

## **South Whidbey Yacht Club 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. Each class lasts four sessions - Tuesdays and Thursdays for 1 ½ hours. Cost for the class is \$200 per student. To the best of our ability, we accommodate participants with special needs. Each student sails in a 12 ft. SF Pelican with one other student. An experienced Pelican sailor may accompany the two students depending on the weather or a student's anxiety level. This is a perfect class for someone with no sailing knowledge at all; it's also a great class for others who might have some sailing experience but want to gain more confidence.

### **Scheduled Classes:**

Tuesday June 14                      10 am to noon - Orientation for all students in both classes at  
SW Parks & Rec, 5475 Maxwellton Rd, Langley

#### **Class 1**

Tuesday June 14, 16, 21, 23      1 pm to 3:30 pm - Lone Lake County Park

#### **Class 2**

Tuesday June 14, 16, 21, 23      4 pm to 6:30 pm - Lone Lake County Park

**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 capsizes they can stay afloat for 5 minutes or more. They should have some mobility to move about in the boat and react quickly in all situations.

**Equipment & Supplies:** Students should bring a properly fitting PFD (Personal Flotation Device) or life jacket, a bag with a change of clothes, a towel, a non-glass water bottle, sunscreen and any other essential personal items. Please label all personal equipment. 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.

**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 and the official textbook Learn Sailing Right! will be provided for each student. The course will cover safety on the water, sailboat nomenclature, wind awareness, rigging and sailing basics including leaving and returning to the shore, rules of the road, sailing etiquette and sailor's knots. Our priorities are safety first, then fun and learning. Sufficient staff will be on hand to ensure that each participant receives individual attention.

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

**Registration:** Forms are available at the SW Parks and Recreation office. Registration will be accepted until the date classes begin, provided that space is available. 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. The Pelican is a two-person boat, so couples and partners are encouraged. Contact the SWYC staff for more information or >> [BobRodgers100@hotmail.com](mailto:BobRodgers100@hotmail.com)

**South Whidbey Yacht Club**  
<http://www.swyachtclub.org/>

**South Whidbey Parks and Recreation**  
<http://www.swparks.org>