

RPAYC

Welcome to the Alfreds
Royal Prince Alfred Yacht Club

OFFICIAL CLUB BROCHURE 2022-23

rpayc.com.au



BE ANYWHERE, WORK ANYWHERE

Our data management solution will transform your business process.

Checklist, Service Report, Planned Maintenance
Improve Workflow,
Report, Analyse, Predict and Plan



With our solutions:

- design your own templates to capture data and share
- add photos, receipts, signatures, locations
- manage all transactions with our Silhouette Web Portal
- find any record easily and email PDF or SMS a link
- receive data Alerts, monitor KPIs and follow up Actions

They chose us...



William Crendal
Destiny Wireless Australia
Suite 7 Level 4, 18 Smith Street – Chatswood NSW 2067 – Australia
+61(0) 416 140 041 +61 (2) 9417 5333
www.destinywireless.com.au



Contents

How to Find Us.....	5
Welcome.....	6
A Brief History.....	10
What's On.....	14
Clubhouse & Function Rooms.....	16
Sailing Program.....	22
Learning to Sail, Junior, Youth & Adult Centreboard Sailing.....	38
Centreboard Development Pathway.....	46
Regatta & Championship Events.....	48
Volunteering.....	54
Cruising.....	56
Sail Training: On-water & Shore-based.....	62
Gymnasium Services.....	73
Marina, Moorings & Hardstand Facilities....	76
Boatyard Services.....	80
Join Today, Become a Member.....	82
Member Benefits.....	86
Community Support & Industry Awards.....	93



PREMIER PUBLISHING
14 Ellis St
South Yarra VIC 3141
T 03 9028 5704
E info@premierpublishing.com.au
W www.premierpublishing.com.au

Royal Prince Alfred Yacht Club and Premier wish to thank the advertisers who appear in this publication for their support and wish them every business success. The contents of this brochure are believed to be correct at the time of printing, nevertheless, we cannot endorse and readers should not rely solely upon the accuracy of any statements or claims contained herein without prior consultation with the service provider.

Photography provided by Royal Prince Alfred Yacht Club.

Celebrate lower rates

Northern Beaches Based Mortgage & Finance Broker

Contact us today for no obligation
chat about the latest home loan
rates and cash back offers.



Martyn Williams
Director

With knowledge of the most competitive loans available on the market, our services allow customers to enjoy the loan experience while having someone assist them in researching, organising, and negotiating on your behalf. We can help with:

Purchasing • Refinancing • Pre-Approvals

SMSF Loans • Commercial Loans • Vehicle & Equipment Loans

0478 417 425 | m.williams@aquahomeloans.com.au
aquahomeloans.com.au



How to Find Us

Royal Prince Alfred Yacht Club is conveniently located at Newport on Sydney's Northern Beaches and easily reached from the CBD to the south, Parramatta to the west and Gosford to the north.

For directions, see the Contact Us page of the Club website: www.rpayc.com.au/contact-us

Contact Information

Royal Prince Alfred Yacht Club
16 Mitala Street
Newport Beach 2106 NSW Australia

Telephone

(02) 9998 3700 (reception)

Email

info@rpayc.com.au

Web

www.rpayc.com.au

Social Media

Keep up to date with all the latest news from the Club by visiting our pages on Facebook, Twitter, Instagram and YouTube.

Facebook

www.facebook.com/royalprincealfredyachtclub

Twitter

twitter.com/rpayc

Instagram

[instagram.com/rpayc](https://www.instagram.com/rpayc)

YouTube

Search "Royal Prince Alfred Yacht Club"

LinkedIn

[linkedin.com/company/the-royal-prince-alfred-yacht-club](https://www.linkedin.com/company/the-royal-prince-alfred-yacht-club)



Welcome

Royal Prince Alfred Yacht Club (RPAYC) is situated on Green Point at Newport on the pristine body of water called Pittwater, on Sydney's Northern Beaches.



The "Alfred's", as it is known by locals and members, has a long and colourful history dating back to 1867 and is one of Australia's oldest yacht clubs. RPAYC caters for all levels of sailors from children, youth and adults, with skill-based events for everyone including yacht racing, cruising, centreboard and sail training.

The Clubhouse Bistro, Halyards, is open seven days a week and offers both upscale dining with a seasonal menu featuring fresh, local ingredients, and a family-friendly venue for casual breakfasts, lunches and dinners. It serves as a great location for hosting members' private events and welcomes their guests and non-members.

RPAYC also offers a variety of venue rooms ideally suited for your events and functions.

With a state-of-the-art floating marina, a modern boatyard with 50-tonne travel lift, two hardstand boat storage areas, on-site marine services, tender service to club moorings, gymnasium fitness centre, and multi-level secure parking, RPAYC has earned an international reputation as a superb club.





RPAYC takes pride in its past achievements while being dedicated and committed to its future success. The Club has an ongoing commitment to provide the best facilities and conditions for its members and their guests, on and off water and to offer a warm and friendly welcome to all visitors, local, national and international.

The Club offers a variety of weekly inshore and offshore keelboat racing events, cruising events, plus centreboard off-the-beach racing on Sundays. Additionally, weekly social activities for all ages, such as a fun and exciting sailing training academy for kids to learn to sail, a youth development program, a schools Term program, fun holiday courses, as well as an adult learn to sail and development program pathway for sailors of all levels, provide plenty of opportunities to get involved in sailing at the Club.

We look forward to welcoming you to the Alfred's club soon



CRIPPLING BACK PAIN? ACHY KNEES WHEN RUNNING? SHOULDER PAIN? STIFF NECK?

Get that spring in your step

We offer individualised treatment pathways to eliminate pain and achieve optimal performance

Individual Physiotherapy Treatment • Online Consults/Telehealth
Clinical Exercise and Pilates • Clinical Strength and Conditioning
Dance Physiotherapy • Tennis Screening • Running Analysis
Orthopaedic Boots, Splints and Crutches



About PhysioWard Sports & Rehab

At PhysioWard Sports & Rehab we strive to guide our patients from injury to performance. Whether your performance goal is walking the dog or playing sports at an elite level, our expert physios use up to date research and knowledge to create individualised rehabilitation programs - all within a caring, friendly and professional environment.

Visit us at: **PhysioWard Newport** Shop 2, 364 Barrenjoey Rd
PhysioWard Narrabeen Unit 13/11-21 Waterloo St



Call 02 9979 5291 Book your appointment now physioward.com.au



A Brief History

Royal Prince Alfred Yacht Club was founded on Tuesday, 15th October 1867.

An advertisement was placed in The Sydney Morning Herald - *"Mosquito Yacht Club - Boat owners wishing to join please meet at McGrath's at 8 tonight."* The advertised meeting duly took place at Punch & McGraths Hotel in King Street.

With Mr. T. Strickland in the chair, it was decided right there and then to form a yacht club to be called "Prince Alfred Yacht Club". It seems then, as now, Club members were in the habit of getting things done rather than merely talking about them!

The name Prince Alfred was adopted to commemorate Prince Alfred's forthcoming visit to Sydney. In January 1868, His Royal Highness, Prince Alfred, The Duke of Edinburgh, in command of HMS Galatea, sailed into Port Jackson.

He was met by two lines of yachts from the Royal Sydney Yacht Squadron and the Prince Alfred Yacht Club, between which HMS Galatea passed.

In August 1911, Prince Alfred Yacht Club was given permission by King George V to use the prefix "Royal".

The Club originally occupied premises in Moore Street, Sydney, known today as Martin Place and eventually moved into 51 Castlereagh Street. In 1956, the Club purchased property in Rowe Street and a new building was built on the site.

In 1919 the Committee decided that Sydney Harbour was becoming too congested for yacht racing and a sub-committee was formed to inspect land that would be suitable for yacht racing in the Pittwater area.

As a result, Green Point was purchased for an amount of 650 pounds. The land remained practically unused for many years, until a group of enthusiasts, who had built Jubilee class yachts, banded together and built a boatshed, slipway and pontoon to cater for their needs. The Governor of New South Wales, the Honorary Commodore of the Club, Lord Wakehurst, officially opened the current premises on 17 December 1938.

Unfortunately, during World War II, yachting in Pittwater and Sydney Harbour was disbanded. After the war, in 1947, the boatshed was increased in size, moorings were laid in Crystal Bay and Pittwater again came to life.

The Club purchased the adjoining property, Moonbar, on the western side of Mitala Street and converted the building into a Clubhouse. This land, previously owned by Mr. Ashley Buckingham, became known as Buckingham Palace, and it was a popular venue for Club members, with a lawn area and swimming pool.

Yacht racing on Pittwater in the sixties was gaining momentum, so it was decided that a new Clubhouse should be built on Green Point to cater for the larger patronage.

On 15 May 1968, possibly the Club's most important function was held - His Royal Highness, Prince Phillip, the Duke of Edinburgh, visited to lay a foundation stone for the present Clubhouse. Unfortunately, due to torrential rain and a 60 knot southerly, Prince Phillip laid the stone by remote control from Moonbar. Regardless, it was a memorable day for members when this royal "sailor" joined them for lunch!



In the early 1970's an opportunity arose for Royal Prince Alfred Yacht Club in the city to join The Sydney Club, formerly The Millions Club. By selling the city property, the Club could continue development at Pittwater while members using the city premises could be happily accommodated in the luxurious surroundings of The Sydney Club almost next door.

The RPAYC Clubhouse was erected on Green Point together with four marina arms on the western side and additional hardstand areas.

The Club is justifiably proud of its achievements, having come a long way over its 154-year existence. It has become a well-respected yacht club around the world and an integral part of the community that it serves.

Those early pioneers would be amazed to see how far their dream has evolved and the exciting future ahead for this magnificent Club.



What's On

With a comprehensive year round program of events, social, dining, training and sailing, stay up to date with club activities via the club website:

rpayc.com.au/whats-on/

Subscribe to our Weekly eNews to learn about events and specials directly.

rpayc.com.au/news/publications/



NORTHERN BEACHES FUNERALS with Picaluna

CREMATION
BURIAL
CEREMONY

MEANINGFUL, MEMORABLE FUNERALS



We offer a better way for family and friends to say goodbye to the people they love. We take the time to really listen to you so that the funeral we create together is sincere and authentic.

We cover all aspects of death care, including transfers, mortuary care, ceremony, cremation or burial and death certificate.

We ensure you have all the information needed to make the right decisions and clear guidance on what you need to do next.

Funeral Director and Celebrant, Kathryn Booth, provides families with clear, informed advice on both traditional and nontraditional funeral options creating a farewell of which you can be proud, at a budget you are comfortable with.



Call Kathryn direct on 0455 285 041
kathryn@northernbeachesfunerals.com.au
www.northernbeachesfunerals.com.au



Clubhouse and Functions Rooms

If you're looking for a place to relax after a day's sailing (or even a hard day's work!), somewhere to meet friends or a relaxing haven to have a cup of great barista coffee or a glass of fine wine, then head to the Clubhouse.

The Club's main area, Halyards, is open seven days a week and offers both upscale dining with a menu featuring fresh, local ingredients, and a family-friendly venue for casual breakfasts, lunches, and dinners. Takeaway options are available. It serves as a great location for hosting small functions and welcomes members, their guests, and non-members.

