



## Women's Sailing Clinics

### Topics:

- Water Safety
- Boating/Rules of the Water
- Appropriate Clothing
- Sailing Terminology
- Rigging and basic knots
- Basic Sailing
- Safety
- Capsize Recovery
- Boat Maintenance
- Backing and maneuvering a car and trailer to launch and recover boats
- Using the hoist

### 2010 Schedule:

#### **Module 1 – 6/17/2010- 6:00 pm to 8:00 pm**

Dryland Training, terminology & safety

#### **Module 2 – 6/19/10 -10:00am to 4:00 pm**

On the water - rigging and sailing basics

Capsize Recovery

#### **Module 3 – 6/26/10 -10:00am to 4:00 pm**

On the water sailing basics

Boat Maintenance

Backing and maneuvering a car and trailer to launch and recover boats

Using the hoist