

LEARN TO SAIL

Andrew Lewis Sailing Academy &
Andrew Lewis Sailing Foundation

Programmes, Pathways & Opportunities on the Water

📍 237 Western Main Road, Cocorite,
Port of Spain — directly behind Mohammed's Bookstore

 Extremely accessible for
after-school and weekend sailing.



TERM 1 SAILING
2026



31 AUGUST –
11 DECEMBER 2026



This booklet includes **Learn-to-Sail**, **Racing**, **Para-Inclusive Sailing**,
Inter-School Sailing, **Volunteering** and **On-Water Pathways**.

FEATURING:



TERM SAILING



PARA-INCLUSIVE
SAILING



INTER-SCHOOL
SAILING



VOLUNTEER &
INSTRUCTOR PATHWAYS



+1 (868) 377-6554



+1 (868) 313-9424



Andrewlewis.sailingacademy
@gmail.com



www.andrewlewissailing
foundation.com



Instagram: @andrewlewissailingfoundation



All participants require a valid intake form and membership.

WELCOME TO ALSA & ALSF

Programmes, pathways and opportunities on the water.



WHO WE SERVE

- Children ages 5+
- Teens
- Adults
- Beginners
- School teams
- Para-inclusive sailors
- Volunteers & future leaders



WHY PEOPLE CHOOSE US

- Central Cocorite location
directly behind Mohammed's Bookstore
- After-school & weekend access
- Convenient parking
- Shaded seating & parent area
- Equipment & life jackets provided
- Supportive coaching environment



THE SAILING PATHWAY



TRY

Give sailing
a go!



LEARN

Build skills,
safety & fun.



TRAIN

Develop technique,
fitness & teamwork.



RACE

Test skills,
compete & improve.



REPRESENT

Lead, inspire
& represent.



OUR MISSION

- ✓ ALSA and ALSF foster growth, leadership, confidence and water skills.
- ✓ We are broadening access to sailing across Trinidad in 2026.
- ✓ Our 2030 goal: Half of all schools in Trinidad's East-West Corridor involved in sailing.



ALSA is proud to support para-inclusive sailing and school sailing.
Everyone belongs on the water.



TERM 1 SAILING 2026

BACK TO
SCHOOL!

Back to School • Learn to Sail



31 AUGUST – 11 DECEMBER 2026



SCHEDULE



MONDAY TO FRIDAY

3:00 PM – 5:00 PM



SATURDAY & SUNDAY

9:00 AM – 11:00 AM

11:00 AM – 1:00 PM

1:00 PM – 3:00 PM



RACING CLASS BY INVITATION ONLY

Saturdays 1:00 PM – 6:00 PM
and/or Sundays 9:00 AM – 1:00 PM
Subject to coach availability.



PRICING



MONTHLY UNLIMITED PACKAGE

TT\$1,000



TERM UNLIMITED PACKAGE

TT\$3,000



ANNUAL MEMBERSHIP

Per person. Mandatory.
Valid for 12 months.

TT\$300
PER PERSON



PRIVATE SESSIONS

Per person, 2–3 hours.

TT\$350
PER SESSION



BOAT RENTAL

Per session, 2–3 hours.
Members only. Subject to
coach approval.

TT\$300
PER SESSION



IMPORTANT INFORMATION



Preferred days should be indicated
when registering.



Group discounts are available for
3 or more persons booking together.



Wing Foiling and Windsurfing are
offered as separate programmes.



Boat storage is available with
membership and rates vary
by boat size.



Payment methods include
cash, online bank transfer, and
credit card (additional card fees
apply).



Amenities include parking,
shaded seating, and access to
equipment and life jackets.



ADULT SAILING SESSIONS

Special sessions for adults
available during weekday
evenings and weekends.
Contact us for details.



PARA-INCLUSIVE SAILING

Inclusive programmes for
participants of all abilities.
Let's sail together!



CHRISTMAS CAMP 14 – 18 DECEMBER 2026

Fun, learning and adventure
on the water during the
holiday break!