Delicious meals and tasty snacks are available at reasonable prices with everything on offer from a gourmet sandwich or snack to seasonal bistro meals and customised packages to celebrate that special occasion.

With our large upstairs function room, Royal Prince Alfred Yacht Club is perfectly suited to host your social parties, weddings, office gatherings and everything in between. Our experienced House Manager and functions team are ready to create an extraordinary and customised event for you.

View the current Wedding, Functions and Conference packages available:

rpayc.com.au/functions-dining/



HALYARDS BISTRO & BAR

Halyards Bistro & Bar has beautiful views over Pittwater and is the sailor's meeting place before and after racing. It's great for families as Halyards features a large, safe children's play area, next to an undercover BBQ and large lawn for children.

Halyards Bistro & Bar is open daily for lunch. On Saturday and Sunday we are open for breakfast, and Thursday, Friday Saturday open for dinner. A seasonal menu and daily blackboard Chef Specials are available. Dinner is seasonal and hours may vary.

Halyards Bistro & Bar is ideal for smaller parties (up to approx. 30 pax) with an indoor/outdoor Annexe that offers full water views, heating during winter and large ceiling fans for summer, or our doors are opened to bring the outdoor weather in. It is surrounded by the Sundial lawn, a children's playground and a BBQ area.

Bookings to dine can be made via our online booking system or contact reception (02) 9998 3700 or online:

www.rpayc.com.au/online-bookings

THE TERRACE

For a more relaxed outdoor function, the Terrace provides a casual, elegant garden style space, overlooking the marina for anything up to 100 guests. This outside covered area is on the lower level and looks out over RPAYC's marina and the Sun Dial Lawn. Perfect for cocktail functions.

We can host any kind of function here, from a cocktail party to casual BBQ or seated meal.



EDINBURGH LOUNGE & BAR

The Edinburgh Lounge & Bar (E-Bar) is classically furnished with Chesterfield lounges and comfy armchairs, centred around a cosy fireplace for those cold winter days and nights. Members are welcome to borrow a book from the Alfred's library and curl up in a chair enjoying the panoramic waterfront views overlooking the marina.

Friday night is a great time to visit E-Bar. Live music, pre-dinner drinks and a tasty bar menu on offer, it's the place to be on a Friday night.

E-Bar is also a fantastic venue for cocktail functions and that special occasion, providing full water views and a beautiful balcony to while away the hours.

PITTWATER ROOM

Boasting spectacular views over Pittwater, the Pittwater Room can easily accommodate 80 to 200 guests seated or 350 cocktail-style. It's a beautiful venue for your large function.

The room is on the first floor with easy access via lift or stairs. It is surrounded by windows giving natural daylight and ensuring everyone has a view of Pittwater. With a beautiful balcony that opens up onto the water, or air conditioning for both summer and winter, you'll always be able to enjoy what the room has to offer.

It's the perfect place for your event with features including our newly installed sound system, access to internet, a portable dance floor which can suit any party configuration, a large drop down screen, portable TV's, ample parking, wheelchair access and disabled facilities.

ADMIRAL'S CUP ROOM

With spectacular views and a balcony overlooking the marina, the Admiral's Cup Room has its own bar and can accommodate up to 70 guests. It's ideally suited for smaller meetings, functions or conferences. The room provides the same features as the Pittwater room but in a smaller setting.

BILLARDS ROOM

Spectacular full-sized tables available for use by members and their guests. See the history of the club in the memorabilia that surrounds you.



PROUDLY SERVICING THE NORTHERN
BEACHES COMMUNITY FOR OVER 50 YEARS.
Col Crawford BMW

Col Crawford BMW 489 Pittwater Road, Brookvale.
Ph (02) 9941 1290. colcrawfordbmw.com.au LMCT 6342



All-New GRAND CHEROKEE L

COL CRAWFORD JEEP
501 PITTWATER ROAD, BROOKVALE 2100 | PH: 9941 1502



Sailing Program

Royal Prince Alfred Yacht Club is regarded as one of the country's premier sailing Clubs.



YACHT RACING

The Club's sailing program and activities reflect this standing, and are second to none. The Club takes pride in its ability to host high quality, exciting, fun and social events in a pristine environment. Our professional event administrators ensure that our yacht racing is innovative, safe and user orientated with a varied program, combining inshore and offshore racing, two handed sailing events, feature fun social events, overnight events and more offered all year round.

During daylight savings the schedule of events sees the addition of a Women's Tuesday Twilight Series and a Thursday Twilight Series which is open to all.

Spinnaker and non-spinnaker racing are available in the majority of races and a variety of Rating Certificates and scoring options from scratch, IRC, ORC, PHS, OMR and Pursuit are used.

Members and visitors of any age or ability can enjoy sailing through the Club's various classes, divisions, great sailing locations and events offered. The Club actively encourages safe sailing and actively pursues a range of initiatives aimed at minimising the risk to the sailors and boats competing.



Come Sailing On Pittwater!



CHOOSE FROM WEEKLY EVENTS:

- * TUE Women's Twilight
- * WED Racing / THUR Twilight
- * SAT Inshore / Offshore Events
- * FEATURE Events & Regattas
- * SUN Centerboard Racing

Visit the Club today:

Royal Prince Alfred Yacht Club
16 Mitala St, Newport NSW 2016

Phone: 9998 3700

Email: sailing@rpayc.com.au



Crew are always welcome to join races and an online crew and boat register is available to match boat owners and crew together, be it casually or for an event's full Series. It is recommended that crew arrive at the club a minimum of 1 hour before the scheduled race starting time. Crew are required to register for a "Sail-Pass" for each race, a Sail-Pass is issued by Australian Sailing and includes personal insurance coverage.

The following information is an outline of the yachting events available at RPAYC.

For further information visit
www.rpayc.com.au/sailing

ANNUAL YACHTING PROGRAM

Wednesday Series

- The Wednesday Series comprises of seasonal race Series held every Wednesday afternoon throughout the year. Wednesday races are fun and social and sees a range of yacht designs participate.
- The racing format is Non-Spinnaker, around the cans (fixed and or laid marks) inshore on Pittwater.
- Race length average: 120-150 minutes.
- Race starting time: From 1400hrs.

SUMMER PROGRAM

Tuesday Women's Twilight Series "SheSails"

- The Tuesday Women's Twilight Series is held over the Spring and Summer months making use of the lasting daylight. Racing is fun and social and offers the choice of spinnakers or non-spinnaker. The Series is held on alternative Tuesday evenings.
- The Women's Twilight Series allow for one male per boat (2 if the yacht is over 40') but they are not permitted to helm the boat throughout the race.
- Crews often follow up their evening with dinner in Halyard's Bistro with fellow crew, guests and enjoy the evening's presentation.
- The racing format includes Spinnaker and Non-Spinnaker, around the cans on inshore on Pittwater.
- Race length average: 90 minutes.
- Race starting time: from 1755hrs





Pittwater to Coffs Harbour Yacht Race 2023

Thursday Twilight Series

- The Thursday Twilight Series is held over the Spring and Summer months making use of the lasting daylight. Racing is fun and social suited for any sailing ability.
- The Thursday Twilight Series is held each week during daylight savings and is split into a Spring and Summer Series.
- Crews return after the finish of the race for dinner in Halyards Bistro with fellow crew and guests and great weekly prizes.
- The racing format includes Spinnaker and Non-Spinnaker, around the cans racing inshore on Pittwater.
- Race length average: 90 minutes.
- Race starting time: from 1755hrs.

Pittwater Saturday Inshore Series

- The Pittwater Inshore Series is held on Saturday over Spring and Summer with 1 to 2 races scheduled each month. The Series caters for all types of keelboats with a number of handicap scoring options available.
- The racing format includes Spinnaker and Non-Spinnaker, with around the cans racing inshore on Pittwater.
- Race length average: 120-180 minutes.
- Race starting time: from 1330hrs.

31 March
Categories
ORC - IRC - OMR
2 Handed - PHS

WWW.PITTWATERTOCOFS.COM.AU



Sprint Saturday Windward/Leeward Series for Sportsboats and One Design Classes

- The Series is up to four races per round featuring short windward leeward sprints and caters for Sportsboats and One Design Classes. Held on Saturday inshore on Pittwater with a round scheduled each month, this is a great Series for both experienced sailors and those who are new to regatta style racing.

Don't have a suitable boat? Lease a Club Elliott 7.

Terms & Conditions apply.

- The racing format sees a laid course of marks. Up to three Windward/Leeward races are held for each round.
- Race length average: 35 minutes per race.
- Race starting time: from 1300hrs.

OFFSHORE SATURDAY EVENTS

Estuary Pointscore Series

- The Estuary Series offers competitors the experience of offshore day sailing with a mixture of windward/leeward and passage courses on Broken Bay. Held on Saturday over Spring and Summer with 1 to 2 races scheduled each month.
- Racing format is designed for spinnaker racing and includes a mixture of laid and fixed marks up to 2nm offshore and the waters of Pittwater estuary.
- Race length average: 3-4hrs
- Race starting time: from 1300hrs.

AVALON LAW

9918 6922 • trevor@avalonlaw.com.au
avalonlaw.com.au

Based in Avalon Beach, Sydney, we service clients from Sydney and its Northern Beaches, and assist with property transactions throughout New South Wales for both local and international investors.

Conveyancing & Property Law • Business & Commercial Law
Retail & Commercial Leases • Wills, Probate & Estate Planning





Short Ocean Pointscore Series

- The Short Ocean Pointscore Series (SOPS) is the next step up from Estuary Series with courses starting and finishing in Broken Bay and races covering the waters between Terrigal to the north and Long Reef to the south. Held on Saturday over Spring and Summer with 1 to 2 races scheduled each month. The Series allows crew to experience offshore racing in a daylight coastal environment for a competitive race experience and preparation for longer offshore races like those in the Coastal Blue Water Pointscore Series.
- The racing format sees races consist of a variety of windward/leeward offshore, triangular and passage style races up to 8+nm offshore.
- Race length average: 4-5hrs
- Race starting time: from 1200hrs.
- Looking to crew? Arrive at the clubhouse by 1030hrs.

Coastal Bluewater Pointscore Series

- The Coastal Bluewater Pointscore Series (BWPS) sees a variety of long offshore races conducted along the east coast of Australia between September and April. Each race is unique and offers crew the opportunity to develop their navigational, weather and boatmanship skills.
- Races may have a destination finish, like Coffs Harbour, Newcastle, Port Stephens or Wollongong or return back to Pittwater.
- The race format covers a wide range of conditions in a variety of courses between 18 and 630 nautical miles. (Category 3 events).
- Race starting times vary depending on the event destination.

Two Handed Sailing

- The majority of club series offer Two Handed racing options.
- The racing format can include both Spinnaker and Non-Spinnaker, around the cans racing inshore on Pittwater, estuary and offshore events.
- There are a number of Regatta events that also offer exclusive Two Handed Divisions.

