



Foynes Yacht Club Sailing Academy 2017



Thank you for booking with the Foynes Yacht Club Sailing Academy.

We love sailing & we hope you will too!

To ensure you get the most out of your sailing course we would make the following recommendations:



Clothing details

Personal Flotation Device PFD's will be provided by the Sailing Academy and must be worn at all times when involved in watersport activities *and* on the pontoons.

Wetsuit If purchasing a wetsuit we would recommend steamer suits i.e. long legs and long sleeves.

The Sailing Academy may provide a wetsuit if you do not have your own.

Please bring with you

Swimming togs

Towel

Adequate footwear e.g. booties, runners. NO flip flops.

We would also recommend socks to wear in the water, two pairs even better! Seriously, keeps the toes toasty!

Long sleeved top

Suitable to be worn in the water. Can be worn under a wetsuit e.g. skins/base layer. Again, it's all about keeping warm.

Windcheater

Optional - to wear over wetsuit, depending on weather.

Hat

Full day course

Please bring a packed lunch. Lunch time will be supervised by instructors.

Half day course

Recommend bringing a snack. It's hungry work out there!

