

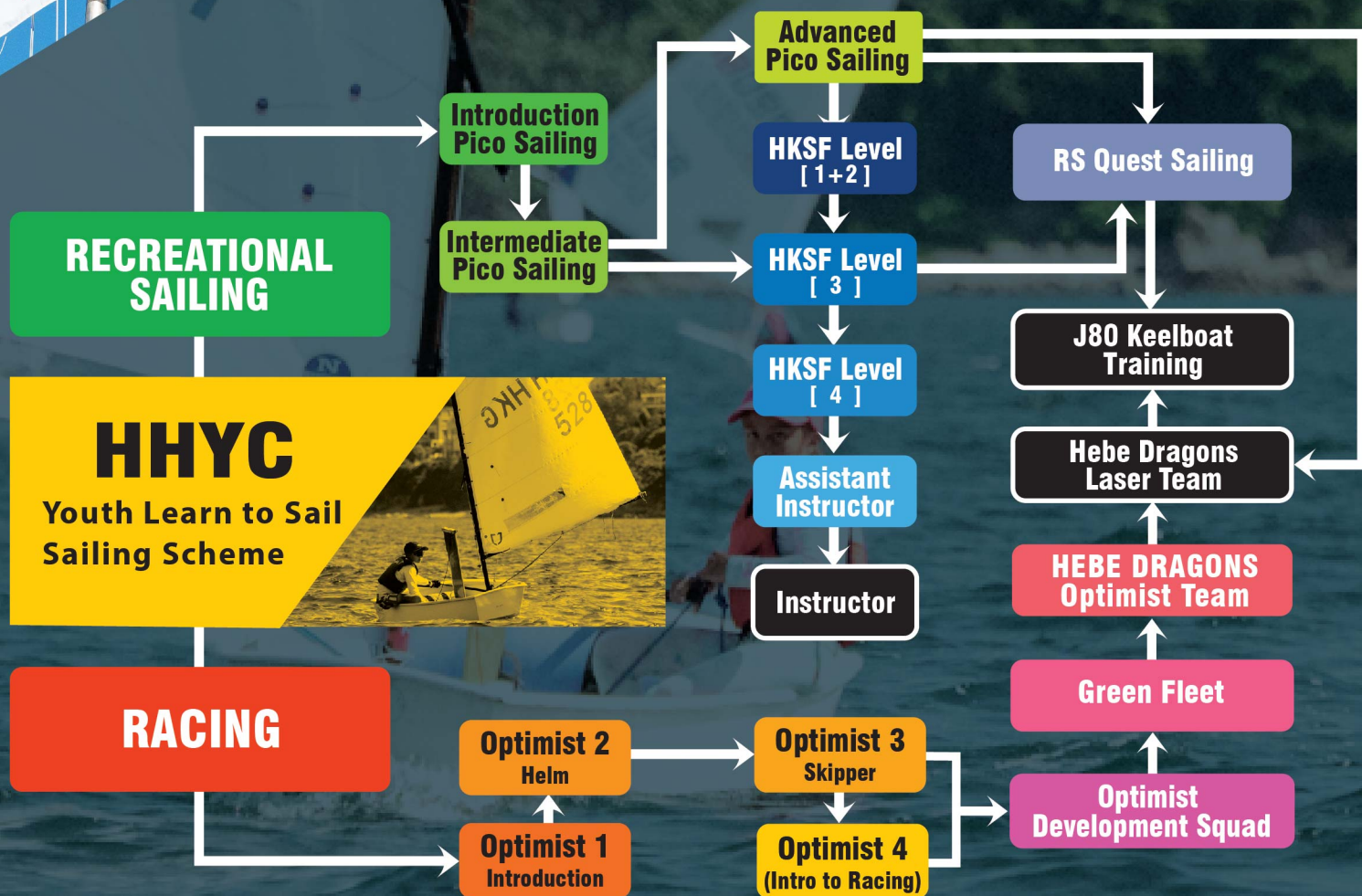


HEBE HAVEN YACHT CLUB
白沙灣遊艇會

Join

Hebe Haven Yacht Club

Unleash your potential!



