



## FSC SAILING ACADEMY SUMMER WEEKLY TRAINING SCHEDULE 03 September 2023 – 11 May 2024

DAY	CLASS	TIMES
<b>Monday</b>	No Training	
<b>Tuesday</b>	ILCA 4 & 6 ILCA 7 Windfoil	1600 – 1900 1500 – 1900 1600 – 1900
<b>Wednesday</b>	ILCA 4,6,7	1600 – 1830
<b>Thursday</b>	Optimist Green Optimist Intermediate Optimist Open	1600 – 1900 1600 – 1900 1600 – 1900
<b>Friday</b>	29er / 29erXS	1600 – 1900
<b>Saturday</b>	Optimist Green Optimist Intermediate Optimist Open  29er / 29er XS Windfoil ILCA 4,6,7	0900 – 1300 0900 – 1300 0900 – 1300  1300 – 1600 1300 – 1600 1300 – 1600
<b>Sunday</b>	Specific class training camps to be arranged by Classes.	

Training will be led by FSC coaches under supervision of the Boating Office.

Saturday's session may include coach-led training or racing to enhance and improve boat handling, tactical and strategical skills at various levels and classes.

We are striving to have one weekly session and one weekend session per week during the summer.

If numbers in a Class does not justify a coach, we may combine Classes to get enough boats in a session.

Register and pay for your weekly training via the QR code.

For all related enquiries, please contact:

**Chris Charlwood, Senior Coach & Training Coordinator**  
Email: [sailing@fsc.com.au](mailto:sailing@fsc.com.au) Phone: 0467 905 760

**REGISTER HERE**



\*\*Classes not listed may discuss their training requirements with Chris Charlwood.