

# BENEFITS

- Train under decorated Olympian Derrick Menezes and his highly experienced team of sailors
- Learn how to use the sailing equipment and improve your Dinghy Sailing skills
- All equipments will be provided for Dinghy Sailing
- Competitive Dinghy Sailing races to test the skills learnt
- Program is certified by the Goa Yachting Association
- Sport of Dinghy Sailing helps in developing hand-eye coordination
- Sport of Dinghy Sailing helps in strengthening body core
- Sport of Dinghy Sailing helps burn upto 1000 calories per hour
- Visit famous tourist spots, sight-seeing and learn about local culture
- Medals and certificates will be awarded on completion of the program

## **SPORTSFORT**

 **7208592162**

### Our Other Sports Travel Programs



Cricket   Football   Badminton   Squash   Basketball   Handball   Skiing



Swimming   Wind Surfing   Kite Surfing   Scuba Diving   Sea Kayaking   Stand up Paddle

 [sportsfort](#)  
 [sportsfortacademy](#)  
 [info@sportsfort.in](mailto:info@sportsfort.in)  
 [www.sportsfort.in](http://www.sportsfort.in)



Derrick Menezes  
Program Partner

# **SPORTSFORT**

## **DINGHY SAILING CAMP GOA, INDIA**



# PROGRAM INCLUSIONS



ACCOMMODATION  
HOTEL & RESORT



MEALS AS  
PER PLAN



REQUIRED GROUND  
TRANSPORTATIONS



TEAM COORDINATOR  
AVAILABLE AS PER PLAN



SIGHTSEEING AND  
CULTURAL ACTIVITIES



FIRST AID &  
MEDICAL FACILITIES



TRAVEL  
ASSISTANCE



SOCIAL MEDIA  
COVERAGE



PRE-ARRANGED  
DINGHY SAILING RACES



MEDALS &  
CERTIFICATES



TRAINING  
ANALYSIS



SESSIONS BY  
PROFESSIONAL TRAINERS

## WHO IS IT FOR ?



### SCHOOL

LEARN A UNIQUE &  
SOPHISTICATED  
INDIVIDUAL SPORT



### COLLEGE

LEARN A UNIQUE INDIVIDUAL  
SPORT ALONG WITH A  
TASTE OF GOAN LIFESTYLE



### INDIVIDUAL/FAMILY

EXPERIENCE ETERNAL  
SPORTING MEMORIES  
WITH YOUR FAMILY



### CORPORATE

SELECT AN EXOTIC  
TEAM RETREAT FOR  
YOUR ORGANIZATION

# TOUR ITINERARY

COURSE	COURSE CONTENT	ABILITY AFTER COURSE
LEVEL 1 5 DAYS	Teaches you the basics of dinghy sailing using the right equipment. Also learn 5 essentials of sailing, tacking, gybing and steering	Along with learning about all equipments and balancing on water, also sail to a chosen point on the water and return to where you started in light winds
LEVEL 2 5 DAYS	Improve your technique and confidence through new skills including reefing, sailing upwind, sailing crosswind, man overboard & capsized drill. Coming alongside & racing	In addition to honing the skills of Level 1, Sail solo in one's own dinghy
LEVEL 3	The advance course will allow sailors who have completed their level 2 to gain some extra practice to progress in a module suited to their interests	

## EXCURSIONS INCLUDED

- Half day sightseeing – Old Goa
- Exotic Goan Dinner at upmarket restaurant
- Sundowner at upmarket beach shack
- River Cruise on The Mandovi
- Trip to enjoy night life of Goa