



**St. Augustine Yacht Club, Inc.**  
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## **SAYC 'Learn To Sail' Program Outline**

1. 'Learn to Sail' Beginner Sailing Clinic - 6 hours, \$175 Non-members, \$125 SAYC Members
  1. 2.5 hours of on-land instruction: parts of boat, points of sail, sail trim, tacking & gybing
  2. 30 minutes lunch break in club house – Q&A during lunch
  3. 2 hours of on water instruction – rigging, boat handling, upwind and downwind sailing
  4. 1 hour derigging, de-brief – knot tying session if time allows
2. Intermediate Sailing Clinic - 6 hours, \$175 Non-Members, \$125 SAYC Members
  - a. 1 hour of on land review and instruction: refresh (points of sail, sail trim, rigging re-fresher)
  - b. 1.5 hours of on water practice – boat handling practice drills and docking
  - c. 1 hour on-land – lunch, Q&A discussion (on water exercise breakdown), rotate boats
  - d. 1.5 hours of on-water instruction – exercises, drills and docking
  - e. 1 hour – de-rigging & de-brief and knot tying lesson

\*Prerequisite of Beginner Clinic or previous dinghy experience required
3. Advanced Sailing Clinic - 6 hours, \$175 Non-Members, \$125 SAYC Members
  - e. 1.5 hours of on-land review and intro to racing rules, tactics and strategies
  - b. 30 minutes lunch break – Q&A and on-water drills overview
  - c. 3 hours of on-water instruction: boat handling, sail trim, roll tacking/gybing, practice races
  - d. 1 hour derig, de-brief, check-out certification if needed

\*Prerequisite of intermediate clinic or dinghy racing experience required

### General Rules for ALL Clinics:

- Participants must be able to swim and be comfortable in the water.
- Sailing dinghies can be physically demanding and all participants must have good balance, be able to bend under the boom and cross the boat. The Hobie is a "wet boat".
- Water shoes and PFDs are required. We have PFDs to loan for the day.
- Sunscreen, hats, sunglasses, water bottle, towel, and change of clothes are recommended.

### Cancellation Policy:

To cancel your registration, you will need to notify the Sail Director. Cancellations received two weeks (14 days) or more in advance will receive a full refund. Cancellations received 13-7 days before the date of the

clinic date will receive a 50% refund, and cancellations received 6 days or less in advance will not be refunded. No partial or full refunds given for elected absences.

To switch weeks for your registration, a request must be made to the Sail Director. All requests must be made two weeks in advance of the first day of the originally registered clinic date. All requests subject to availability. Should the requested week not be available, you will be offered another week with availability or refunded if within the above cancellation period.