sailing boat too.

Language

The courses are held both primary in Swedish and primary in English. Look at the booking page for further information.

The instructors

Our instructors have Yachtsman's master diploma class VIII and are used to sailing, boats and also dinghy racing.

Theory & practice

The courses contain theory and we use our own book "Lära sig segling, cool, kul!". (An English new version is produced now). We learn the basics of the sailing – sailing terms, knots, wind, upwind and downwind sailing, tacks, gybes, wind eye, trim and safety. Manoeuvring, give-way rules, navigation (light). You are allowed to get a Sailing Certificate 1 after the course (additional fee 300: - + 50 for the Blue book).

Prices

4 days basic course in dinghy or midsize sailing boat has a price of SEK 4.950

2 days introductory course, which is the first two days of the basic course, has a price of SEK 3.250

Booking and reservation fee

When booking, registration fee is SK 1.500- and remaining fee is paid 28 days before the start of the course. If you can register, you have got a seat on the course, at some courses there are reserve places which you will be notified at the time of registration. In case of cancellation no later than 28 days, the course fee will be refunded in addition to the registration fee. The registration or booking fee is not refundable. Should a cancellation be cancelled later than 28 days before the start of the course, the full course fee will be Sailstar. If the course does not take place, the registration fee will also be refunded.