



## Sailing Lessons 2013-2014, for Coastal Skipper, non tidal waters

### General

Our goal is to teach you the sport of sailing and how to survive the harsh seas, starting from the basics.

You must be 16-86 years of age and to know how to swim.

Our experienced instructors will teach you the theory, how to steer the boat, how to trim the sails and will train you in seamanship issues and safety at sea . You will obtain the knowledge of sea , boat , sails etc , but meanwhile you will have unforgettable moments of adventure, sunshine, mooring in peaceful bays, swimming and making new friends .

Courses are in English.

Combine your holidays with an instructor on board. NAOVV can provide you with an instructor of your choice for mono hull yachts up to 50ft. Afterwards, we prepare the yacht with all the necessary safety and teaching equipment and run the course in a 7 day to 2 weeks period. This potentially combines real time practise with relaxation. NAOVV instructor will ensure that the course content will be slow paced, allowing you to enjoy your holidays as well as providing you with the more authentic and undiscovered areas of Greece. Course is designed to suit your personal needs.

### Course Schedule

- Our courses run on Saturday to Saturday basis. If alternative start dates are required, the schedule can be modified.
- The learning holiday duration can be either 7 days or 2 weeks.

### What is included in Instructional courses:

- Yacht + Instructor
- Instructional material
- Theory preparation (upon arrival) + Practice during the week
- Harbour Fees during the course / cruise

### Not included:

- Food + Beverage
- Fuel during the course/ cruise
- VAT ( 6,5%)

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### Certificates

NAOVV delivers high standard training and certificates will be issued to those who, according to the instructors opinion, during the course reached the desired standard as set by the General Secretariat of Sports in Greece and the Greek Sailing Federation. That decision is final and shall be accepted by all students.

### Course Duration / Course sea area

The course commences upon arrival on the first day and terminates 1700 the afternoon before the last. The students can stay on board until 1200 the last morning.

The skipper/instructor decides the departure and arrival times during the week including the first and the last days, according the course schedule. Typical seven day course starts Saturday noon, departs from home port the same evening or next morning, and ends on Friday afternoon. The skipper might decide to return on Saturday morning before 1000 if that is convenient.

Yachts are based in Alimos Marina of Athens.

The sea area depending the Course / Cruise is **Saronic and Argolic Gulf for 7 day courses** or / and **Western Cyclades for 2 weeks course**.



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THEORY			PRACTICE	
Day 1st Saturday	Yacht types Type of keels-Rigging-Sails	2 Hrs	Home Port	Practice-Departure  4 hrs day lesson
Day 2nd Sunday	Anchorage - Knots Anchor types- Mooring equipment Yacht stability Wind- How to use/trim the sails	4 hrs	Arrival to next port	Practice-Departure  7 hrs day lesson
Day 3rd Monday	Navigation Lights True / Magnetic North Variation-Deviation-Error Chart practice	4 hrs	Arrival to next port	Practice-Departure  7 hrs day lesson
Day 4th Tuesday	-		Arrival to next port	Practice-Departure  7 hrs day lesson
Day 5th Wednesday	International Regulations to Prevent Collision at Sea Lights and shapes Head-on, Give way vessels	4 hrs	Arrival to next port	Practice-Departure  7 hrs day - night lesson
Day 6th Thursday	Yacht delivery - redelivery statement MOB - Radio /VHF use Emergency cases at sea	4 hrs	Arrival to next port	Practice-Departure  7 hrs day -night lesson
Day 7th Friday	Meteorology Fisrt aid	2 hrs	Return to Home Port	Practice-Departure  7 hrs day lesson
Day 8th Saturday	<b>Examination</b>			Practice  4 hrs day lesson

20 hrs theory	50 hrs practice	
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