



CSA Adult Sail Seminar

Wednesday, Thursday, Friday
June 6, 7, 8, 2012



OBJECTIVES: Fun, Safety, Meet People just like You
LEARN TO SAIL: Beginners and Intermediate
INSTRUCTION: Classroom, Land, and On Water

- You as a Sailor
- Safety and You
- Parts of a Sailboat
- Wind Awareness
- How Sails Work
- Rigging the Boat
- Learn to talk like a Sailor
- Your first Sail
- Sailing Directions
- Sailing Upwind
- Sailing Downwind
- Capsize Recovery
- Overboard Recovery
- Leaving and Returning
- Improving Your Skills
- Right-of-Way
- Backup Skills
- Weather, Tides and Currents
- Knots and Lines

Three types of training boats:

Monohull — Flying Scot ♦ Cabin — San Juan 21 ♦ Catamaran — Hobie 18

Instructors are CSA members, many are US Sailing Level I Dinghy Instructors

Registration: \$340.00 for non-member ♦ \$290.00 for primary corporate member.

Checks payable to *Carlyle Sailing Association*. (Includes instruction, sailing, U.S. Sailing reference textbook and the "Little Red Book", breakfast, and lunch.

Contact Dave Leimbach – 314.960.7005 c eh-dave@aol.com with questions.

Send registration to Dave Leimbach at 4421 Ridgewood Ave., St. Louis, MO 63116

Separate Registration Form for each student (must be over nineteen years of age)

Name _____ email _____

Home phone _____ Cell phone _____

Address _____ City/State/Zipcode _____

Sailing Experience _____

If you own a sailboat, state the type _____

Type of boat you prefer to learn on (check one)

Monohull - *Flying Scot*

Cabin — *San Juan 21*

Catamaran — *Hobie 18*

Not Sure (call to discuss)