



Basic course sailing, midsize sailing boat

Sailstar arranges sailing courses in midsize sailboats for adults

For the second season, we arrange sailing courses in our tailor-made Diva 24SC with a larger cockpit and seats for four participants to be active and we also have a proper toilet onboard the boat.

The first day begins with a longer theory pass and afterwards the days go by becomes more and more sailing. Our goal is that after the undergraduate course you can carry out, rig and sail around an island with a smaller sailboat and get back on your own in moderate wind forces. This is an intensive basic course in four days.

The courses are based at Viggbyholm, Täby, north of Stockholm. Course day starts at 9 AM and ends at 4 PM. Our instructors are used to sailing and instructing, many of them race dinghies or larger boats and they have Yachtsman's master diploma. The course includes course documentation. We have life jackets for all participants.

After the course you can get Sailing certificate 1 (supplement 300: - blue book 50 :-). It is possible to rent the boat Monday-Wednesday after the course.

On the sailing course you will learn the basics of the sailing, winds, knots, give-way rules, rigging, terms, addition, manoeuvring and much more. Max 8 participants per course and max four participants per boat and instructor. Book the course on the website!



Sailstar

We teach sailing

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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.

<https://www.sailstar.se>