



## FSC SAILING ACADEMY WEEKLY TRAINING SCHEDULE

Term 1, 2025

DAY	CLASS	TIMES
<b>Monday</b>	No Training	
<b>Tuesday</b>	ILCA 4 & 6 ILCA 7 IQ FOIL	1600 – 1900 1500 – 1900 1600 – 1900
<b>Wednesday</b>	ILCA 4,6,7	1600 – 1900
<b>Thursday</b>	Optimist Green Optimist Intermediate Optimist Open	1600 – 1800 1600 – 1800 1600 – 1800
<b>Friday</b>	29er / 29erXS	1600 – 1900
<b>Saturday</b>	Optimist Green Optimist Intermediate Optimist Open Pacer Training  29er/505 IQ FOIL ILCA 4,6,7	0830 – 1230 0830 – 1230 0830 – 1230 0830 – 1230  1200 – 1600 1200 – 1600 1200 – 1600
<b>Sunday</b>	No Training	

Weekly training will be conducted during the school terms unless there is a regatta at FSC or neighbouring club.

For all related enquiries, please contact:

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