

Sailing Courses for Adults
Powerboat Courses
Corporate & Group Outings
...And Much More!



www.insc.ie



*An Official Fundraiser for Our Lady's
Hospital for Sick Children, Crumlin.
Over €16,500 raised since 2007*

About Us

Based in Dun Laoghaire, South County Dublin, we pride ourselves on providing a fantastic experience of the water at very competitive prices. And with our courses beginning from just €59 (inclusive of Safety & Watersports Equipment) there is excellent value on offer!

We look forward to meeting you this year...



Full details on all our Courses can be found at www.insc.ie

Taster Courses

(3 Hours Tuition followed by BBQ)

Designed for those who are looking to give Yacht Sailing, Dinghy Sailing or Kayaking a try! Run on selected Saturdays from May 2011 (11.30am-3.30pm) we'll take you out on the waters of Dublin Bay and teach you the basics (making sure you have buckets of fun along the way!) After your 3 hours on the water we're sure you'll have an appetite, so we'll retire to the Clubhouse for BBQ Burgers & Chips and a drink from the bar! **Cost - €59**



Yacht / Dinghy Level 1 Beginner Courses

(9 Hours Tuition, run on Weekends and / or Weeknight evenings in Summer)

The Level 1 Programme introduces you to the basics of Sailing, teaching you the nuts & bolts such as: Rigging the Boat, Turning, Setting the Sails, Personal Safety Equipment, Weather & Tides and Basic Ropework! We offer Level 1 in Yachts (Non Capsizing, Sailed as a Part of a Team) and Dinghies (Capsizing, 1 Trainee per Boat). In this way, we can cater for different tastes: if you're a fan of getting wet & capsizing, the Dinghy is for you! If you'd be more amenable to staying (relatively!) dry and learning as part of a group with other trainees, we recommend the Yacht! Whichever option you choose we're sure you'll have a great time! **Cost: €179**, Courses begin from April 2011



Powerboat Courses

We offer Powerboat Tuition to suit all Levels of Experience. Some of our popular courses include:

Level 1 – Introduction to Powerboating – A one day intro course, teaching you the basics! Includes a trip to Dalkey Island or O'Connell Bridge on the Liffey! **Cost - €99**

Level 2 – National Powerboat Certificate – 2 Day Comprehensive Programme, covering the fundamental practical manoeuvres & Theory. **Cost - €199**

Corporate & Group Outings

Great for Company Days Out, Birthdays, Social Groups, Gatherings...

A Group Outing with us offers you the chance to take part in our "Sea Safari" of Dublin Bay in our fleet of Powerboats and / or Yacht Sailing and racing in our Sailing Boats. Catering for groups of 5-70 persons, we wrap the day off in the Clubhouse with a BBQ and a cold drink from the bar!

Prices - From €49pp.



Other Courses

We also offer: Level 2 & 3 Sailing Courses, Powerboat Level 3, First Aid & VHF Courses, Pay-as-you-Sail Club for those looking to get practice on our boats and much more..

Further information can be found at WWW.insc.ie

Book NOW We're waiting to take your call at 01 2844195



West Pier,
Dun Laoghaire Harbour, Co. Dublin
Tel / Fax: 00 353 1 2844195
Email: sailing@inss.ie Web: www.insc.ie