

## LCYC - ADULT LEARN TO SAIL CLASS 2023

**Lake Canyon Yacht Club** is conducting an **ADULT LEARN TO SAIL** program for those interested in learning the Basics of Sailing and on-the-water boat safety. Participants that are 18 years of age or older are encouraged to register for this course.

The following Itinerary will be followed:

### **I. Introduction to Sailing- Part 1, Feb 25 - 26**

Goal - Provide basic understanding of sailing and specific water safety practices related to sailing. Each day after classroom instruction there will be on-the-water sailing that will use keelboats skippered and crewed by experienced club members. To the extent possible we will provide one boat for each two students for the **sailing sessions each day**. After demonstrating each new course objective, students will be given the opportunity to do the helming and sail trimming to learn hands-on. Subjects will include:

Types of sailboats, sailing terminology, what makes a sailboat go, relationship to wind, sail trim, controlling a sailboat, knot tying, basic right-of-way rules.

### **II. Intro to Sailing- Part 2, March 4 - 5**

Goal - to build on the previous week's basic training by providing additional classroom topics and on-the-water sailing activities.

Subjects will include:

Launching a boat from a trailer, Rigging and de-rigging the boat, Departing and returning to a dock or mooring, Planning a short trip, Basic understanding weather considerations, Making a sail plan, Safety Considerations & emergency procedures, Knowledge of the Texas Water Safety Act, Right of way rules, and Using correct sail trim to sail the boat efficiently (as quickly and as safely) as possible.

Saturday afternoon will be a 3+ hour sail, depending on weather. The intent on Saturday is for a leisurely sail, to use the boat to take a trip, practice the lesson objectives and build self-confidence.

Sunday afternoon, we will lay out an hour-long triangle and have the students sail the track as quickly as possible, two times around. The intent Sunday is to sail the boats as well as possible, with primary emphasis on efficient upwind sailing, best boat speed, and compass headings to cover the course in minimum time.

Class Schedule for both weekends: Saturday and Sunday – 9am-noon – classroom; 12-1pm -lunch (bring your own); 1pm-4 pm - on the water sailing. **PLEASE ARRIVE EARLY.**

Everyone is encouraged to treat these two weekends as a single course, although we will accept entrants for either one (must have prior sailing experience to sign up only for the second one). The fees are \$30 for both weekends **for course materials and books**, or \$15 for either weekend separately. Only one fee is required for two family members [must be 18 yrs of age or older] if they are willing to share the course books.

Register online at [lcyc.net/learn-to-sail](http://lcyc.net/learn-to-sail). Registration should be operational by mid-January. Please contact Mike Stellato at [mjstellato@gmail.com](mailto:mjstellato@gmail.com) with any questions.