

Torreguaceto Sailing Centre (CVT)

CVT is a non profit Sports Association which holds sailing courses for beginners (DEV1, DEV2, WIN1) and more advanced sailors (DEV3 e CAT1, CAT2, WIN2) at the Torreguaceto sailing school, in Puglia near Ostuni at the Torreguaceto National Park, a natural marine reserve.

In order to take part you need to be in good health and be able to swim 50 metres but you don't need to be an athlete, sailing is a sport for all and we have had students ranging from the ages of 16 to 50!

Torreguaceto Sailing School is affiliated with Federazione Italiana Vela (FIV) , International Sailing School Association (ISSA) and Associazione Italiana delle Scuole di Vela (AISVE).



Torreguaceto Sailing School is immersed in the countryside and not far from the busy town of Brindisi. It has a beautiful sandy bay protected by small islands which surround the area making it perfect for navigation. The Sailing School is situated around an old Pugliese farm house (masseria) which overlooks the sea. The kitchen and rooms used for teaching and recreation are situated in the main building, whereas the toilets and the camping area are outside. There are large tents with bunk beds used as dormitories but you can also bring your own tent and sleep under the trees. The environment is basic but in close contact with nature without too many modern comforts. The Sailing School doesn't have a central kitchen but the students take turns to cook under the supervision of the 'cambusiere'. A kitty is used to pay for the cost of the meals just as one would on a cruise.

What to bring with you

Personal belongings – jeans – cotton t-shirts – pullover or fleece – waterproof lightweight kagoul – woolen hat – sunglasses with strap

For the dinghy courses:

Dingy soft soled sailing shoes or deck shoes of trainers with a grip sole – knee protection – shorts – sailing gloves – if you feel the cold it is advisable to bring a light wet suit

For the windsurf course:

suitable shoes and gloves

Extra:

sleeping bag or sheets and blankets – pillow – torch – sun cream

You should bring some cash with you (approx. 100 euro a week) for meals (kitty) and any personal expenses (there are no cash point machines in the vicinity)

BASIC DEV - DEV1 and DEV2

This is the base Dinghy Course, geared for beginners who want to approach the sport of sailing. In 2 weeks you will gain confidence with the dinghies, you will learn the basic sailing technique and find out what a dinghy is capable of. For the first week you will navigate on the Tridente, a spacious and stable dinghy; for the second week on Laser2000 dinghies, a two-seater boat which is smaller and faster and more 'fun'.

During the course you will be assisted by experienced and competent instructors.

BASIC CAT – Catamaran

The Basic Cat Course is suitable for those of you who are enthusiastic about sailing catamarans, even if you have no sailing experience,. This course lasts two weeks; the first week takes place on DEV1 dinghies to acquire the basic notions of sailing using the Trident, and during the second week on the Hobie Cat 16.

Fleet: Trident, Hobie Cat 16

2 member crew

CAT1 - Catamaran 1st Level

This course is dedicated to those who have a minimum of sailing experience. The Hobie Cat 16 are the best known catamarans in the world and are designed to catch the best winds and reach the highest speeds. On this second level course you will learn the basics of how to sail a catamaran.

Fleet: Hobie Cat 16

2 member crew

CAT2 - Catamarano 2nd Level

This course is for those who have already completed CAT1. Both helm and crew will be out on the trapeze to offset their weight against the strength of the wind. You will find out that the even distribution of weight is the element that will permit you to drive the boat at high speed and to full potential.

Fleet: Hobie Cat 16

2 member crew

WIN1 - Windsurf 1st Level

This type of course aims to render the student independent. You will learn the basic notions of safety: through theoretical lessons on the beach using a simulator. The practical lessons in the water include exercises on sailing in all directions, rigging, launching and recovery from the shore, tacking and gybing. At the end of this course you will be able to sail to where you want to go and back again.

Fleet: F2 Rookie, Hifly Primo

WIN2 - Windsurf 2nd Level

This course aims to teach you to get the board planing, fast tacks and gybes, the correct position when sailing in different directions, the use of the trapeze and for the most skilled planning using the foot strap. All lessons on the water are preceded by theory lessons on the simulator on land. The needs of each pupil will be carefully analyzed by the instructors whose aim is to correct and improve the technique, keeping in mind everybody's previous experience.

Fleet: BIC Techno Formula

DEV 3 e DEV 3 SKIFF Level 3

These courses are advanced dinghy courses and are dedicated to fine tuning what is learnt in the beginners course using dinghies such as the Strale Scuola (DEV3) and the Laser 3000 (DEV3 SKIFF). You will perfect the use of weight in the boat in the different conditions of strong and light winds, you will learn to use the harness and how to sail a dinghy with a gennaker.

Fleet: Strale e Laser 3000
2 member crew