

# Sailing Improvement

## Course Details

Course: Sailing Improvement

Minimum Age: 18

Duration (Hours): 12 (Hours (Theory): 4, Hours (Practical): 8)

Prerequisites: Good mood!

## Course Description

### Who is it for?

For all lovers of the sea who want to deepen their knowledge of sailing and sailing, or for those who have taken the Sailing Course - Initiation and want to improve their knowledge and technique. For those who want to experience the different roles in a crew. For those who want to gain confidence and security in their navigation. For those who want to rent or purchase a sailboat.

### What is the purpose?

The aim is to develop skills for better sailing navigation. Learn how to tune the sails in more detail and how to use the Spinnaker. Learn to master maneuvers with more precision and coordination. Learn to rudder, distribute the crew's weight and feel the boat's progress. Learn the mooring and anchoring maneuvers.

### What is the subject?

Spark plug tuning, use of Spinnaker. Rotate through the Bow, Mast, Piano, Mainsail, Genoa and Helm positions. Coordinated manoeuvres. The balance of the boat. Use of the engine and on-board instruments. Mooring and anchoring maneuvers. Maintenance basics.

### Format:

The courses are on weekends in the morning or in the afternoon. You must arrive 15 minutes before the scheduled time.

**Location: Belem Dock**

Mornings: 9:30 am to 1:00 pm

Afternoons: 14:00h to 17:30h Days: 10:00h to 17:00h

**Secretariado: Telf/Fax: 21 4437623 - 938 471 020 - 934 236 043**

**[www.patraomor.pt](http://www.patraomor.pt)      [geral@patraomor.pt](mailto:geral@patraomor.pt)**

Copyright 2026 - Patrão Mor Formação Náutica Lda.

01-06-2026, 20:56