

NLGYC

Adult Sailing Lessons

Let's have some fun and learn some sailing!!!!

The adult sailing lessons will soon be starting. The instructors will be Tracey Barth and Karen North with a few special guest instructors sprinkled in throughout the summer. We are both really looking forward to having some fun out on the water teaching the basics of sailing to our lake friends!!

We will be sailing on Karen's boat, a 26' Colgate, which is a very comfortable boat to sail on. These will be group lessons, 4 people at a time. If we have more, we may use a motorboat to follow along and we can swap folks in and out if needed.

Let's meet on the front lawn of the club. Please come 10-15 minutes early so we can all be ready to set sail at 4:30. Please bring a lifejacket and wear comfortable clothes that you can move easily in. Wear shoes that can get wet and will stay on your feet. (Sandals with ankle straps, water shoes, etc)

Lessons will be on Thursday afternoons, 4:30 – 6:30
Classes will start **June 29th** and run through the month of August.

Sign up on the club website.

If you have any questions at all, please shoot Tracey or Karen an email. We can't wait to sail with you.

Kindly,
Tracey & Karen

traceybarth@gmail.com | kefnorth@gmail.com

Skills Taught:

- Fundamentals of sailing
- Identify the wind & gain understanding of the physical relationship between the wind and the sailboat
- Rigging and De-rigging
- Basic knots used in sailing
- Steering the boat
- Sail trim
- Launching and landing from dock
- **Safety** while sailing
- **Having FUN!!**

