



## ***Come learn how to sail at beautiful Jackson Park Yacht Club!***

JPYC is offering Adult Keelboat Sailing courses. These classes provide both classroom and on-the-water instruction, providing the opportunity for adults to develop the skills and confidence necessary to enjoy the sport of sailing.

The courses and training are designed to create competent, confident, and capable sailors.

A minimum of 2 students per session is required to host the class; a maximum of 4 students per session. Weekends will have two instructors, creating an intimate instructor-to-student ratio to 1:2.

Added bonus: JPYC has free on-street parking!

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# Course Schedule

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## **JUNE**

SESSION ONE	June 5, 6, 7
SESSION TWO	June 26, 27, 28

## **JULY**

SESSION THREE	July 10, 11, 12
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## **AUGUST**

SESSION FOUR	July 21, August 1, 2
SESSION FIVE	August 14, 15, 16
SESSION SIX	August 28, 29, 30

## **SEPTEMBER**

SESSION SEVEN	September 11, 12, 13
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# Course Description

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This class meets for three consecutive days (Friday-Sunday) for a total of 13 hours, and is designed for adults age 18 and older – beginners and more experienced sailors alike. Students will get to practice various crew skills and will participate in boat maneuvers. Instructor/student ratio is 1:2. Students may enroll in multiple sessions of this class. Complimentary brunch is served on Sunday.

At the end of our course, the sailor will be able to demonstrate competence in these maneuvers:

- Depart dock or mooring fully ready to get underway safely
- Select and maintain a given tack and course
- Demonstrate how to get out of the “no go zone”
- Heading Up
- Bearing Away
- Sail Close Hauled
- Sail on a Close Reach
- Sail on a Beam Reach
- Sail on a Broad Reach
- Sail on a Run
- Tack
- Jibe
- Perform Quick Stop
- Perform Figure 8 Man Overboard Procedure
- Anchoring
- Reefing
- Heave-To
- Ability to Sail:
  - Demonstrate the ability to recognize local weather conditions and forecasts
  - Demonstrate how to properly board a boat
  - Demonstrate the proper rigging of the sails, halyards, sheets, blocks, and winches
  - Check all other equipment specific to your boat not indicated above (battery, shore power, bilge etc.)
- Crew Operations and Skills:
  - Demonstrate how to put on a life jacket
  - Demonstrate tying and use of knots: stopper knot, bowline, cleat hitch, and square knot
  - Demonstrate the use of these sail controls: halyards, sheets, Cunningham/ downhaul, and outhaul.
- Leaving the Dock or Mooring
  - Demonstrate appropriate helmsman and crew coordination and skills for departure suitable to the conditions: raising sails, line handling, casting off, and boat handling
- Boat Handling:
  - Demonstrate in close quarters under sail: starting, stopping, speed control, tacking, jibing, steering control, sail luffing, the No-Go Zone, backing the jib, and crew coordination and communication
  - Demonstrate sailing a predetermined closed course and maneuvering around obstacles.

- Demonstrate proper sail trim with accurate sheet adjustment of the main and headsails. Make use of the sail telltales and identify points of sail
- Perform a heave-to maneuver
- When appropriate, demonstrate sailing “by the lee” and explain the inherent dangers involved
- **Navigation:**
  - Point out Aids to Navigation in the harbor and local waters that you are sailing, and respond accordingly
- **Navigation Rules:**
  - Demonstrate the use of Navigation Rules while sailing
- **Heavy Weather Sailing:**
  - Demonstrate how to reef to de-power sails
- **Man Overboard Rescue Methods:**
  - Properly demonstrate the two overboard rescue methods: Quick Stop & Figure-8 while maintaining constant visual contact with the person in water.

## Cancellation Policy

No refunds will be given for students wishing to cancel within two (2) weeks.

Only partial refunds will be granted to students who cancel before the two-week mark. Two-thirds the class cost will be refunded.

If a student wishes to reschedule to a different session, there will be a \$50 administration fee to do so.

Weekend sessions may be postponed and rescheduled due to weather or unforeseen circumstances. Due to our small class size, we will work together to find a new weekend that works with all.



Any questions? Please email [instructors@jpycschool.org](mailto:instructors@jpycschool.org)