MERCHANDISE AVAILABLE

Academy shirts, rash vests,
caps and more!
Show your sailing pride.





INTER-SCHOOL SAILING CHAMPIONSHIPS

POWERED BY THE
INTER-SCHOOL SAILING LEAGUE (ISSL)

*Schools. Sailors. Champions.
Together on the Water!*



17–18
OCTOBER 2026



**REGISTRATION DEADLINE:
FIRST WEEKEND IN OCTOBER**

HOW TO ENTER: 5 SIMPLE STEPS

-  **Form a school team.**
Open to primary, secondary and tertiary institutions.
-  **School recognition.**
The school recognizes the team as an extracurricular activity or school club.
-  **Appoint liaisons.**
Appoint a Team Captain and a Parent Captain as liaisons with the academy or club where the team trains.
-  **Yearly membership.**
Each individual team member pays a yearly academy membership fee of **TT\$300** to the academy or club where they train.
-  **Scholarship opportunity.**
Select schools may receive sailing scholarships for one free training day per week.

COMPETITION FACTS

- ✓ Each school team may register one boat initially.
- ✓ Registration fee: **TT\$300** per boat.
- ✓ Each boat races with a team of **2 sailors**.
- ✓ Sailors may be alternated between races from the wider school team.
- ✓ There will be a series of **9 or more races**.
- ✓ Depending on registrations, some schools may be allowed to enter a second boat, and the fee remains **TT\$300** per boat.
- ✓ Boat class: **C420**.
- ✓ Schools across Trinidad and Tobago are encouraged to participate.
- ✓ Supported by multiple sailing academies and clubs across the islands.



LEAGUE STRUCTURE



EXECUTIVE BOARD

Provides leadership and makes key decisions for the league.



GENERAL ASSEMBLY / LEAGUE COUNCIL

All member schools are represented. Sets policy, approves major decisions and elects the Executive Board.



REGIONAL DIRECTORS

Represent the three regions: North, South and Tobago. Coordinate schools and support local development.



STANDING COMMITTEES

Volunteers from member schools lead key areas such as competition, safety, finance, development and more.



SAIL. LEARN. LEAD.
REPRESENT YOUR SCHOOL. MAKE WAVES.



For more information, contact your sailing academy or visit www.andrewlewissailingfoundation.com

PARA-INCLUSIVE SAILING

IN TRINIDAD & TOBAGO

Ability over limitation.

Sailing is for everyone. Our para-inclusive programmes break down barriers and build a community where every sailor belongs, contributes and thrives.



WHAT IT MEANS

Para-inclusive sailing removes barriers and allows sailors of different abilities to participate meaningfully — on and off the water.



WHO CAN PARTICIPATE

- Visually impaired sailors
- Physically impaired sailors
- Sensory / hearing impaired sailors
- Cognitive or intellectually impaired sailors
- Inclusive sailors
- Buddies
- Support crew and family networks



RECENT PROGRESS

- Our recent blind sailing group has been going very well.
- The programme now includes more than **20** blind or partially sighted sailors.
- More than **4** active physically impaired sailors are now sailing regularly.



WHY SAILING WORKS

- Builds confidence
- Encourages independence
- Strengthens teamwork
- Develops problem-solving
- A sport for life
- Deepens connection to the water

KNOW THE DIFFERENCE



INCLUSIVE SAILING

Mixed-ability participation. Everyone sails together, learns together, grows together.



PARA SAILING

Competitive pathway for athletes with eligible impairments, following class rules and pathways.



PARASAILING

A different recreational tow activity. Not the sport pathway discussed here.



OUR GOAL: BY 2027, WE AIM TO HAVE PARA-INCLUSIVE SAILORS AND PARA SAILORS IN EVERY MAJOR DISABILITY CATEGORY ACCESSING THE SPORT.



STRONGER TOGETHER. SAILING WITHOUT BARRIERS. OPPORTUNITY ON THE WATER.

This is page 5 of 8 in the **ALSA / ALSF** Learn to Sail Booklet.

PATHWAY TO REPRESENTATION

From first-time participation to Caribbean and World championship opportunities.



