



*Associação Naval de Lisboa*

*Fundada em 1836*



# EASTER 2025 SAILING HOLIDAYS

7th to 11th april  
14th to 17th april

6 / 17 YAERS

**10:00 AM - 05:00 PM**

- Optional Extended Hours
- Optional Sea Snack



Associação Naval de Lisboa  
Doca de Belém | [vela@anl.pt](mailto:vela@anl.pt)



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*Fundada em 1856*

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# SAILING HOLIDAYS

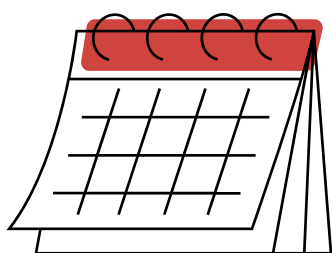


## > GERAL INFORMATION

**Sailing Holidays** are designed to **occupy free time during school breaks** in a balance between **fun and learning** for children and youth. Full days outdoors or indoors (in case of badweather conditions) are planned with the following objectives:

- Familiarization with nautical and aquatic environment in sailing;
- Understanding the basic operation of a sailing vessel and safety rules;
- Basic learning of nautical nomenclature and culture;
- Sailing on a sailing boat
- Team games for socializing and learning;

At the end, each child receives a diploma.



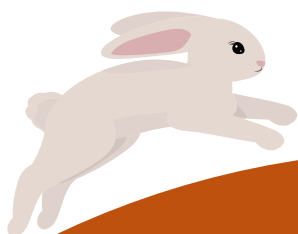
### > Date

Easter Sailing Holidays of Associação Naval de Lisboa take place on the **second and third weeks of April 2025, from 10am to 5pm** as long as there is a minimum number of participants (6 sailors)

**7th - 11th April**

**14th - 17th April**

If interested, please register in the **online form** available at: [www.anl.pt/Inscrições](http://www.anl.pt/Inscrições)



# COACHES



## > Certified Resources

**ANL Sailing school is certified** by the Portuguese Sailing Federation with the **"Gold"** label, (highest level of certification), guaranteeing the quality of our activity.

Our coaches hold a Professional Sports Coach Title - Sailing, issued by the Portuguese Institute of Sports and Youth.

## > Format

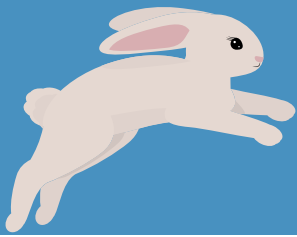
These classes will allow adaptation to the aquatic environment on sailing vessels and the development of different levels of sailing. Depending on the conditions, children may be able to sail alone on the boat after the sports holiday or improve their performance if they already know how to sail.

**The coaches explain how to equip the boat**, with the rudder, strut and sail and **safety rules are explained** too. The group is divided according to experience level and age and is **always accompanied by a coach** who tells them what they have to do on the river and ensures everyone's safety.

When they return to land, the boats have to be unrigged and washed. If conditions do not allow sailing on the river, team games and other activities are planned with the aim of developing coexistence, learning and team spirit.

A break is included for participants to have sea snack.





# REQUIREMENTS AND HOURS

## > Registration requirements

These holidays take place with a minimum of 6 sailors, with the minimum age being 6 years old. The child must know how to swim and registration must be done online on the ANL website.



From 6  
years old



Must know how  
to swim



Online  
registration

## > Hours

The activity takes place from **10am to 5pm**.

There is the possibility of extended hours for an additional payment and it will be from 09:00 AM to 06:00 PM.

## > Activities Location



Doca de Belém, 1400-038, Lisboa

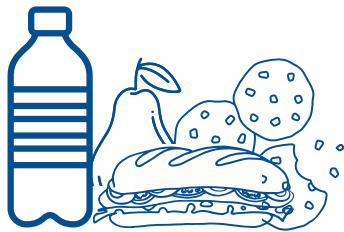


# FOOD



## > SEA SNACK

Food is not included in the price of the sailing holiday, making it optional. Interested participants can select this option when registering.



