

**Duration:** 1 Day

**Previous Experience Required:** Basic sailing ability

**Course Overview:** A hands on course that will unlock the mysteries of basic sail trim and enable you to gain more from your boat

**Cost:** £140

Have you ever thought that you just aren't getting the boat speed out of your yacht that you expect? Whilst club racers will find this course useful it is equally suited to cruisers who want to find out more and maybe use that extra half a knot to get home before the bar closes! Having a better understanding of sail trim really adds to the enjoyment of sailing and you will leave the course with plenty of simple to use techniques that can be used on your own yacht.

Under the guidance of an experienced instructor you will increase your understanding of the various controls such as car positions, halyard tension, clew outhaul, mainsheet traveller, backstay tension and tell tales. If the weather is suitable you will also learn how to hoist, set, gybe and drop a spinnaker. The day is run in a relaxed and informal coaching style that will enable you get the most from your time on the water.

**Itinerary:** 0900 until approximately 1700

**What's Included:** Wet weather gear, lunch, morning and afternoon tea.

**Support Courses:** [Boat Handling Course](#)

**Supporting Books:** [Please click here to view books for sale](#)

**Course Dates:** Please note that if the dates listed are not suitable for you or you wish to have a course run on your own boat we can arrange bespoke courses. Please call us if you would like more information about these options

### Course Dates and Online Booking

Telephone Bookings or Enquiries 023 8045 2668

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## Sail Trim Course

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