

<u>Program Details:</u>

The curriculum includes sailing and trimming at different points of sail, rigging, and unrigging, and having fun in boats.

Age groups: 6 - 12 years of age

Boats: Optimist boats will be used for the "Learn to Sail" program. Boats will be provided by the Lakewood Yacht Club

Practice Times:

Saturdays and Sundays from 9:00 am to 11:30 am

Spring Program Dates:

First day of spring program: 08 March 2025 Saturday Last day of spring program: 11 May 2025 Sunday

Program Fees:

Member: \$ 371 Non-member: \$ 516

Course Materials:

Appropriate buoyancy aid
Sea shorts
UV-protected lycra t-shirt
Neoprene suit (Optional)
Sea shoes (plastic sole – easy dry)
Swimsuit
Hat
Suncream
Towel
Spare dry apparel
Water bottle
Sunglasses (optional)

Safety:

All sailors must wear buoyancy aid during all times they are at the seaside. Our facility is a private sailing facility that is sheltered and closed for the outer entrance. All operational action plans from risk analysis to emergency plans are made and we are ready for every kind of scenario with our knowledge.

- * There will be no practices during the week of Keels & Wheels (May 03 04).
- * Additional information regarding training can be found in our Training Policy.