You're invited to Sponsor an ***Elliott 7 Yacht***



Company Branding

On hull & mainsails

On Display

Year round

Support

Alfred's Community Sailing
& Youth Development

Social Media

Regatta Coverage



Contact the Marketing Office for full details

9998 3770

marketing@rpayc.com.au

www.rpayc.com.au

WINTER PROGRAM

Wednesday Waterford Series

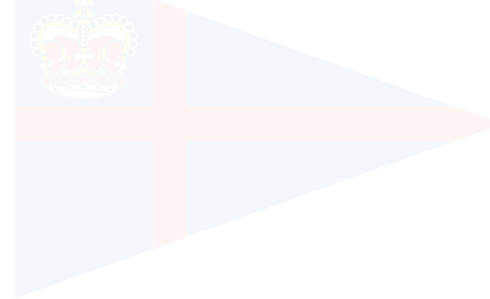
- The Wednesday Waterford Series is scheduled throughout the winter months. Wednesday races are fun, social and competitive.
- The racing format is Non-Spinnaker, around the cans (fixed and or laid marks) inshore on Pittwater.
- Race length average: 120-150 minutes.
- Race starting time: from 1400hrs.

Lion Island Saturday Series

- The Lion Island Series is a fun, social and interclub event held each Saturday during May. It is characterised by boats sailing around the famous Lion Island.
- Crews and guests return to Halyards Bistro & Bar post-racing for a fun social get-together and the weekly presentation.
- The racing format includes both Spinnaker and Non-Spinnaker, around the cans and racing on Pittwater and Broken Bay.
- Race length average: 120 minutes.
- Race starting time: from 1200hrs.

Winter Saturday Series

- The Saturday Winter Series consists of a handicap start for all boats which makes way for an exciting finish as boats cross the finish line at approximately the same time. A handicap start is when boats are allocated an individual starting time of day. Results are calculated by place over the line. Races take place during June and July.
- The racing format includes both Spinnaker and Non-Spinnaker, around the cans racing inshore on Pittwater.
- Race length average: 120 minutes.
- Race starting time: dependent on individual boat handicaps, with the first boats starting at 1200hrs. Starting handicaps are released by 0930hrs on the day of each race.



WINDCRAFT

Call us 02 9979 1709
Email: sales@windcraftyachts.com

Visit us online [windcraftyachts](http://windcraftyachts.com) [f](#) [i](#) [v](#) [in](#) @windcraftyachts



HIGH QUALITY YACHTS

Hanse

Dehler

solaris
yachts

Moody

Privilege

INNOVATIVE POWERBOATS

FJORD

SEALINE

RYCK
YACHTS

Privilege



Early Bird Saturday Series

- The Early Bird Series consists of a handicap start for all boats which makes way for an exciting finish as boats cross the finish line at approximately the same time. A handicap start is when boats are allocated an individual starting time of day. Results are calculated by place over the line. Races take place during July and August.
- The racing format includes both Spinnaker and Non-Spinnaker, around the cans racing inshore on Pittwater.
- Race length average: 120 minutes.
- Race starting time: dependent on individual handicaps, with the first boats starting at 1200hrs. Handicaps are released by 0930hrs on the day of each race.

FIND OUT MORE...

Visit the Yacht Racing pages of the Clubs website **rpayc.com.au/sailing/yacht-racing** where you can also see (and download) the annual Sailing Handbook, schedule of all club activities and specific Notice of Races and Sailing Instructions.



Centreboard Sailing

From Learning to Sail, Class development for Juniors and Youth & regular weekly racing for all ages



Royal Prince Alfred Yacht Club (RPAYC) is proud of the part it plays in developing the grassroots and next generation of sailors.

Our aim is to introduce kids and youth to sailing and to help young sailors realise their dreams, whether their ambitions stretch to the pursuit of Olympic glory, ocean racing, World Championships or merely to enjoy a sail with friends and family.

Centreboard sailing is fun for up-and-coming kids, youth sailors and adult sailors coming back into the sport or those wishing to sail with their family.

Priority is given to learning the basic sailing skills through the Club's training programs in a safe, nurturing and fun environment. Having helped kids and youth develop a love for the water and sailing skills, the opportunities to progress through the sailing pathway is endless and enjoyable for all to see how their sailing journey develops through to Club, State, National or event International competition.

No pressure is put on the individual, those who want to follow their elite racing dreams will find there is no shortage of fellow Members to help them along their way.

Sail Training



ROYAL PRINCE ALFRED
YACHT CLUB

Kids Learn To Sail

'Tackers' Levels 1-2-3

Green Fleet Class Training

Optimist, Laser, Flying Ant

Youth Out There Program

Windsurfing - SUP - Dingy & Keelboat Sailing

Youth Development

And intermediate youth development

Adult Learn To Sail

Start Crewing - Start Helming - Start Skippering

www.rpayc.com.au/courses





LEARNING TO SAIL

“Where to Start”

RPAYC is an Australian Sailing Discover Sailing Centre (DSC) and provides a variety of sail training programs for participants of all ages that have an interest in learning and developing their sailing skills.

As a junior (7-12yrs), the best starting point is through our **Tackers Learn to Sail** program sailing the Poly Optimist Class dinghy. Tackers is an Australian Sailing initiative aimed at introducing children to sailing in a fun, safe, accessible and affordable way.

The Term Time Tackers course follows a 3 stage syllabus where kids participate in fun sailing related games and activities to learn more about sailing a dinghy in a safe environment.

Courses are scheduled on a Sunday during Term times. Progression through the Tackers stages is based on demonstrated skills and confidence, and advice from our qualified Sailing Instructors.

RPAYC offers 4 day Sailing Programs throughout the School Holiday periods for kids aged 7-12yrs and for Teens aged 12-17yrs as part of the OutThere Youth program and start sailing syllabus. Holiday programs are a great opportunity for kids to experience different types of sailing boats whilst having fun exploring beautiful Pittwater.

A fun and social entry point to sailing activities for youth and teens is the Australian Sailing **OutThere Youth** program. This program is a great opportunity for youth and teens to experience a range of on water activities be it sailing (dinghy & keelboat), windsurfing, stand-up paddle boarding or powerboating.

Class Dinghy Training Squads

Green Fleet – ‘Building fundamental sailing skills, for confidence and independence.’

As a member of the club, RPAYC runs Green Fleet Training Programs that are designed to integrate new sailors and families from the Learn to Sail Tackers Program into becoming long-term, quality sailors, members and volunteers of Royal Prince Alfred Yacht Club.

Welcome to **‘Green Fleet’**, and the joy of owning your own boat for the first time.

Green Fleet is for young sailors who have completed the Australian Sailing Tackers Learn to Sail Program Level 3 (or equivalent). Participants can own their own Optimist Class, or Pacer dinghy or lease one through the RPAYC Halvorsen Scholarship Program. RPAYC Youth Membership is required. This is an exciting time for young sailors and their parents to develop, gain further sailing experience and integrate into Club life. You will soon see the difference between the Tackers boats and a racing dinghy on Pittwater.

Green Fleet training is designed to eventually introduce kid sailors into dinghy racing and covers the basic concepts associated with competition sailing. Kids learn together the World Sailing, Racing Rules, sailing a course and start sequences whilst further developing their boat handling skills and wind awareness.

The training Program is a goal driven program helping young athletes work toward set goals to improve their skills in a fun and safe environment.

By the end of this program, sailors will be confident sailing their boat in stronger breezes and be self-sufficient in launching and retrieving off the club ramp and can move into the Intermediate fleet upon the Instructor’s recommendation.

Green Fleet training is conducted on Sundays year-round. The training fleet sail together and do not compete in racing each week, however, if the weather is suitable and the instructors are in support of the group, the sailors may give racing a go.

Intermediate Fleet – ‘Independent skill level, practising fundamental, racing and technical skills, active in sailing for life.’

Sailors progress from Green Fleet into Intermediate and then Advanced Fleet in the Optimist Class dinghy. Using mostly their own equipment, Intermediate Fleet participant’s on-water development includes refinement of technical, strategic, psychological, and physical components. The program stretches and builds on the more complex skills required for sailing and includes a more targeted approach to competition. By the Intermediate and Advanced stages sailors will be regularly competing in Sunday Club racing.

Intermediate Fleet includes broader off-water development to cover other key aspects of sailing such as officiating, instructing, and coaching others.

NEWPORT DENTAL CENTRE GIVES YOU A REASON TO SMILE

*Come in and meet our new
lead dentist, Dr Dhrupad Patel*



At Newport Dental Centre our aim is to provide the highest level of dental care for you and your family. You will experience a superior level of oral care and service in our warm and relaxed environment.



We are passionate about your healthy smile!

Unit 2/354 Barrenjoey Rd, Newport

p. (02) 9999 5820 e. info@hooperdentalclinic.com.au

hooperdentalclinic.com.au

Advanced Fleet – ‘Training for events, and performance aspirations in state and national competition.’ (AS Sailing Pathways p9)

Advanced Fleet is designed with a focus on training for competition. The coaching is regular, with extended personal commitment, plus commitment to club and class association racing or competition.

On and off water development consolidates and further extends the sailing specific skills learnt in Green and Intermediate Fleet. However, participants are also coached through applying a “personal excellence approach” as part of their day to day life including education, career, self-development, wellbeing and lifelong involvement in sport.

A number of training squads are available to continue building skills in various classes sailed at our Club. These are provided by partnered businesses approved by our Club.

From Advanced Fleet, sailors have many opportunities to continue their sailing in a variety of boats, be it single handed or double handed dinghies be it as crew or the skipper.

Centreboard Sunday Racing

All classes are welcome to join Centreboard Sunday racing. The Centreboard Dinghy Division is an active family-based community. Using supported international dinghy classes, this is an opportunity for the whole family to spend time on the water. Parents and kids can race alongside

one another while other family members have the opportunity to participate on the water by volunteering with race management duties on a weekly basis.

Regular racing and training is run in a highly professional and safe manner without losing the family fun of a volunteer-based system.

The facilities and knowledge within the Club allow sailors to take their sailing to whatever level they desire. The Club’s centreboard dinghy sailors have a long history of success at local, state, national, and international levels.

Racing at the Club takes place most Sundays throughout Summer, whilst the Winter Regatta provides sailing through the Winter season 1 or 2 times a month.

The natural progression from class to class that exists at the Club allows for a seamless transition into dinghy and keelboat sailing in later life. The Club’s training offerings ensure that a child can start sailing at the age of 7 years old and continue a lifetime’s enjoyment of the sport of sailing.

Single-handed classes featured are the International Optimist, ILCA Laser Classes, foiling classes like Moths and Waszp. While the manly Junior, Flying 11, Flying Ant, 29er, Finn’s, Aero’s, Pacers and Hobie Waves and other multihull classes help develop the skillsets needed as part of a crew.



A day experience for sailors:

...It's early on a warm summer morning and our clubhouse and centreboard lawns are starting to awaken with the sounds of dinghies being rigged and soft chatter amongst the excited sailors. They greet each other with a community warmth mixed with the excitement race days bring. Checking in on how each other are feeling, what the conditions will be like out on sparkling Pittwater today. They share a joke and a laugh and acknowledge how good it is to see each other again.

