



Contact MAC

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Milnerton Aquatic Club

All you need to know about the Junior

Beginner Sailing Courses

at MAC

What you will learn

We will teach you to helm (steer) your own dinghy, single-handedly, from the shore out into the vlei and return back to shore. Sounds simple hey? Well not really, but it's not that difficult if you put your mind to it and we'll show you how to do it. It's a little bit like learning how to ride a bicycle for the first time. Being able to perform this simple basic manoeuvre will set you on course to becoming a competent sailor.

Starting to sail on a dinghy is the best way to learn to sail. It teaches you the basics which can later be applied to other sailing disciplines like board sailing; kite boarding; keel boating, radio controlled sailing and even sailing on land.

We'll also be learning some nautical terms; how to rig and de-rig a typical dinghy; make some knots; right a capsized dinghy (gulp!); learn where the wind is coming from; swim fully-clothed; understand what makes a dinghy sail, plus a whole lot more interesting stuff. We'll be spending most of the time on the water, so the accent of the course is mostly practical, with a little theory thrown in too. The classes are small (max of 8 sailors per course), so you'll be assured of one-on-one tuition.

What to bring?

When you sail, you get wet. Full Stop! So it's important to be properly dressed and especially have a change or two of WARM clothing waiting for you when you get back ashore. If you have your own wetsuit, that's great, but it's not essential in the beginning. Life jackets are however absolutely essential! If you don't have your own, we have to loan you. So don't forget to bring:

- a towel
- sun block
- a hat/cap
- an anorak or wind cheater
- spare, warm clothes

What we supply

- excellent, passionate and competent instructors
- a safe, controlled and friendly environment
- seaworthy boats
- life jackets
- training manual and teaching aids
- lunch & refreshments everyday. (If you have special dietary requirements, be sure to let us know before). There is a vending machine for that extra snack or drink.
- warm showers
- lots of FUN!

Weather to or weather not to?

The course is designed around 3 days, but should the weather not play game (wind to strong!), we've got an extra day to make up for lost time on the water. If we can't sail, then we'll play games; take a walk in the nature reserve and go visit the penguins and their friends at SANCCOB. And if the weather is great, well then we just sail all 4 days away!

Show them how it's done!

On the last day of the course we have a "bring & braai" where all the parents are invited to enjoy lunch with their sailors and see them in action on the water. You'll also have an opportunity to meet and talk to some of our junior sailors who started off just like you, some of which have gone on to qualify for World Championship events.

And then what?

This is only the beginning . . . We hope to entice you that you'll want to continue sailing forever. The club offers:

- boats for loan
- regular intermediate & advanced training on Saturday mornings
- junior racing on Saturday afternoons
- advise on purchasing your own boat
- and lots more

About MAC

The Milnerton Aquatic Club, known as MAC, has its origins in 1976. It is situated on the banks of the Rietvlei Nature Reserve with Table Mountain as a majestic backdrop. The Reserve is a haven for abundant birdlife, many of

which are migrate from as far as Europe. There is a walking trail within for those who enjoy the tranquility of the outdoors.

Because of its location, ideal wind and water conditions, MAC has become a popular sailing venue, making it amongst others, a popular destination for overseas board sailors.

MAC has a membership of around 600 with four aquatic divisions, namely dinghy sailing, board sailing, radio controlled sailing and power boating.

Members can enjoy the club's galley and "Wet Start" bar, which offers exquisite views over the vlei and Table Mountain. The moment the sun sets, members can enjoy a braai or simply a sundowner after spending a day on the water. MAC has a large swimming pool as well as a toddler's pool and a play park for the kids.

A dedicated and professional management team head up the club, which ensures the smooth running of the club on behalf of its loyal members. Whatever you choose to do at MAC, you can enjoy a fun filled carefree day exactly the way you wish, both on and off the water.

Where are we?