TRY

Safe introduction to sailing.



LEARN

Build confidence and key skills.



TRAIN

Develop technique, fitness and teamwork.



RACE

Compete locally and regionally.



REPRESENT

Progress to national and international events.

Based at the *Andrew Lewis Sailing Foundation's Academy in Cocorite*, our para-inclusive pathway ensures every sailor — regardless of ability — has the opportunity to try, learn, train, race and represent.

BOAT CLASSES AND ADAPTED OPTIONS



LOCAL PATHWAY CLASSES

- C420 / 420
- ILCA
- Challenger



INTERNATIONAL / EVENT-BASED ACCESSIBLE CLASSES

- RS Venture Connect
- Hansa 303 / 2.3
- Keelboat / Team Formats

MILESTONES ON OUR JOURNEY



Justin Bridgemohan

became Trinidad & Tobago's first para-inclusive sailor at WSIC Oman 2025.



Antigua marked another step

with Trinidad & Tobago athletes gaining regional racing experience in the Caribbean Inclusive Development Programme and Championship.



Road to Portugal 2026 —

the World Sailing Inclusion Championships in Portimão create a pathway for more sailors to represent Trinidad & Tobago.

“Every Journey Starts with One Sail.”

THE CLASSIFICATION JOURNEY

1



Interest & Event Goal

2



Documentation (Medical / Supporting)

3



Classifier Assessment

4



Sport Class / Status

5



Event Observation



National classification referral is available through the Andrew Lewis Sailing Foundation for eligible athletes interested in representing Trinidad & Tobago.

GET INVOLVED

Volunteer, learn, coach, support and grow the sport.



VOLUNTEER & COMMUNITY HOURS

University students and young leaders can support camps, school sailing, para-inclusive programmes and events.

*Be part of something bigger.
Give time. Inspire lives.*



INSTRUCTOR & MONITOR PATHWAY

Our recent Monitor and Instructor Training Programme has concluded. The next cycle begins with Volunteer, Intern and Observership intakes.

Start your journey. Build your future.



SCHOLARSHIPS & ACCESS

Our 2026 goal is to **break the financial barrier** to sailing.

Scholarships awarded through outreach programmes to include new groups.



PARTNERSHIPS NEEDED

Blind Welfare Association, TTPC / national bodies, World Sailing / regional partners, sponsors and volunteers all help build the pathway.

Together, we go further.



OTHER UPCOMING PROGRAMMES

- Christmas Camp: **14 – 18 December 2026**
- C420 Open Regatta – dates to be confirmed
- ILCA Open – dates to be confirmed
- Wing Foiling & Windsurfing
- Adult Sailing Sessions
- Boat Rentals



MERCHANDISE & MEMBERSHIP

- Annual Membership (from) **TT\$300**
- Rashguards **TT\$300**
- Black & White Dry-Fit Polos **TT\$100** (each)
- Dry-Fit T-Shirts **TT\$100** (each)



Group discounts are available.



Boat storage is available with membership.



Striving For Success — On and Off the Water.

JOIN US ON THE WATER!

 *Learn. Grow. Belong. Sail.*

WHO THIS BOOKLET IS FOR

- ✓ People interested in learning to sail
- ✓ Families
- ✓ School teams
- ✓ Para-inclusive sailors
- ✓ Volunteers
- ✓ Instructors
- ✓ Supporters

 ALL PERSONS ACCESSING ALSA SERVICES MUST COMPLETE A **VALID INTAKE FORM** AND HOLD A **CURRENT MEMBERSHIP** BEFORE PARTICIPATING.



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after-school and weekend sailing.*

CONTACT US

- Academy: +1 (868) 377-6554
- Kristof Stüven: +1 (868) 313-9424
- Andrewlewis.sailingacademy@gmail.com
- www.andrewlewis.sailingacademy.com
- Instagram: @andrewlewis.sailingacademy



PROUD PARTNERS AND SPONSORS



PERENCO



*Discover, Experience and Cherish **Memories** That Last a Lifetime*



REGISTER TODAY!