It's a day of 12 knots with gusts to 18 – the shifty winds of Pittwater make for a great competition and reinforce the idea of sailing as the thinking person's sport as tactics and seamanship play centre stage above brute strength and size.

Sailing welcomes people of all sizes and ability. The physical diversity and range in ages of the community standing on the lawn, prepping themselves for competition are as diverse as the vessels they are prepping to compete in, yet their mental strengths and values are similar – resilience, strategic thinking, teamwork, connection to community and place, belonging.

All types of boats, expertly rigged with crisp sails that luff gently in the morning breeze, are rolled towards the centreboard launching ramp. The ramp has launched generations of sailors and will continue to do so long into the future. One sailor,

now 60, launched off this ramp when he was 7yrs old, back when he first took to the waters to learn to sail. He recalls many memories made on the water over several seasons of sailing in summer series and winter regattas, beginning with a Tackers holiday camp, on through Green Fleet and then progressing through several dinghy classes. What a sense of achievement!

Teams made up of teenage best friends who have sailed together for several years prep their boat at the top of the ramp. These strong young females with aspirations of Olympic competition head out onto the water full of confidence and seeking the thrills of starting line action and sailing to their first mark of the course.

A team of Green Fleeters, eagerly anticipating racing with the broader centreboard group (an opportunity to challenge the skills they learn in their weekly training sessions) gather around their expert Instructor. They listen intently to every last-minute coaching tip they are taken through. Their instructor is drawing on years of her own sailing experience and she uses strategies learnt in formal training to ensure her Green Fleet team are prepped and ready for the challenge of racing. With a shared "high five" she reminds her squad to get out there and have fun!

It is almost time to get out on the water. The race official speaks over the intercom at the lawns in front of Jack Gale Centre. Competitors are briefed on race day and a welcome and thanks is extended to race committee who volunteer to run the race – laying marks, scribing starters, finishers, and times, running flags and ensuring safety out on the water. The event could not go ahead without the tireless efforts of generous volunteers who are often parents of a competitor or competitors themselves. Wherever they have journeyed from, the volunteers are always welcome and supported through race management skill development provided by our Club.

Now out on the water, it's time for the Optis to start and the sea of tiny sailors aged between 7 and 12yrs expertly hold their boats just off the starting line and await the Race Committee signals. The Green Fleeters call out to each other across the water, greetings, and tidings of good luck for the race – all with a bucket in one hand to bail out and their tiller in the other to steer them to victory. The young sailors can see their division flag on display at the top of the Race Committee boat halyard and have counted down the horn signals – 3.2.1 and they are away!

Volunteers on the race committee boat capture images and videos of the competition while it's underway. The colourful spinnakers full of wind, the youngest competitors so small in their Optis with a grin as big as the Big Pond itself and the fearless teens gliding their 29ers expertly through small gaps to gain an advantage all with Pittwater as a beautiful backdrop. Images that capture the excitement for competitors and their families to look back on later and share-in or relive the day. Inspiring others to get out there and join in. Showing the world what our sailors are made of.

Race days conclude with a return to shore, packing down of the sails ready to go for next time. In the clubhouse volunteers are rewarded with a voucher for the bistro, younger sailors enjoy an ice block with their friends and division winners are recognised through an informal prize presentation. Stories from out on the water are shared along with a laugh and plans commence for the next, eagerly anticipated race day.

If you have a child who is interested in sailing or wish to know more yourself, please do not hesitate to get in touch.

Visit the Centreboard webpage for further information at rpayc.com.au/sailing/centreboard

Contact the sailing office by phone: (02) 9998 3700 or email: sailing@rpayc.com.au



ROYAL PRINCE ALFRED
YACHT CLUB

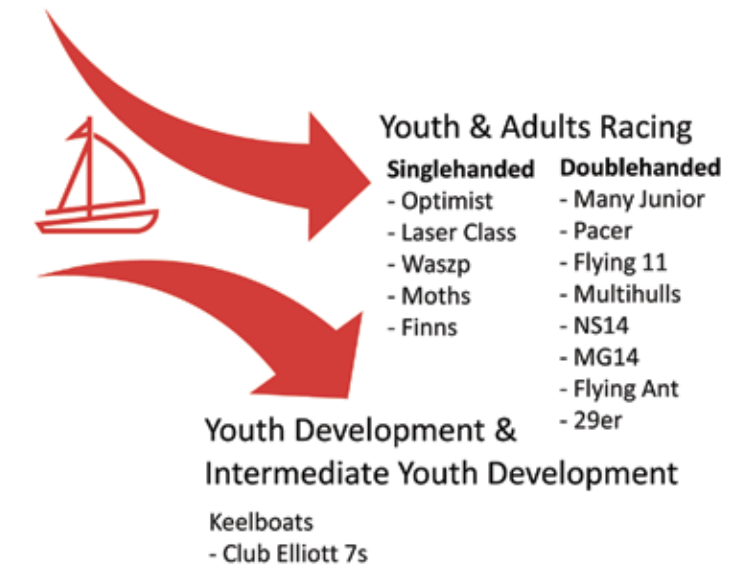
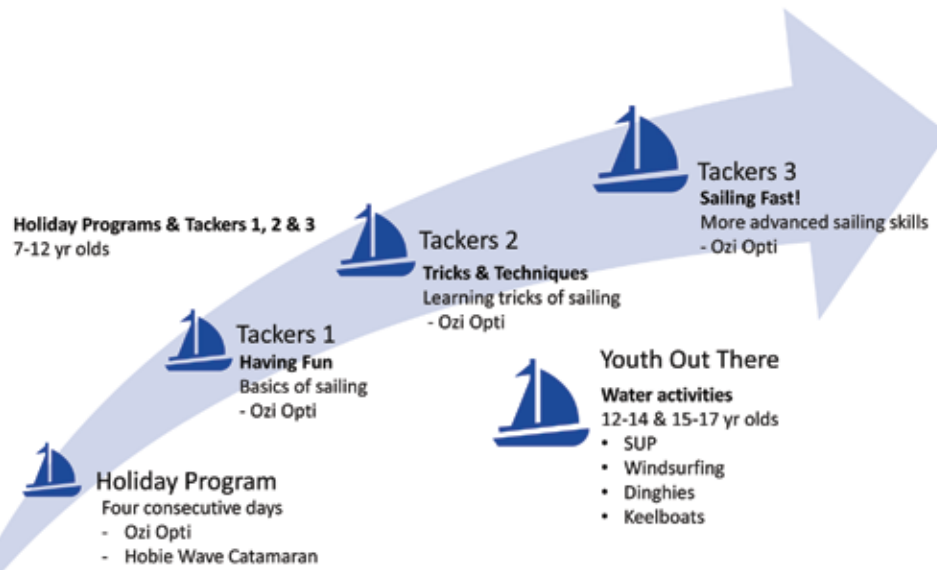
CENTREBOARD SAILING

DEVELOPMENT PATHWAY

Club Development & Racing

Club & Regatta Racing

Kids & Youth Learn to Sail



Contact us Today:

Royal Prince Alfred Yacht Club
16 Mitala St, Newport NSW 2016

Phone: 9998 3700 • Email: sailing@rpayc.com.au • Web: rpayc.com.au



RPAYC



Regatta and Championship Events

Royal Prince Alfred Yacht Club (RPAYC) is committed to providing competitors and their guests with the best and most enjoyable experience on or off the water and nowhere is this philosophy more evident than our regattas and major sailing events.

The Club has long been regarded as an excellent choice for an organiser seeking all the key ingredients needed for a successful event: spectacular location, good racing waters, superb sailing and hospitality facilities and a Club that is run by friendly, approachable professionals.

RPAYC is located on one of the world's best waterways for sailing - with inshore sailing on spectacular Pittwater, and coastal sailing from magnificent Broken Bay to the coastline.

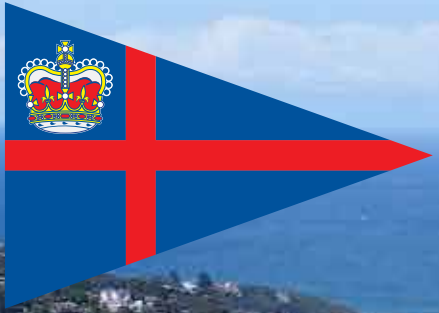
It makes for a breath-taking backdrop to any racing activities and with all its associated attractions there can be few more spectacular venues for yachting or centreboard regattas and major sailing events.

After the day's racing, get together with fellow competitors in the Clubhouse for refreshments and entertainment. If that's not enough excitement for you, the world's best city is right there on your doorstep!

Contact the Club about hosting your next Class event or sailing day (02) 9998 3700.

To see upcoming Regattas', visit the club website at rpayc.com.au/sailing/regattas-championships/





**ROYAL PRINCE ALFRED
YACHT CLUB**



Specialist Orthopaedic Surgeons located at Northern Beaches Hospital

incorporating **Northern Beaches Hand Therapy**

Robotics: The next leap in technology

Robotics offers fully customisable joint replacement surgery and Northern Beaches Hospital not only has a Mako Robot, but all Peninsula Orthopaedics surgeons are accredited in its use.

Currently available for hip and knee surgery. Shoulders are on the way.

Northern Beaches Hospital, along with Peninsula Orthopaedics, is a centre for MAKO training Australia-wide.

