

## Adult Sail Training at Palm Beach Sailing Club

### Adult Group Courses

The Adult Group Crew and Skipper Courses each feature seven hours of classroom and on-water activity designed to set you on a path for a lifetime of sailing enjoyment. The course curriculum is based on US SAILING's *Start Sailing Right*, the national standard for quality sailing instruction, and takes place on a 19' sailboat. The maximum number of students per course session is limited to three adults in order to provide opportunity for all students to experience the various skipper and crew functions on a small sailboat.

#### **Crew course** - for the novice sailor

You as a Sailor	Nomenclature	Directional Terms	Rigging
Wind Awareness	Sailing Directions	Steering	Trimming Sails
Tacking	Knots and Lines		

#### **Skipper course** - prior crew course or consultation required

Leaving and Returning	Upwind sailing	Downwind and Jibing	Rules of the Road
Seamanship and Safety	Reefing	Overboard Recovery	

**Course Fee:** \$ 175 per student per course

**Course Material:** *Start Sailing Right* \$ 20

#### **Small Boat Capsize Recovery Clinic** -

Fee: \$ 20 per person

This course is designed for those seeking *US Sailing Small Boat Certification*. Class includes presentation, videos, and in-water practice.

#### **Private Adult Lessons**

Private lessons are available for those who would like to learn or improve their sailing ability at their own pace. Available for individuals and groups, they are tailored to the particular needs of the sailor(s) and are scheduled in 3-hour sessions from beginner to racing. Scheduling for private lessons is done after a consultation between Sail Training Director, Don Lasky, and student(s). Instruction may take place on the student's own sailboat.

Lesson Fee: Individual - \$175    Two people - \$250    Three people - \$300

#### **US SAILING Small Boat Sailor Certification**

You may choose to become a US SAILING *certified* Small Boat Sailor by completing the requirements in the *Small Boat Sailor Certification Record Book*, supplied by and validated by your US SAILING instructor. The following 14 General and Boat handling Skills must be validated in order to receive certification:

WIND DIRECTION	RIGGING/UNRIGGING	KNOTS/LINES
RULES OF THE ROAD	DEPARTURE/LANDING	STEERING
SAFETY POSITION	TACKING	POINTS OF SAIL
JIBING	CAPSIZING RECOVERY	OVERBOARD RECOVERY
GETTING OUT OF IRONS	UPWIND SAILING	

#### **Sail Training Director**

Don Lasky, US SAILING Small Boat Coach Level 2  
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