



# Women on the Water 2019

## Introductory Sailing Courses



### **Purpose:**

The RSLYC wishes to promote sailing amongst women and help make it accessible by offering introductory classes specifically intended for women with little or no experience wishing to learn how to sail.

Max. 3 students/boat; 5 classes of 2.5 hours, from 6 - 8:30 PM, starting July 11.

This intro to sailing program will allow participants to become interim members of the Yacht Club. Content and pricing can be adapted to provide more in-depth training with 10 classes.

**Price: \$375 (\$325 for full members) plus taxes**

**Preliminary planning:** introductory meeting, overview of the club, membership privileges, the boats and learning sessions.

### **First session**

- Explaining the different parts of the boat, including sailing safety. On the dock - 1.5h
- Preparing for and getting out on the water - points of sail and general intro to sailing - 1h

### **Second session**

- On the dock: 30 minutes briefing: Rigging the boat and pre-sail preparations -
- On the water topics: Points of sail, tacking - 2 hours out

### **Third session**

- On the dock: 20 minutes briefing at the boat
- On the water: Leaving and returning to dock, points of sail, gybing - 1.10 hours docking, 1 hour sailing

### **Fourth session**

- On the dock: 20 minutes briefing at the boat
- On the water: Gybing, tacking and man overboard, general navigation 2.10 hours

### **Fifth session**

- On the water: testing skills: MOB, tacking, gybing, points of sail and docking
- Optional - anchoring, depending on crew progress

**End of the course:** BBQ or cocktail party.

Classes will be held outdoors if weather conditions are favorable.

Points of sail, safety, tacking and gybing will be taught in an interactive way, using buoys for example. During all classes there will be usage of common knots, proper ropes and working with winches.