

SKENER PACKAGE



A new way of active sailing holiday

SKENER YACHTING



WHO ARE WE?

SKENER is a new brand of highly qualified skippers that combines the job of being a **skipper** and a **personal trainer** on your vacation.

Besides managing the boat, organizing sailing routes and taking care of general safety of all the passengers, our skippers provide various sports and relaxing activities that will fulfill your summer sailing experience!

All of our SKENERS have a university degree in kinesiology with a specialization in sailing.



mag. cin.



Selected
individuals



Experienced



Educated

SKENER ACTIVITIES



FITNESS



FREEDIVING



YOGA



MASSAGE



SAILING



SWIMMING



WINDSURFING

PRICE LIST

PRE/EARLY SEASON

01 January - 30 June 2023.

€279 / per day

HIGH SEASON

01 July - 01 September 2023.

€299 / per day

POST/LATE SEASON

02 September - 31 December 2023.

€279 / per day

FITNESS

Active holiday is an excellent opportunity to maintain your healthy habits. It's often difficult to find the time to exercise, which boosts your body's energy. Rejuvenate yourself with an active holiday and exercise under our experts' supervision!

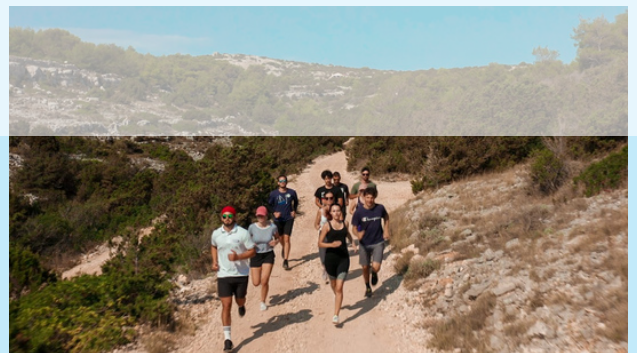
**NO PRIOR KNOWLEDGE OR FITNESS EQUIPMENT IS REQUIRED IN ORDER TO PARTICIPATE IN THE PROGRAM.*

PROGRAM

- Comprehensive fitness training with SKENER instructor
- Group or individual training
- Individual approach
- 2 hours of fitness training / day
- Onboard and ashore

EQUIPMENT

- Workout mats
- Elastic bands
- Jump rope
- Portable speaker
- Kettlebells
- Dumbbells



FREEDIVING

If you find nature above water level fascinating, imagine what a whole new underwater world looks like. There you will find a world comprised of thousands of different colors, sounds and lifeforms. It's a place where you'll feel as if time has stopped. You don't have to go to space to experience weightlessness; all you need to do is to dive deep enough.

**NO PRIOR KNOWLEDGE OR FREEDIVING EQUIPMENT IS REQUIRED IN ORDER TO PARTICIPATE IN THE PROGRAM.*

PROGRAM

- Comprehensive freediving training with SKENER instructor
- Beginner, intermediate or advanced level
- 1 hour of theory lesson / day
- 2 hours of practical lessons / day



EQUIPMENT

- Whiteboard with markers for the theoretical lectures
- Diving masks
- Snorkel
- Fins
- Diving buoy



YOGA

Doing yoga is a unique opportunity to turn off your mobile devices while also charging your own batteries. This relaxing activity brings harmony to your mind and body, which allows you to enjoy the serenity of your active holiday fully. People of all ages can practice yoga. No matter how old you are, make sure your spirit never grows old.

**NO PRIOR KNOWLEDGE OR EQUIPMENT IS REQUIRED IN ORDER TO PARTICIPATE IN THE PROGRAM.*

PROGRAM

- Comprehensive yoga classes with SKENER instructor
- Two guided yoga classes per day - 2 x 40 min / day
- Morning flow program
- Evening stretch program



EQUIPMENT

- Yoga mats
- Yoga blocks
- Portable speaker



MASSAGE

Besides being one of the oldest methods of treatment and therapy, a relaxing massage will enrich anyone's summer, adding a new experience to your active sailing holiday. Entrust your mind and body to our experienced massage therapists and make the most of your holiday.

