

South Whidbey Yacht Club Youth Sailing Program

The Youth Sailing Program's emphasis is on how to sail while building self-confidence and promoting good character. Sailing classes are offered at Lone Lake County Park, with the exception of the first day of class (see safety note below). Classes are taught in an open air classroom setting and on the water. Each camp lasts five days - Monday through Friday from 10 am to 3:30 pm. Parents are encouraged to attend the swim test on the first day and 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 15. To the best of our ability, we accommodate participants with special needs.

Scheduled Classes Beginner and Intermediates:

July 11-15 for ages 10-13 10 am to 3:30 pm

July 18-22 for ages 10-16 10 am to 3:30 pm

Qualifications: Beginners are students with little or no sailing experience and sailors who lack confidence in their ability or want to refresh their skills. Intermediates are students who can demonstrate some basic skill and confidence in sailing. Both beginners and intermediates will be in the same class, but we strive to teach to each student's level.

Equipment & Supplies: Each sailor will be assigned one of our 8ft. El Toros or a similar sailing dinghy to use for the week. On occasion, two students might share a boat. An experienced Pelican sailor may accompany a student depending on the weather or the student's anxiety level. Students should bring a lunch and a bag with a change of clothes, a non-glass water bottle, sunscreen and any other essential personal items. The clothing bag will remain on shore. Please label all pieces of personal equipment.

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, sailboat nomenclature, wind awareness, rigging, 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: Competence in swimming is a prerequisite. On the first day of classes, participants must demonstrate the ability to swim without a life jacket and stay afloat for 3 minutes without assistance. We will meet on the first morning at Useless Bay Golf & Country Club for the two-hour swim test and orientation. Parents are asked to help transport the students or make arrangements for your student's transportation to Lone Lake for the afternoon session. 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 on the water. 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 size is limited, so early registration is encouraged to ensure admission and facilitate scheduling.

Additional Information:

South Whidbey Yacht Club

<http://www.swyachtclub.org/>

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South Whidbey Parks and Recreation

<http://www.swparks.org/>