Sports Medicine Specialists



penorth.com.au



Our surgeons

Dr Michelle Atkinson
Cervical, Thoracic & Lumbar Spine
02 9874 2440

Dr Marcus Chia
Shoulder, Elbow & Trauma
02 8014 4252

Dr David Dickison
Knee & Arthroscopic Surgery
02 9972 9100

Dr Hagop Kiyork
Knee, Hip & Trauma
02 9979 1273

Dr Alex Nicholls
Adult & Paediatric Knee
02 8045 5640

Dr Chris Roberts
Hip, Knee, Trauma & Arthroscopic Surgery
02 9972 9111

Dr Robert Sew Hoy
Hip, Knee & Trauma
02 8065 5357

Dr Julian Yu
Hip, Knee & Trauma
02 8045 5688

Dr David Carmody
Foot, Ankle & Knee
02 9409 0500

Dr Sam Chia
Hip, Knee and Trauma
1800 553 335

Dr Mark Hile
Hand & Wrist
02 9971 6348

Dr Tristan Rappo
Hip, Knee & Trauma
02 9971 8018

Dr Edmund O'Leary
Foot & Ankle, Trauma
02 9099 4426

Dr Davor Saravanja
Spine
1300 557 889

Dr Matthew Sherlock
Shoulder, Elbow & Trauma
02 8403 8022

Dr Anna Watson
Hand & Wrist
02 9157 9050

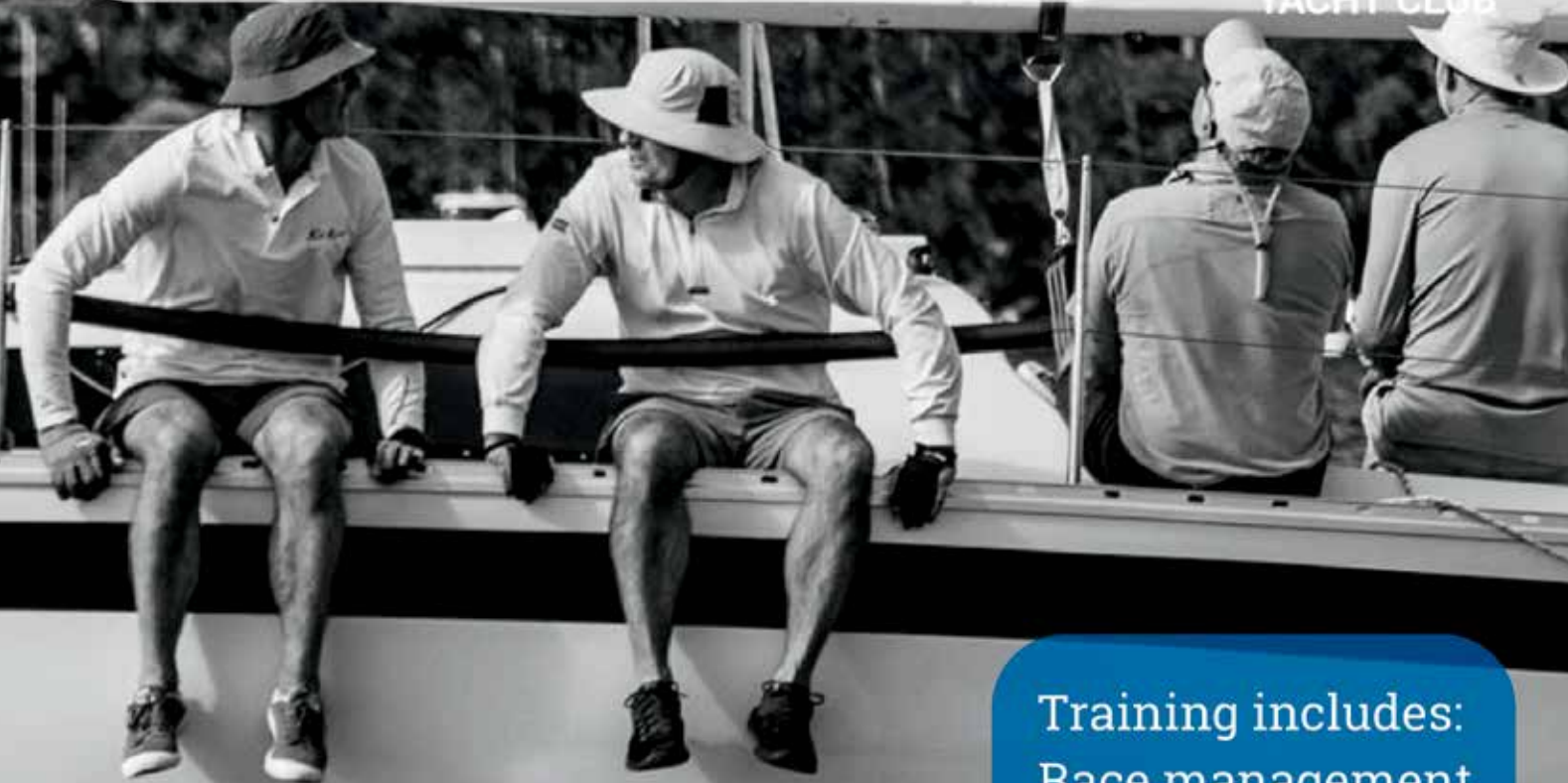
Hand Therapy

Call **02 9053 6759** Online **handtherapy.com.au**

Become a Sailing Volunteer!



ROYAL PRINCE ALFRED
YACHT CLUB



Training includes:
Race management
& Boat Driving

Join the Team!

Royal Prince Alfred Yacht Club

Phone: (02) 9998 3771

Email: sailing@rpayc.com.au

Web: www.rpayc.com.au/sailing/volunteering



Volunteering

RPAYC has a dedicated and hard-working team of volunteers who have considerable experience to draw upon and it is this professionalism that enables organisers of important events on the national and world stage to feel assured that their event is in good hands.

With regular State and National events held each year and International Class and Youth events as well, the Club looks forward to hosting an event for you.

To learn more about volunteering see:
www.rpayc.com.au/sailing/volunteering/

Quality, friendly, professional care

YOUR PET'S FAMILY DOCTOR



Dr Anne Graham, Dr Jenny Wingham and Dr Alison Moran lead a dedicated team of veterinarians and veterinary nurses to provide compassionate and personalised care with your pet's interest as their primary focus.



We strive to promote animal welfare through excellence in veterinary medicine, education and service to our clients and the community. We are one of the largest veterinary hospitals in the area and our team brings a wealth of expertise to small animal pet health care.



Caring for pets in Mona Vale and the Northern Beaches for over 40 years.

Mona Vale Veterinary Hospital
YOUR PET'S FAMILY DOCTOR

22 Park Street, Mona Vale
9999 2269 • monavalevet.com.au





Cruising

If you enjoy sailing at a leisurely pace, relaxing in an idyllic (maybe even exotic) location and even enjoying the occasional sundowner, then cruising is for you!



Cruising activities are organised by the Cruising Committee for all members and their sailing friends. The aim of these events is to encourage participation in organised cruise events, to share interesting and educational sailing information and to give Club members more opportunities to meet other members and use the facilities of the Club.

The Cruising Committee organises a comprehensive event schedule which includes education events with expert and informative speakers, social events and sailing activities.

Enjoyable social evenings with guest speakers are held on the first Friday of each month. All Club members and friends are welcome to attend. At these evenings, the Cruising Committee organises speakers who are experts on a diverse range of subjects from cooking on board, tales of the sea, safety, navigation, marine authorities, heavy weather sailing or electronics on board, to members or guests sharing experiences of cruising to far-flung cruising areas.

On most weekends, you'll find yachts from RPAYC cruising through the myriad of secluded bays that make up the Pittwater/Broken Bay/Hawkesbury area. Those who cruise together develop strong friendships and many social activities revolve around talk about the last or the next cruise. Regular Alfred's Cruising events explore this area.



ALL-NEW
HAVAL H6 HYBRID
BOOK A TEST DRIVE TODAY

COL CRAWFORD GWM Haval

501 PITTWATER ROAD, BROOKVALE 2100 | PH: 9941 1501



A post-Christmas cruise is organised each year to a coastal destination over a period of around two weeks. Sailing is generally planned on the basis of reaching the day's destination by mid-afternoon in order to enjoy a relaxing evening.

Regular VHF Radio skeds are maintained between boats. Cruise planning is undertaken with the acknowledgement that cruising sailors do not venture out in unsuitable weather conditions.

Long weekend/public holiday coastal cruises can include destinations such as Newcastle, Lake Macquarie, Port Stephens, Sydney Harbour (including a viewing trip to Vivid), Port Hacking or Jervis Bay. A cruise to Sydney Harbour may have its ultimate destination at the fish markets, the historic explosives storage area at Bantry Bay or an exploration of the Lane Cove River.

Long coastal cruises are organised every two or three years and destinations may range from the Whitsundays to Lizard Island or Yamba and

the Clarence River, to the north and to Eden and Hobart in the south. Timing can be anywhere from two to five months.

Cruising in a group is not only a great way for new members to make new friends, it offers the inexperienced yachting the added reassurance of knowing there will be someone to add support and assistance should the unexpected happen. This shared knowledge strengthens the group as a whole and the bond between them.

All cruising activities are supported by an extensive Seminar Series and, whether it is your first cruise or you are very experienced, the Cruising Committee endeavours to offer something for you.

Visit the club's Cruising page of the website
rpayc.com.au/sailing/cruising

BE ANYWHERE, WORK ANYWHERE

Our data management solution will transform your business process.

Capture Data,
Improve Workflow,
Report and Share Information.



With our solutions:

- design any template, size and length, to capture data and share
- write with our digital pen service on paper or use any keyboard device
- manage all transactions with our Silhouette Web Portal
- share data and images within seconds
- receive data Alerts, monitor KPIs and follow up Actions

They chose us...



William Crendal
Destiny Wireless Australia
Suite 7 Level 4, 18 Smith Street – Chatswood NSW 2067 – Australia

+61(0) 416 140 041 +61 (2) 9417 5333

www.destinywireless.com.au



Scan this QR Code to
visit our website





Newport

Avalon Beach

Palm Beach

An incredible partnership from Newport to Palm Beach

LJ Hooker Newport, Avalon and Palm Beach
have created an incredible partnership, so
now you have the strongest team in real
estate to service all your property needs.



303 Barrenjoey Road, Newport

t. 02 9979 1111

e. newport@ljhnewport.com.au

newport.ljhooker.com.au



Sail Training: On-water & Shore-based

Royal Prince Alfred Yacht Club (RPAYC) provides the largest Sailing School on Pittwater.

As an accredited Australian Sailing Discover Sailing Centre, the Club offers training programs and courses to meet the needs of beginners through to experienced sailors of all ages, delivered by nationally qualified Instructors and Coaches.

RPAYC Sail Training programs seeks to help you achieve your sailing goals and gain confidence on the water, whether you are Grand Prix racing or cruising up the coast. Offering options for kids through to adults, dinghies through to yachts, and high-performance racing to first aid and sea safety, we can help you develop whatever skills you need.

We specialise in the delivery of courses for beginner sailors (and new boat owners), boat

handling skills and cruising through to racing skills and shore-based professional qualifications.

Your training takes place on the water and in our modern training facility, Jack Gale Centre, named in honour of a beloved Life Member Jack Gale in recognition of his 60 years of service to the Club.

Our structure allows participants to move through the courses at their own pace and ability in an enjoyable environment.

Below is a brief summary of our courses however to explore the possibilities more thoroughly, jump onto rpayc.com.au/courses or come down to the club and speak with the Sailing Office team.

KIDS LEARN TO SAIL

Learning to sail for kids starts with the Tackers Sailing Program, a nationally recognised introductory program for 7-12 year olds.

- Fun, games-based learning environment
- All safety equipment and boats provided
- Fully qualified instructors
- Safety boats that meet national best practice
- Courses in the holidays, during school and after school term



Cruise for longer with a
Schenker Watermaker

Schenker[®]
THE NEW GENERATION WATERMAKERS



WATER MAKER

- ▶ Up to 80% more efficient than conventional watermakers
- ▶ Outputs from 30 to 500 litres per hour
- ▶ Quiet and compact
- ▶ Available in 12VDC, 24VDC or AC

1300 479 757 | sales@swspac.com
Visit Shop 1, Moonbar Building, RPAYC
swspac.com

S W S P A C I F I C

JUNIOR SAILING DEVELOPMENT

After learning the basics of sailing in the Tackers Program, the Club offers juniors a natural progression and a number of stepping stones to allow them to progress at their own pace and pathway.

- Green Fleet – will build upon a sailor's knowledge introducing basic boat handling and building confidence in a wider range of conditions.
- Private Coaching – gain more on-water experience and build on the skills learned in Tackers and Green Fleet levels.
- Green Fleet – an option for children and adults to learn to sail a single handed dinghy or to develop their boat handling skills.

