

Adult Sail Training at Palm Beach Sailing Club

Adult Group Courses

The Adult Group Crew and Skipper Courses feature seven hours of classroom and on-water sailing 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

UPCOMING ADULT GROUP CLASS SCHEDULE

| | | |
|----------------|-------------------------------|--------------------|
| CREW COURSE | Sat, March 13 & Sun, March 14 | 9:00 am - 12:30 pm |
| CREW COURSE | Sat, March 13 & Sun, March 14 | 1:30 pm - 5:00 pm |
| CREW COURSE | Sat, March 20 & Sun, March 21 | 9:00 am - 12:30 pm |
| CREW COURSE | Sat, March 20 & Sun, March 21 | 1:30 pm - 5:00 pm |
| SKIPPER COURSE | Sat, March 27 & Sun, March 28 | 9:00 am - 12:30 pm |
| SKIPPER COURSE | Sat, March 27 & Sun, March 28 | 1:30 pm - 5:00 pm |

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 instructor and student(s). Instruction may take place on the student's own sailboat.

| | | |
|-------------|--------------|--------|
| Lesson Fee: | Individual | \$ 175 |
| | Two people | \$ 275 |
| | Three people | \$ 350 |
| | Four people | \$ 400 |

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 Boathandling 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 | CAPSIZE RECOVERY | OVERBOARD RECOVERY |
| GETTING OUT OF IRONS | UPWIND SAILING | |

Sail Training Director

Don Lasky, US SAILING Small Boat Coach Level 2
561-351-5784, dlasky@pbsail.org



Palm Beach Sailing Club

4600 N. Flagler Drive
West Palm Beach, FL 33407

561.881.0809

fax 561.881.1424
www.PBSail.org
office@pbsail.org