



CSA
Adult Sail Seminar
Wednesday, Thursday, Friday
June 20, 21, 22, 2007

OBJECTIVES Fun, Safety, 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
- 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 & Currents
- Knots and Lines

*Limited class size,
register early*

Three types of Training Boats

Mono Hull (Flying Scot) Cabin Boat (San Juan 21) Catamaran (Hobie 18)

INSTRUCTORS CSA Members US Sailing Level I Dinghy Instructors

REGISTRATION \$125.00 for Mailing Associate Member \$75.00 for SSR Member
 (Includes Instruction, Sailing, Reference Textbook, Continental Breakfast and Lunch)

CONTACT Dave Leimbach 314.481.1924h or 314.960.7005c ehdave@aol.com
 Send registration to Dave Leimbach at 4421 Ridgewood Ave., St. Louis, MO 63116

Registration Form **Must be over nineteen years of age.**

Name _____ Phone# _____ E-Mail _____

Address _____ City/State/Zipcode _____

Sailing Experience _____

If you own a sailboat, state the class. _____

Type of boat that you prefer to learn on (Check One)
 Mono Hull (Flying Scot) Cabin Boat (San Juan 21) Catamaran (Hobie 18)
 Not Sure