

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

SKIPPER COURSE	Sat, Nov 13 & Sun, Nov 14	9:00 am to 12:30 pm
CREW COURSE	Sat, Nov 27 & Sun, Nov 28	9:00 am to 12:30 pm
CREW COURSE	Sat, Dec 4 & Sun, Dec 5	9:00 am to 12:30 pm
SKIPPER COURSE	Sat, Dec 18 & Sun, Dec 19	9:00 am to 12:30 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 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	CAPSIZE RECOVERY	OVERBOARD RECOVERY
GETTING OUT OF IRONS	UPWIND SAILING	

Sail Training Director

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