HHYC is affiliated to:



Course	Assumed Knowledge	Course Focus	Min. Duration	Min. Age
Optimist 1 Introduction	None	<ul style="list-style-type: none"> Simple & fun introduction The Focus is on the basic skills of steering, balance and simple sail training 	100 Hours	7 Years Old
Optimist 2 Helm	The previous course focus	<ul style="list-style-type: none"> Able to sail an Optimist dinghy single-handed in light winds on all points of sail 	100 Hours	7 Years Old
Optimist 3 Skipper	The previous course focus	<ul style="list-style-type: none"> Able to launch and recover an Optimist dinghy safely without assistance Sail single-handed in light to medium winds round a basic triangle course 	100 Hours	7 Years Old
Optimist 4 (Intro to Racing)	The previous course focus	<ul style="list-style-type: none"> Able to race an Optimist dinghy around a simple course a in medium to high winds Basic understanding of starting, race techniques and racing rules 	100 Hours	7 Years Old
Optimist Development Squad	The previous course focus	<ul style="list-style-type: none"> Be part of the training squad where sailors will continue to "learn the ropes" Improve on maneuvers & techniques learnt in initial training programs Great way to log hours, become more confident when they graduate to the Laser Pico training squads aged 10+ 	On Going	7 Years Old
Introduction to Pico Sailing	The previous course focus	<ul style="list-style-type: none"> Never have sailed before but aged 10+ A roto-molded hull provides a strong, buoyant structure that is fun and stable The high boom provides ample head room and highlights its spacious, self-draining cockpit Easy to handle A rapid learning curve for single-handed sailing 	100 Hours	10 Years Old
Intermediate Pico Sailing	Optimist 3 Skipper or Introduction To Pico Sailing	<ul style="list-style-type: none"> For intermediate sailors graduated from the Optimist dinghy program Allow sailors to set new goals and targets within the sport Develop your techniques & maneuvers in a fun & sport dinghy Refine small boat handling skills 	100 Hours	10 Years Old
Advanced Pico Sailing	The previous course focus	<ul style="list-style-type: none"> For advanced sailors and have graduated under supervision of club instructors at Intermediate level Take part in more challenging sessions afloat Teach sailors how to manage their boat in higher winds, using advanced techniques manoveres Focus on seamanship, confident & competent boat handling skills Potential Hebe Dragons Laser Team Sailors 	100 Hours	10 Years Old
HKSF Courses 1+2, 3, 4	See HKSF Logbook, Sailing Scheme and Guidelines	<ul style="list-style-type: none"> Over 5 full days with 30 hours on each level Min. 9 months between taking each course Encouraged to log at least 50 hours of sailing in between courses Level 1 & 2 for beginner sailors Gives sailors National Sailing Level experience Learn to sail a variety of different boats 	30 Hours + 9 Months Between Participating On Each Training Course	10 Years Old
Green Fleet	Blue Fleet Skills and Training	<ul style="list-style-type: none"> Introduction to Dinghy racing program Competitive sailing & shows potential to get racing skills fine-tuned Be prepared for future regattas at HHYC / Hong Kong Participation in Green Fleet HKODA Regattas 5 weekends a year Helps build confidence and integrate sailors into the intermediate - advanced regatta scene in HK 	100 Hours	9 Years Old
Hebe Dragons Optimist Team	Green Fleet Skills and Training	<ul style="list-style-type: none"> A committed and passionate group of sailors taking part in Local & International Regattas throughout the year Teamwork and sportsmanship is stressed in a supportive but challenging environment Customized for sailors who can competitively race Lasers (Radial and 4.7) and Optimist Double Handed Dinghies 	On Going	10 Years Old
Assistant Instructor	Level 3 Sailing Ability	<ul style="list-style-type: none"> Good for those who want to take the next step in the sport industry, and enjoy working on programs, courses & events during the year, esp. on weekends & during school holidays Recognized HKSF (Hong Kong Sailing Federation) certificate course for those sailors who hold the HKSF Level 3 sailing skills certificate 	On Going	14 Years Old
RS QUEST Sailing	Able to Sail a Pico Well, Single Handed	<ul style="list-style-type: none"> Double-handed dinghy sailing provides a great way to sail a boat with a crew & work towards sailing with spinnakers & trapeze Require a good level of ability and competency Keep sailors engaged while still gaining the confidence they need in the initial stages of gaining experience afloat 	On Going	13 Years Old