### Lanche de Mar

Water

Cereal Bar

Sandwich, Breaded, Salad or Hamburger

Simple Cookies

Fruit

**Note: example of sea snack**



**!** If the participant has any dietary restrictions, this must be indicated on the registration form.

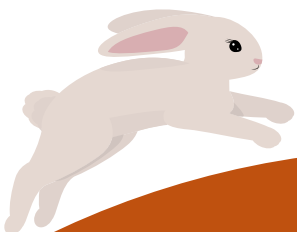
# BOATS



## > Boats

Boats are distributed according to age, experience and height.

Boats used: Optimist, Laser, Laser Bahia, Laser Pico, Omega and Raquero.



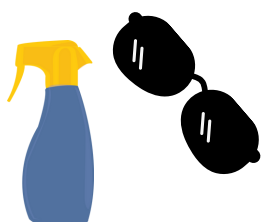
# EQUIPMENT



## Each participant must bring:



Hat



Sun glasses  
and sunscreen



Neoprene boots,  
nautical footwear  
or other old footwear  
that can get wet (sneakers)



Towel and slippers



A change of clothes



swimsuit/swimming trunks underneath  
comfortable sports equipment



Water and additional  
food if wanted

## Associação Naval de Lisboa has:



Neoprene suit



Life Vest



Windbreaker



# PRICES

Values	Discount	ANL Member	ANL Non-member*
7 to 11 of Abril (5 days)	-	163,00€	199,00€
Second person (brother or sister)	10%	146,70€	182,70€
Groups (3 or more)	15%	138,55€	174,55€

Values	Discount	ANL Member	
14 to 17 of April (4 days)	-	131,00€	167,00€
Second person (brother or sister)	10%	117,90€	153,90€
Groups (3 or more)	15%	111,35€	147,35€

- Discounts are not cumulative.
- ANL Member fee: 12€/month
- \*Non-members can attend the Sailing Holidays by paying 3 member fees of €12 (already included in the price indicated above).

# PRICES - EXTRAS

## EXTRAS (7 to 11 April 2025)

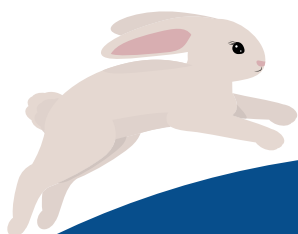
<b>Sea Snack</b>	37,50€
<b>Extended Hours*</b>	25,00€

## EXTRAS (14 to 17 April 2025)

<b>Sea Snack</b>	30,00€
<b>Extended Hours*</b>	20,00€

Sea snack: can be required in the registration form.

\*Extended hours: Minimum 5 sailors and will be between 09:00 AM and 06:00 PM.



# REGISTRATION



## > Registration Process

Registration must be done online, using the link below and payment made to IBAN.

**IBAN: PT50 0033 0000 0000 5873 2540 5**

In case of groups registration (minimum of 3 people), all participants must be present at the same week. Each sailor must register and indicate the name of the group.

<https://anl.pt/vela/ferias-desportivas-2025/#inscrio>



After registering, **you will receive an email** confirming that your data has been sent. You will be contacted by the ANL secretariat, with confirmation of registration and if any additional information is required.

We emphasize that, in the event of **withdrawal**, ANL is governed by the following **policy**:  
Up to 15 days before the start of the activity, ANL will refund the full amount;  
Up to 10 days before the start of the activity, the refund is 50% of the value;  
Up to 5 days before the start of the activity, there are no refunds.



# CONTACTS



*Associação Naval de Lisboa*  
*Fundada em 1856*



## **Website**

[www.anl.pt](http://www.anl.pt)



## **Social Media**

Facebook,  
Instagram  
Linkedin



## **Contacts**

Tel.: 213 619 480  
E-mail: [vela@anl.pt](mailto:vela@anl.pt)