CLUB CLASS DEVELOPMENT

Our Green Fleet Training Program is designed to integrate new sailors and families from the Learn to Sail Tackers Program into becoming long term, quality sailors, members and volunteers of Royal Prince Alfred Yacht Club.

Green Fleet is for young sailors who have completed the Australian Sailing Tackers Learn to Sail Program Level 3 (or equivalent). Participants can own their own boat or lease an Optimist as part of the RPAYC Halvorsen Scholarship Program. RPAYC Youth Membership is required.

This is an exciting time for young sailors and their parents to develop, gain further sailing and integrate into Club life.

Squad training will build upon a sailor's knowledge, introducing basic seamanship, boat handling and building their confidence in a wider range of conditions. The training Program is a goal driven program helping young athletes work toward set goals to improve their skills in a fun and safe environment.

Green Fleet training is conducted on Sundays year-round.

A number of class training squads are available to continue building skills in various classes sailed at the club.

Sailors progress to Intermediate and then Open Fleet in the Optimist Class Dinghy with coaching provided by third-party Coaches approved by the Club. By the Intermediate and Open stages sailors will be regularly competing in Sunday afternoon Club racing.

From Open Fleet sailors have many opportunities to continue their sailing in a variety of boats, be it single handed or double handed dinghies be it as crew or the skipper.



YOUTH OUT THERE PROGRAM

This Australian Sailing program is designed for youths aged 12-17yrs. This program is a great opportunity for youth and teens to experience a range of on water activities be it sailing (dinghy & keelboat), windsurfing, stand-up paddle boarding or powerboating.

YOUTH DEVELOPMENT PROGRAMS

Royal Prince Alfred Yacht Club's Youth Development Programs (YDP) was pioneered in 1995 to help develop and enhance the sailing skills of our young athletes, as well as providing a pathway for sailors aged between 13-23 to represent the club at national and international events.

The Club's commitment to youth sail training has produced some of the world's best sailors who have graduated from the Youth Development Program recently including dual America's Cup winner James Spithill, and Olympian Nina Curtis.

In 2014 the Club continued its commitment to the development of youth sailing by commissioning and launching a new fleet of keelboats, the Elliott 7, which carry a crew of four or five. With a fleet of eight identical boats, the Youth Development Program not only improves existing sailing skills in both fleet and match racing, but also helps create a standard knowledge base for youth sailors in a wide variety of disciplines and roles, most importantly friendship and team work.

Upon graduating the training program, athletes are encouraged to participate heavily in Club, interclub and regional events to acquire valuable experience in keelboat racing.

There are two levels to the program, Intermediate Youth Development (14-16yrs) and Youth Development (16-23yrs). Squads are selected to represent the Club at specific youth events across Australia and Internationally. Teams are also encouraged to seek out other regattas they can attend and campaign towards.

The program runs from April through to October and applications are open to members and non-members.

ADULT KEELBOAT PROGRAM

An introduction to sailing for the first timer to develop basic sailing, racing and spinnaker skills on the Club's fleet of Elliott 7s.

- Discover Sailing Sessions, a 3 hour 'introduction' to sailing.
- Follows a nationally recognised syllabus.
- Move through the levels at your own pace; Start Crewing, Start Helming, Start Skippering, Spinnakers and Start Racing.
- Officially certified training with Australian Sailing qualified and experienced instructors. 1:4 ratio (instructor to participants).
- Private Sessions are available.





SCHOOL SAILING

RPAYC provides sailing opportunities for more than 250 school students a week

- High School learn to sail.
- High School teams racing.
- High School Keelboat training.
- Primary School learn to sail.
- Primary School fleet racing.
- Interschool teams racing regatta.
- School Sports Boat racing.

Visit the Club's website, www.rpayc.com.au/ courses for further information, on current courses and how to register.

If you have any questions, please contact us on (02) 9998 3700 or email: sailtraining@rpayc.com.au





Next generation health care

Arcadia Pittwater Private Hospital has set a new standard of health care on the Northern Beaches, offering a premium level of care in a purpose-built, five-star hotel like environment.

The 85-bed private hospital located in Warriewood provides a range of rehabilitation, medical, geriatric, and palliative care services. Depending on an individual's needs, patients can access services as an inpatient or on a day patient basis.

Arcadia Pittwater's comfortable rooms, superior meals and focus on wellness and recovery provide a unique environment to optimise patient recovery and outcomes.

The hospital opened in 2018, and it has quickly become a leading private rehabilitation hospital serving the needs of people living on Sydney's Northern Beaches and North Shore.

Our specialist care services

Arcadia Pittwater provides inpatient and day therapy programs in rehabilitation, general medical, geriatrics, palliative care and multidisciplinary pain management.

Rehabilitation

Specialist programs are offered in:

- * Orthopaedic rehabilitation
- * Spinal rehabilitation
- * Cardiopulmonary rehabilitation
- * Neurological rehabilitation
- * Cancer rehabilitation
- * Lymphoedema rehabilitation
- * Reconditioning
- * Falls prevention
- * Parkinson's Disease rehabilitation

Medical, geriatric & palliative care

We also provide specialist expertise in:

- * Medical & geriatric care
- * Palliative care

Day Rehabilitation programs

Our rehabilitation day therapy programs are conducted in our well-appointed rehabilitation centre which includes an expansive gymnasium, outdoor exercise area and hydrotherapy pool.

Ongoing wellness program

Patients can also continue their exercise regime once discharged as part of our ongoing wellness program.

This program provides access to the hydrotherapy pool and gym for independent sessions within a supervised environment to maintain ongoing health and wellbeing.

Please feel free to contact us via email at info@arcadiapittwater.com.au for further information or to discuss your confidential care needs.

Nick now scales his steps like his 20-year younger self

It's something most people take for granted but for Nick Shalley climbing the stairs of his Sydney home was a painful experience. The 68-year-old had arthritis in both knees and needed a double knee replacement in late 2020. Mr Shalley's surgeon told him rehabilitation would be vital and after a visit to Arcadia Pittwater Private Hospital at Warriewood on the Northern Beaches, the semi-retiree was sold. "I was so impressed with what I saw that I thought this would make the whole process not just more effective but easier," he says. During his hospital stay, Mr Shalley underwent daily physiotherapy and group hydrotherapy. "The rehab facilities and specialist physios are second to none," he said. "And the hydrotherapy pool is beautiful – just enormous. It's like getting into a lukewarm bath. "You get individual help and support at every session – and the whole experience is extremely supportive and effective," he said. "The hospital stay allowed me to focus on my rehab, relax and take care of myself – which was just what I needed after a big



Above: Nick Shalley now leads an active life, which includes regular gym sessions, following his double knee replacement in 2020.

operation," he said. "The atmosphere and design of Arcadia Pittwater makes it feel more like a five-star hotel than a hospital," he said. While the rehabilitation facilities were exceptional, he credits the food and the caring, supportive staff as also being instrumental to his recovery. "The food was restaurant quality," he says. "The staff were also extremely knowledgeable and supportive," he said. Mr Shalley said the physios

ensured he could tackle his 60 stairs when he returned home. "I went from being quite immobile when I arrived to being confident and able to climb about 60 stairs without any difficulty at all on leaving – just as I had 20 years ago," he said. Mr Shalley recommends visiting the hospital in advance of any planned surgery and speaking with your surgeon about post-op rehab. "In my opinion the rehab is almost as important as the surgery itself," he said.

Offering care for more complex needs

Arcadia Pittwater is now offering specialist nursing care for patients with more complex care needs.

The hospital's Corporate Operations Manager Kate Silver says the hospital is now accepting more acute medical admissions than

other hospitals in the area and manages more complex medical needs during rehabilitation. She says staff can manage IV antibiotics, complex wound management, and PICC lines. "For unwell patients, this means they don't have to be

in an acute care hospital," Ms Silver says.

She says the hospital is also offering rehabilitation programs for people with Parkinson's disease and people receiving or recovering from cancer treatment.

Patients enjoy no gap arrangements with most health funds

Arcadia Pittwater Private Hospital's proven track record and reputation five years into opening has meant it can now offer no gap treatment for most patients.

When the purpose-built hospital on Sydney's Northern Beaches opened it had a gap arrangement with all health funds.

"Our strong track record, reputation and patient feedback has enabled us to renegotiate arrangements with most health funds," says Kate Silver, Corporate Operations Manager.

This means that most patients at Arcadia Pittwater now benefit from having a no gap hospital arrangement with their health fund and can save as much as \$1400 during an average 14-night stay.

Ms Silver says the hospital provides no gap arrangements for more than 80 per cent of patients, and discussions with remaining funds are continuing.

When patients book in, staff do a health fund check to determine their level of cover and advise if there are likely to be any out of pocket expenses.

Royal Prince Alfred Yacht Club

Fitness Centre



HIT THE GYM TODAY

The focus of Sailfit is to create an environment that is welcoming and results driven whether your objective is general fitness, sailing related or weight loss.

Members with gym access may use the facility independently, engage a personal trainer or join a class.

Visit the website for current timetable.



Contact us today:

Tana Anderson (Supervisor)
0478 034 659

tana.anderson@rpayc.com.au

rpayc.com.au/membership/gymnasium/



Gymnasium Services (Sailfit)

Sailfit aims to create an environment that is welcoming and results driven whether your objective is general fitness, sailing related or weight loss.

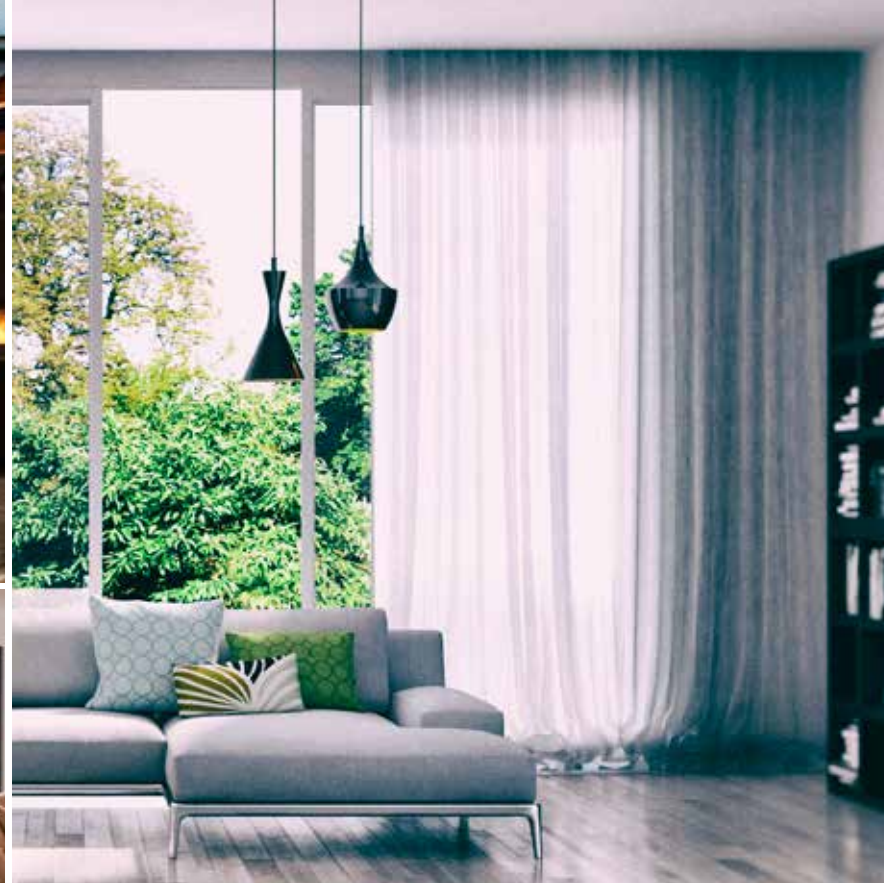
Members may use the facility independently, engage a personal trainer or join a class.

