

**South Whidbey Yacht Club
2014 - Adult Sailing Program**

Sailing classes are offered at Lone Lake County Park, with the exception of the orientation class on the first day. Program emphasis is on how to sail while being safe and having fun. Classes are taught in an open air classroom setting and on the water at Lone Lake. Cost for the class is \$200 per student. South Whidbey Yacht Club members receive a \$50 reduction*. We accommodate participants with special needs as much as possible. Each sailor sail in a 12 ft. SF Pelican with one other student. An experienced Pelican sailor may accompany the two students depending on the weather at the time or the student's anxiety level. This is a perfect class for someone with no sailing knowledge at all but has a desire to learn how to sail. It's also a great class for others who might have some sailing experience but want to gain more confidence. The orientation session is not mandatory but highly encouraged. Returning students or students with a knowledge of the basics will have an opportunity for continued skill development.

Scheduled Classes:

Orientation	<i>Attendance for all sessions of new students is preferred but not mandatory</i>		
Tuesday	June 11	10 AM to Noon	SW Parks & Rec 5475 Maxwellton Rd, Langley
Session 1			
Tuesdays & Thursdays	June 10, 12, 17, 19	2 PM to 4:30 PM	Lone Lake Public Beach Access
Session 2			
Tuesdays & Thursdays	June 10, 12, 17, 19	5 PM to 7:30 PM	Lone Lake Public Beach Access
Session 3			
Monday—Thursday	June 23, 24, 25, 26	1 PM to 3:30 PM	Lone Lake Public Beach Access
Make-Up Day	<i>NEW for 2014, this day is reserved as a make-up day for weather related cancellations.</i>		
Friday	June 27	TBA	Lone Lake Public Beach Access

Qualifications: No prior sailing experience is necessary. Students in this class must be comfortable around the water. They must feel confident that if a boat did capsize they can stay afloat for 5 minutes or more. They should have some mobility to move about in the boat and react quickly in some situations.

Equipment & Supplies: Students will use a 12 foot sailing pram called a SF Pelican and will sail with two students in a boat and may on occasion with 3 people. Other similar boats may be available as well. Students should bring a properly fitting PFD (Personal Flotation Device) or life jacket. Students should bring a bag with a change of clothes, a towel, a non-glass water bottle, sunscreen and any other personal items. The clothes bag should remain on shore in case of a capsize. The Pelican is a sturdy little boat built to sail safely on San Francisco Bay and doesn't tip over easily but it can, so it is always good to be prepared. Garden boots would be nice, but sneakers will do as well. No open toe shoe or sandal please.

Staff and Course: Our Head Instructor is US Sailing certified and will be assisted by experienced dinghy sailors. The course will use the US Sailing coursework for beginning sailing and a textbook *Learn Sailing Right!* will be provided for each student. The course will cover safety on the water, sail boat nomenclature, wind awareness, rigging, and sailing basics, leaving and returning to the shore, rules of the road, etiquette and maybe few sailor's knots. Our priorities are safety, then fun and learning. The course is a beginning class but will be flexible enough to challenge students with some sailing background. Sufficient staff will be on hand to ensure each sailing student can improve their own personal skill set.

Safety: Participants should bring a properly fitting Coast Guard-approved life jacket (a few will be available at the site). We require that participants and staff wear their life jackets at all times when on the water. Instructors in motorized safety boats will accompany and protect participants who are sailing. Instructors will teach sun protection, proper clothing, maintaining body temperature, capsize recovery and rules of the road.

Registration: Forms are available at the SW Parks & Rec Bldg. and their website. Registration will be accepted up until the date classes begin provided that space is available but each class is limited so early registration is encouraged to ensure admission and facilitate scheduling. We reserve the right to cancel or combine classes depending on enrollment. Since this is a two person boat, couples and partners are encouraged. Contact the SWYC staff for more information or email BobRodgers100@hotmail.com

* To qualify for a South Whidbey Yacht Club member discount, members must be in good standing before June 1, 2013. Inform your Registrar at SW Parks & Rec that you are a club member.