

SAILING

Bede's Sailing Academy is the ideal place to learn the essential skills of seamanship and navigation, offering a truly enriching experience on the water. Students will gain the confidence to safely manage a vessel, master fundamental techniques like sail trim and boat handling, and cultivate a deep respect and lasting passion for the art of sailing.

OBJECTIVES

- To master the fundamental principles of rigging, knot-tying, and essential deck-work
- To understand the effects of wind, currents, and tides on the boat's performance and strategy
- To improve boat handling skills, including steering, tacking, and gybing with precision
- To develop the ability to safely and independently sail in varying weather conditions
- To learn to expertly perform sail trim and balance the boat to achieve optimal speed and efficiency
- To execute essential emergency procedures such as capsize recovery and man-overboard drills
- To foster effective teamwork, clear communication, and strong seamanship ethics among the crew
- To increase overall knowledge of maritime safety regulations and navigational marks
- To gain practical experience in short-course racing and basic cruising navigation
- To cultivate a lifelong passion for sailing and a deep respect for the marine environment

FURTHER INFORMATION

Students need to be confident swimmers to attend this Academy.



SUMMARY

CENTRES	Dicker (12–17 years)	DAYS	Tuesday and Thursday
VENUE	Eastbourne Seafront	LEVELS	Beginner, Elementary, Intermediate and Advanced
HOURS	3 hours per week (2x 1½ hour sessions)	INSTRUCTION	Students receive instruction in small groups
DATES	Dicker – Week 3: 12/07/2026 Week 5: 26/07/2026	FEE	£295 per week

Minimum number of students is required for the Academy to run. If an Academy is cancelled, a refund will be given.