



**CSA**  
**Adult Sail Seminar**  
**Wednesday, Thursday, Friday**  
**June 24, 25, 26, 2009**

**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 & Currents
- Knots and Lines

**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 \$150.00 for Non Member \$95.00 for Primary Corporate Member.**

**Checks payable to Carlyle Sailing Association.**

**(Includes Instruction, Sailing, Reference Textbook, Continental Breakfast and Lunches)**

**CONTACT** Dave Leimbach 314.481.1924h or 314.960.7005c [ehdave@aol.com](mailto: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