TANA ANDERSON – SAILFIT SUPERVISOR

With a wealth of experience and knowledge in the health and fitness industry, plus years of playing tennis at an elite level, Tana serves her Ace Game in managing the services available at Sailfit. She has spent the last 10 years working with sailors of all ages and levels and is committed to providing the best sailing fitness program in the world. Tana's passion lies in educating her clients on a holistic and healthy view of health and fitness guiding them through a nutrition and exercise program to suit their specific needs. She loves nothing more than helping her clients to achieve amazing results they never thought possible.

GROUP EXERCISE TIMETABLE

- **Fit to Sail** a high intensity and challenging class specifically designed for sailors and those who would like to get the most out of their training. There is an emphasis on endurance and strength in particular core and lower back.
- **Strength and Conditioning** using advanced techniques in weight training, interval training, boxing and more, to challenge you to take your fitness to a new level. Prior weight training experience necessary.



Avalon Screens is a family business which prides itself on our reputation for friendliness, professionalism and reliability. Our pricing is always competitive with quality production and installation. We cover all your flyscreen, security door, shutter, curtain & blind needs.

FREE MEASURE & QUOTE SERVICE

Avalon Screens 02 9918 4897

Shop 4/24, Avalon Parade, Avalon | 0416 189 079 | info@avalonscreens.com
avalonscreens.com



Master Lic No: 409216213

- **Functional Movement and Conditioning** using movements that make you stronger and more agile for everyday life, this class should be a staple in every person's program. Focuses on increasing movement and strength through flexibility, mobility, balance, bodyweight strength and stability work.
- **Stretch Class** a relaxing class focusing on a combination of dynamic mobility work and deeper stretching and breath work in order to improve movement, agility and flexibility.
- **Junior Athletes (12-16)** teaching the fundamentals of Bodyweight strength training, plyometrics, cardio and mobility to build a great base of fitness for the future in a fun group environment.
- **Junior Athletes (15-18)** a stronger junior class aimed at teenagers who have trained for a minimum of one year and are wanting to learn how to strength train and take their strength, movement and fitness results to the next level.
- **BoxFit** a fun mixture of boxing, cardio, bodyweight exercises and core for the ultimate, challenging and dynamic workout.
- **Circuit Training** a mix of strength training, HIIT and cardio performed in a circuit for a fun, high intensity class. Open to all fitness levels and ages.

Visit the club's website rpayc.com.au/membership/gymnasium/ Or contact Tana on 0478 034 659





Marina, Moorings and Hardstand facilities

Royal Prince Alfred Yacht Club (RPAYC), welcomes visitors to experience our first class facilities, exceptional location and customer service. You won't find a better location on Pittwater to store your boat.

RPAYC is proud to have been the first Club in the world awarded the prestigious '5 Gold Anchor', accreditation under the Global Gold Anchor Scheme and 'Clean Marina' accreditation. The scheme is designed to assist marina users with their marina selection and provides marina operators with customer and operational framework in order to continually improve service and facilities for consumers. Complementing the "5 Gold Anchor" accreditation, RPAYC also holds a Level 3 Clean and Fish Friendly accreditation.

The "Club Marina of the Year" award, "Clean Marina" and "5 Gold Anchor" accreditation are a reflection of the consistent high-quality service that you will experience at the club.

OUR FACILITIES

RPAYC is an ideal base to race and cruise from or to explore the pristine waterways of Pittwater.

The Club's award-winning Waterfront facilities are maintained and managed by a dedicated team of experienced professionals who have a passion for the industry and who are on hand to assist with your vessel, including:

Berth assistance

- 7 day tender service to club moorings
- Services wharf access – water, power, pump out and LPG gas refills
- 24hr CCTV surveillance and after-hours security
- Modern amenities
- Sail Locker storage
- Sail repair service collection point
- Shore power lead testing

VESSEL STORAGE OPTIONS

- Berths - the floating marina has 341 berths and can accommodate vessels to 30m (98') and depths up to 15m (50'). Berth fees include shore power, 7 day berth assistance, free shore power lead testing and water.
- Moorings - 18 moorings located around the Club accommodating vessels up to 22m (65'). Club Moorings include a 7 day tender service and mooring maintenance.
- Hardstands - two large hardstands with cranes accommodating up to 83 vessels. The hardstands provide members with an easy and safe method of storing, launching and retrieving vessels.
- Centreboard Storage - racks and rigged storage accommodating up to 100 centreboard dinghies.
- Recreational Moorings - 14 members-only recreational moorings conveniently located at The Basin, America's Bay and Refuge Bay.
- Dinghy Racks - 30 racks
- Lockers - large storage lockers are available for the storage of vessel equipment and sails.

For more information visit the club website rpayc.com.au/marine-services/marina-storage-services/ or contact the Waterfront Department telephone: (02) 9998 3700 or email: waterfront@rpayc.com.au



Boatyard Services RPAYC

Marine Products - Retail

Riggtech Bosun's Locker Chandlery

ph: (02) 9997 2382
email: bosunslocker@riggtech.com.au
web: www.riggtech.com.au/shop



SWS Pacific Marine Water Makers and Desalinators

ph: 1300 479 757
ph: 0400 832 975
email: sales@swspac.com
web: www.swspac.com



Shipwright Services

North Shore Marine Group

ph: 0417 200 804
email: info@northshoremarine.com.au
web: www.northshoremarine.com.au



Stewart Shipwright + Services

ph: 0418 688 202
email: info@stewartshipwright.com.au
web: www.stewartshipwright.com.au



Marine Signage

Boat Stripes

ph: 0419 201 946
email: david@boatstripes.com
web: www.boatstripes.com



Marine Trimming

Ocean Covers

ph: 0466 895 292
email: beryn@oceancovers.com.au
web: www.oceancovers.com.au



Marine Surveying & Consultancy

Holmes Marine

ph: 0412918289

email: david@holmesmarine.com.au
web: www.holmesmarine.com.au



Yacht Brokers

Flagstaff Marine

ph: 1300 998 662
ph: 0418 168 231

email: graham@flagstaffmarine.com.au
web: www.flagstaffmarine.com



Sydney Marine Brokerage

ph: (02) 9997 7907
ph: 0411 424 514

email: andrew@sydneymarinebrokerage.com
web: www.sydneymarinebrokerage.com



Marine Engineers and Mechanics

Douglas Marine Pty Ltd

ph: (02) 9997 2616

email: info@douglasmarine.com.au
web: www.douglasmarine.com.au



Marine Tune

ph: (02) 9999 3047

email: info@marinetune.com.au
web: www.marinetune.com.au



Marine Electrical

Andersen Marine Electrics

ph: 0414 646 165

email: andersenmarine@internode.on.net
web: www.andersenmarine.com.au



Rigging Services

Riggtech

ph: 0416 203 081

email: pbate@riggtech.com.au
web: www.riggtech.com.au



Boatyard Services

Royal Prince Alfred Yacht Club (RPAYC) Boatyard is Pittwater's most modern and comprehensive boatyard.

We maintain our industry leading reputation by taking pride in the quality of our workmanship and specialise in being a 'one stop shop' for our clients. The boatyard has a range of onsite specialists who will work together with the clubs boatyard team to ensure that your vessel service is completed in an efficient and timely manner.

- 50 tonne travel lift
- A hardstand for up to 10 boats
- Custom built cradles and cradle carrier
- Mast deck with 1000kg crane

Onsite marine engineers, brokers, shipwrights, riggers, marine electrician, marine trimmers, chandlery, surveyors, boat striping & signage, desalinators, and more

Antifoul Package Inclusions:

Vessel lift, high pressure waterblast, (ensuring the removal of the ablative layer, as per the manufacturer's recommendation), antifoul sprayed to the micron thickness, 2 days on the hardstand (weather dependent), complementary acid wash of the topsides, environmental levy and vessel launch.

Antifoul options include the use of either International Ultra 2, Micron Extra 2, Vivid or Altex #5 and we are happy to quote competitively for any other antifoul on request.

Due for an Antifoul? What separates us from our competitors?

- We professionally spray (not roll) for a superior finish and longer lasting result
- A waterblast is included with all antifoul packages
- Complimentary acid wash on the topsides
- Punctuality
- Collaboration with our onsite tenants to complete the schedule of service
- Communication; you will be kept well informed of your boat's schedule

Request a quote today through our website rpayc.com.au/marine-services/boatyard-services/ or by calling 9998 3751.



The Alfred's Boatyard

MODERN PROFESSIONAL CUSTOMER FOCUSSED



'I have used the services of many boatyards over the last 45 years and none come close to the exceptional service and support that I am now receiving annually from the RPAYC. It's simply the best.'



EXPERIENCE
★ ★ ★ ★ ★
SERVICE & QUALITY
at
The Alfred's Boatyard

Proudly assisted by the following onsite contractors:

Andersen Marine Electrics
Boat Stripes
Riggtech Bosun's Locker
Chandlery
Douglas Marine Engineers
Flagstaff Marine Brokerage
Marine Tune Engineers

Holmes Marine Surveying & Consultancy
Northshore Marine Group
Ocean Covers
Riggtech Riggers

Stewart Shipwright Services
Sydney Marine Brokerage
SWS Pacific Marine Water Markers and Desalinators

boatyard@rpayc.com.au | 9998 3751
rpayc.com.au/marine-services



Join Today, Become a Member

The best way to enjoy all that Royal Prince Alfred Yacht Club has to offer is to become a member.



With fantastic award winning facilities and an active sailing calendar, the Club has much to recommend it. It is the people who form the Club, however, that sets it apart from its peers. The welcome is warm and genuine. If you like sailing with like-minded people in organised Club events, enjoying a meal with family and friends or participating in one of our many seminars, talks or social parties you're just the person we're looking to have join!

The Club has a range of memberships to cater for boat owners through to those keen to crew. You certainly don't need your own boat, or to even know someone with a boat, to become a member of the Club and sail regularly.

There are options for Youth Members and very attractive Family Membership packages which includes free membership to children and young adults aged up to 21 years of age.

RPAYC's Prospective Membership booklet is full of useful information and can be viewed on the Club website rpayc.com.au/membership.

FOR US, IT'S MORE THAN JUST ACCOUNTING

Not all accounting firms are created the same! At Steele Davies Accountants, we get to know our clients. We listen and provide solutions to your tax and accounting needs so you can focus on what is important to you.

Why choose us?

