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SAYC 'Learn To Sail' Program Outline

1. 'Learn to Sail' Beginner Sailing Clinic - 6 hours, \$175 Non-members, \$125 SAYC Members
 1. 2 hours of on-land instruction: parts of boat, points of sail, sail trim, rules of the road
 2. 30 minutes lunch break in club house – Q&A during lunch, tacking & gybing exercise
 3. 2.5 hours of on water instruction – rigging, boat handling, sailing
 4. 1 hour derigging, de-brief and wrap up (if time allows)

2. Intermediate Sailing Clinic - 5 hours, \$125 Non-Members, \$100 SAYC Members
 - a. 30 minutes – on land review and instruction: refresh (points, terms, rules, sail trim)
 - b. 1 hour – on land practice boat handling practice drills and rigging
 - c. 30 minute lunch & discussion (on water exercise overview)
 - d. 2.5 hours of on-water exercises and drills
 - e. 30 minutes – de-rigging & de-brief

*Prerequisite of Beginner Clinic or previous dinghy experience required

3. Advanced Sailing Clinic - 5 hours, \$100 Non-Members, \$75 SAYC Members
 - e. 1.5 hours of on-land review and intro to racing rules, tactics and strategies
 - b. 30 minutes lunch break (Q&A, intro to starting sequences)
 - c. 2.5 hours of on-water instruction: boat handling, sail trim, roll tacking/gybing, practice races
 - d. 30 minutes de-brief, check-out certification if needed

*Prerequisite of intermediate clinic or dinghy racing experience required

General Rules for ALL Clinics:

- Anyone interested must be able to swim and be comfortable in the water.
- Sailing dinghies can be physically demanding and all participants must be able to help lift boats from racks to dollies, have good balance, able to bend under the boom and be prepared to sweat, get wet and muddy.
- Bathing suits and wet shoes are recommended when sailing as well as a change of clothes for after sailing.
- Sunscreen, hats, life jackets, sunglasses, water bottle are recommended as well.