

South Whidbey Yacht Club
2013 - Youth Sailing Program

Sailing classes are offered at Lone Lake County Park, with the exception of the first day of class (see safety note below *). Program emphasis is on how to sail while building self-confidence and promoting good character. Classes are taught in an open air classroom setting and on the water at Lone Lake. Each class lasts five days, Monday – Friday from 10 AM to 3:30 PM. Parents are always welcome but encouraged to attend the first day swim test and of course, the graduation ceremony on Friday at 3 PM. Cost for the class is \$175 per student. Classes are open to boys and girls ages 10 to 16. We accommodate participants with special needs as much as possible. Each sailor will be assigned one of our El Toro or a similar sailboat to use for the week.

Scheduled Classes Beginners

July 8-11 for ages 10-13 10 AM to 3:30 PM
July 15-18 for ages 10-13 10 AM to 3:30 PM
July 22-25 for ages 10-16 10 AM to 3:30 PM

Scheduled Classes Intermediates:

July 15-18 for ages 12-16 10 AM to 3:30 PM
July 22-25 for ages 12-16 10 AM to 3:30 PM

Qualifications: Beginners are students with little or no sailing experience and for sailors who lack confidence in their ability or need to refresh their skills. Intermediates are students who have achieved a level 2 competency in previous classes or permission of the instructor.

Equipment & Supplies: Beginning students will have their own 8 foot sailing pram called a El Toro and will generally sail alone. Intermediate students will sail as a two person team in a 12 ft. SF Pelican. Participants should bring a properly fitting Coast Guard-approved life jacket (a few will be available at the site). Each should also bring a Lunch and a bag with a change of clothes, a non-glass water bottle, sunscreen and any other personal items. This bag will remain on shore. Some water will always be available but bring your own would be advisable.

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 a textbook will be provided for each student. The course will cover safety on the water, sail boat nomenclature, wind awareness, rigging, sailing basics, leaving and returning to the shore, rules of the road, etiquette and a few sailor's knots. Our priorities are safety, then fun and learning. Intermediates will advance their skill level and begin basic competitive sailing. Sufficient staff will be on hand to ensure each participant receives personal attention.

Safety: Competence in swimming is a prerequisite. Participants must demonstrate on the first day of class the ability to swim without a life jacket and stay afloat for 2 minutes without assistance. * To accomplish the swim test we will meet the first day at Honeymoon Lake Community Clubhouse for swim test and orientation. We will be there for two hours. Parents are asked to help transport (or make arrangements) for your students transportation to Lone Lake for the afternoon session. 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 and Recreation office. 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.

Additional Information:

South Whidbey Yacht Club
<http://www.swyachtclub.org/>
BobRodgers100@hotmail.com

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