- ✓ We can help manage your tax affairs and grow your business.
- ✓ We will tailor our advice to your specific needs.
- ✓ We use cloud-based accounting software to save you time and money.
- ✓ Our team are fully qualified with a wealth of knowledge and the partners each have over 25 years experience in the industry.
- ✓ Our clients recommend us!

- Accounting and Bookkeeping
- Preparation of Tax Returns and Activity Statements
- Tailored Tax Advice
- Tax Planning
- Tax Effective Business Structuring and Setup

Request a free consultation

Phone (02) 9971 7720 Email katie@steeledavies.com.au
Building 7, Suite 21, 49 Frenchs Forest Rd East, Frenchs Forest
elnsca.com

STEELE DAVIES
ACCOUNTANTS



MEMBERSHIP OPTIONS:

■ Full Ordinary

For all boat owners

■ Full Family

Boat owner, spouse (if applicable) and children aged 6-21yrs

■ General

For non-boat owners

■ General Family

Non-boat owner, spouse (if applicable) and children aged 6-21yrs

■ General Intermediate

For boat and non-boat owners aged 22-29yrs

■ General Spouse Concession

For spouse/partner of Full and/or General Members

■ Youth

Children, Teenagers and Youth aged 6-21yrs

For more details about joining visit

rpayc.com.au/membership/ or, contact us:

(02) 9998 3700 or membership@rpayc.com.au





Royal Prince Alfred Yacht Club

Events & Functions

Book with us today!



Member Benefits

Membership of Royal Prince Alfred Yacht Club brings with it a wealth of benefits.

MEMBER DISCOUNTS ON:

- Food & beverage
- Seminars
- Club functions and other social events
- Function/Conference room bookings
- Boatyard Slipping and antifoul packages
- Race entry fees
- Club run sail training programs for adults and children
- SailFit Fitness Centre membership
- Fuel purchases at RMYC Broken Bay
- Accommodation at The Metro Mirage Hotel Newport

Visit the Club:

Royal Prince Alfred Yacht Club

16 Mitala St, Newport NSW 2016

Phone: 9998 3700

Email: functions@rpayc.com.au



YEAR-ROUND SAILING PROGRAMS:

- Keelboat racing – (including one design) inshore and offshore on Wednesdays or Saturdays with twilight racing on Tuesdays & Thursdays through Spring and Summer.
- Off the beach centreboard racing on Sundays
- Cruising Events – both on and off the water with local and longer events
- Club, State and National regattas for keelboat and centreboard sailing
- Youth Development Sail Training programs
- Alfred's Community Sailing program
- Training programs for adults, teenagers and children
- Coaching services
- Training for race management volunteers

CLUB FACILITIES:

- Car accessible parking during club visits*
- Marina, hardstand and club moorings
- Fully serviced boatyard with cranes and travel lift and service facilities including a chandlery, rigger, shipwright, marine electrician, engineer, mechanics, yacht brokers, water system and pumps services and marine upholsterer.
- Work berths for members use*

- Equipment storage areas
- 7 day Tender service
- Pump out facility
- Gas bottle refills
- Recreational moorings in Pittwater and The Lower Hawkesbury River waterways
- Disabled access for boat launching
- Gymnasium
- Showers, laundry and disabled amenities
- Library and Billiards Room
- Children's playground
- Recycling facilities

OTHER:

Complimentary Australian Sailing membership
Member accounts billed monthly
Weekly E-Newsletter and Club Publications
Birthday voucher for use at Halyards Bistro
Free Club House Wi-Fi
Reciprocal arrangements with selected yacht clubs worldwide

Members can sign in guests who live within 5km of the Club

** Refer to the Club By-Laws for details*



Specialising in New Builds and Renovations on
Sydney's Northern Beaches and North Shore



Crearter Constructions is a boutique home builder specialising in custom new builds, renovations and extensions on Sydney's Northern Beaches and North Shore. We pride ourselves on delivering high quality workmanship, having open communication with our clients and efficiently managing projects from concept to completion.

Our experience and dedication means you can count on us to deliver competitive and well documented quotes for peace of mind.

We have experience with all aspects of residential construction and our team of skilled carpenters and sub contractors share our passion for delivering high end finishes to all of our projects.

Call us to discuss your next project.

We would love to hear from you!

Braden Carter, Builder & Director
0402 249 601

info@crearterconstructions.com.au

Builders License No. 175857c



MONA VALE
FLOORING XTRA



Contact Us

☎ 9977 7588

Visit Us in Store For a **FREE**
in Home Consultation

17 Barrenjoey Rd, Mona Vale

monavale@flooringxtra.com.au

CARPET > HYBRID > LAMINATE > TIMBER > VINYL > BLINDS >



NEWPORT
**SKIN
CLINIC**

**Anti-wrinkle
cosmetic injections**

Fillers

Blood Facials

**Skin cancer early
detection & treatment**



Dr Farid Nassif
M.B.B.Ch Hons. F.R.A.C.G.P.
Dip. Prac. Derm. Merit (UK) M.Med. (Syd. Uni)



9999 5936

newportskinclinic.com.au



Aveo Bayview
Gardens

Take the *First Step* to great retirement living

What will you look forward to?

For some it's the relief of no longer having to worry about maintaining a big house and garden. Or feeling more relaxed about money after downsizing. For others it's that reassuring feeling of being part of a community with people looking out for you.

Many people who make the move to an Aveo retirement community speak of the feeling of belonging. Looking forward to trying new activities and making new friends. Finding a place that truly is home.

Of course it may feel daunting to start with, and it may not be right for you but, for many, it's time to look forward to a fresh new chapter.

At Aveo, we're here to help you make the decision that's right for you – one with a little relief, less worries and a whole lot more looking forward to life.



Scan to take
the First Step

Aveo Bayview Gardens
36-42 Cabbage Tree Road, Bayview

Get your free First Step guide
today. Call 13 28 36
or visit aveo.com.au/firststep

aveo



Community Support & Industry Awards



ALFRED'S COMMUNITY SAILING (ACS) PROGRAM

Sailing is an inherent part of our culture that provides exhilaration and freedom for all.

Here at Royal Prince Alfred Yacht Club, we have always believed that sailing should be accessible to everyone. In 2013 the Club furthered its commitment to disabled sailing by formalising a program called Integrated disAbled Sailing (IdS).

IdS sought to partner with other organisations that reach out to those who could benefit from the freedom and associated health benefits that sailing offers as well as extend financial assistance to associated causes.

The program has evolved over the years into the Alfred's Community Sailing (ACS) program. The Alfred's Community Sailing Program is a Club initiative that provides sailing experiences, sail training programs and support to non-for-profit community groups to become involved in the excitement and social benefits, well-being and health benefits that sailing can provide.





RPAYC is fortunate to have world class, modern facilities. These facilities have evolved over 150 years and benefit those who are members today. The Club and its Members wish to continue sharing these facilities and introduce the community to the sport of sailing.

ACS is now firmly embedded as an important part of the Club providing a pathway into sailing and socialness the sport brings.

ACS Objectives:

- To integrate sailors into regular, inclusive for all, club racing events.
- To support Veterans to experience sailing, the well-being and health factors it provides and build on their own sailing and social skills.

- To support frontline workers to experience sailing, the well-being and health factors it provides and build on their own sailing and social skills.
- To support Sailability and its activities in introducing people with disabilities to sailing.
- To support Community Organisations.
- To encourage members and others in the community to provide financial &/or volunteer support via the program.
- To provide support in sail training, Australian Sailing activities in education and development to prepare for and compete in ACS-supported events.

Some of the many community groups supported by the ACS program include;

- Current and past members of the Australian Defence Force, through
 - The Invictus Games Foundation,
 - Soldier On, and Saltwater Veterans
- First Responders through Fortum Australia
- NSW Emergency Workers through Emerge & See
- Disabled sailors through Sailability
- Marine Rescue
- Young people as part of their school Wellness Program
- Other groups including women who are victims of domestic violence are looking to be part of the sailing experience that the program offers.

Our community programs are proudly and generously supported through a number of fundraising events that enable Members and local businesses to contribute to funding the program, as well as providing the opportunity for Members to give of their own time by taking participants sailing on the boats that they own.



Get two designer pairs
no gap

from the \$199 range with
selected health funds



Specsavers Warriewood
Warriewood Square (Near Aldi) Tel 9913 1844



Book an eye test online

Now helping you hear,
still helping you save

Book your free 15-minute
hearing check today



Visit [specsavers.com.au/hearing](https://www.specsavers.com.au/hearing) Specsavers Warriewood Warriewood Square (near Aldi) Tel 9913 1844

In store only. Both pairs for same person. Offer includes standard single-vision lenses. Other lenses available at an extra cost. Subject to your policy's waiting periods, available optical annual limits, fund rules and having the appropriate level of extras cover. Present your valid health fund card in store to redeem this offer. 2NOGAP\$199-11-20

Your free 15-minute check is a 15-minute appointment. If further testing is required in a longer appointment, a fee may be incurred. However, HSP-approved customers receive all appointments at no charge to them.

The ACS Program has been widely recognised by the community and has been the recipient of two prestigious awards since its inception.

Learn more about the Alfred's Community Sailing program and or be involved yourself. Visit rpayc.com.au/sailing/alfreds-community-sailing/

Industry Awards

- The IdS Program was awarded the 'Best Community Engagement Initiative', by the Marina Industries Association (MIA) at the Marine15 International Conference on the Gold Coast, 2015.
- The IdS Program was awarded the 'Disability, Welfare & Social Inclusion' Award at the 2016 Clubs NSW Club & Community Awards, presented by NSW Premier Mike Baird at the Royal Hall of Industries, Sydney.
- In 2017 the Club was awarded the Marine Industry Association (MIA) Club of the Year award. Following on from this national award, the Club was awarded the Yachting New South Wales Club of the Year. The success of the YNSW Award also meant that RPAYC represented NSW at the Australian Sailing National awards.

- RPAYC is proud to have been the first Club in the world awarded the prestigious '5 Gold Anchor', accreditation under the Global Gold Anchor Scheme. The scheme is designed to assist marina users with their marina selection and provides marina operators with customer and operational framework in order to continually improve service and facilities for consumers. Complementing the "5 Gold Anchor" accreditation the RPAYC also holds a Level 3 Clean and Fish Friendly accreditation.
- In 2017 the Club was awarded the NSW & ACT Club of the Year Award. The success of the Award also meant that RPAYC was a finalist representing NSW & ACT at the Australian Sailing National awards.
- In 2018/2019 the Club was the finalist in the NSW & ACT Club of the Year Award.

The Club is continually changing its practices to be further environmentally friendly, on and off the water. Among the many examples of our environmental best practices are: reusable water bottles, zero straws, herb garden, a worm farm to help recycle green waste, recycle bins throughout the club, reduction of single use items, reduced paper waste and a use of the award winning SeaBin to scoop up water waste floating in Pittwater.





**BECAUSE ...
YOUR BEST
MEMORIES
START HERE**

**THE WORLD'S
LEADING BOAT
INSURER!**

**THOUSAND REASONS,
ONE PARTNER**

PANTAENIUS
SAIL & MOTOR YACHT INSURANCE