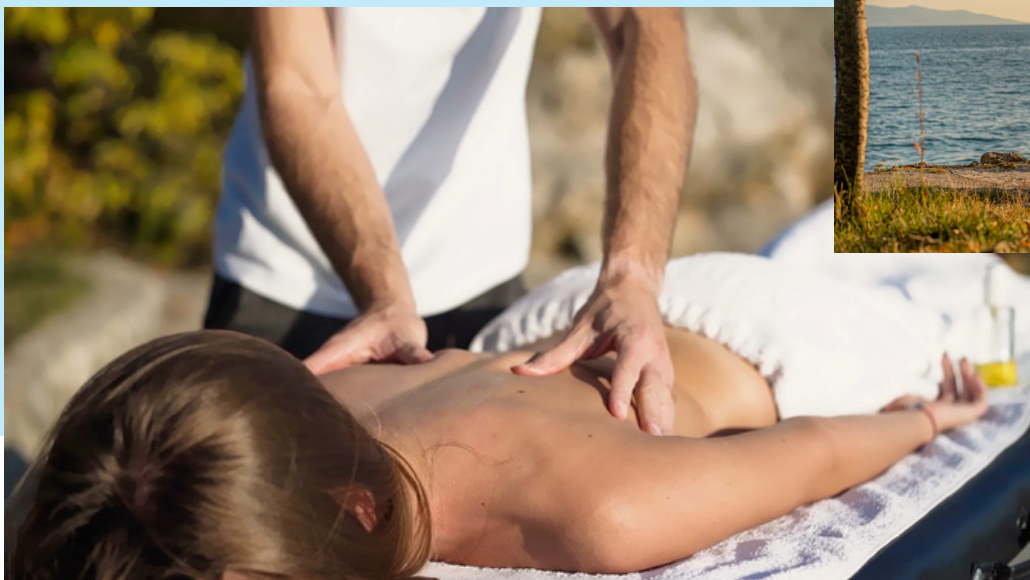
PROGRAM

- Stress relief SKENER massages
- 4 relaxing massages x 30 min / day
- Massages on a folding massage table - on board / at the beach



EQUIPMENT

- Massage table
- Massage oil
- Essential oils
- Towels
- Massage sheets
- Portable speaker



SAILING

Croatia is home to many regattas, which are a great opportunity to apply your acquired skills and experience while being guided by your SKENER instructor. Experience a unique feeling and sensation while steering a boat only with the help of the wind and sails. Join us on sailing, and let's dance through the waves!

**NO PRIOR KNOWLEDGE OR SAILING EQUIPMENT IS REQUIRED IN ORDER TO PARTICIPATE IN THE PROGRAM.*

PROGRAM

- Comprehensive sailing training with SKENER instructor
- Beginner, intermediate or advanced level
- 1 hour of theory lesson / day
- 3 hours of practical lessons / day



EQUIPMENT

- Whiteboard with markers for the theoretical lectures
- All the other equipment is found on the sailboat / catamaran



SWIMMING

An active holiday on a sailboat can be a perfect opportunity to acquire or improve your swimming technique. Whether a child or an adult non-swimmer, this challenge can be overcome much more easily with the help of a good instructor. Join our swimming school and let the water become your new best friend!

**NO PRIOR KNOWLEDGE OR SWIMMING EQUIPMENT IS REQUIRED IN ORDER TO PARTICIPATE IN THE PROGRAM.*

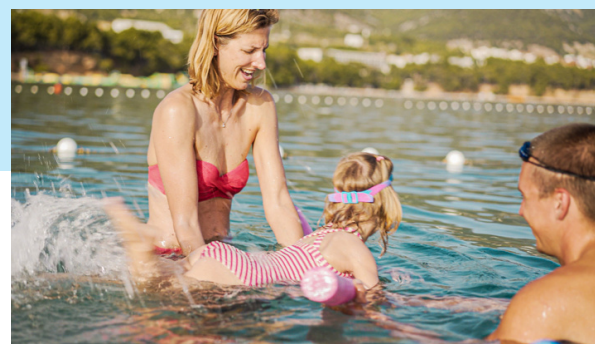
PROGRAM

- Comprehensive swimming training with SKENER instructor
- Beginner, intermediate or advanced level
- 1 hour of theory lesson / day
- 2 hours of practical lessons in the sea / day



EQUIPMENT

- Whiteboard with markers for the theoretical lectures
- Swimming goggles
- Complete gear used in the swimming school (various floating props and toys)



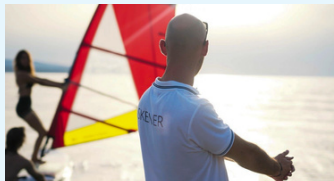
WINDSURFING

Ideal windsurfing conditions require three main ingredients, which Croatia has an abundance of; a good instructor, the sea and the wind. Beginners will learn to tame the wind with their own hands, while more experienced windsurfers can test their skills in world-famous locations that generate challenging winds.

**NO PRIOR KNOWLEDGE OR WINDSURF EQUIPMENT IS REQUIRED IN ORDER TO PARTICIPATE IN THE PROGRAM.*

PROGRAM

- Comprehensive windsurf training with SKENER instructor
- Beginner, intermediate or advanced level
- 1 hour of theory lesson / day
- 2 hours of practical lessons / day



EQUIPMENT

- Whiteboard with markers for the theoretical lectures
- 3 windsurf boards with rigs (on sailboats larger than 50 feet and catamarans larger than 45 feet)
- 2 windsurf boards with rigs (on sailboats up to 49 feet and catamarans up to 44 feet)



Join us to experience a new way of active sailing holiday!

@skeneryachting
www.skeneryachting.com



Skener Yachting Team

