



# ADULT SAILING PROGRAM

Instructed by: US SAILING top level Coaches.

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## PROGRAM AND FLEET DESCRIPTIONS: GREEN, RED, BLUE AND YELLOW

### "GO SAILING PROGRAM" (GREEN)

For: Beginners - 5 classes. <15 hours  
Groups of 3 plus instructor

*Will cover:*

Nomenclature  
ABC wind, sails, foils  
points of sail  
steer, trim, teamwork  
gear/safety

### "SKIPPER PROGRAM" (RED)

For: Intermediate - 5 classes. <15 hours  
Groups of 3; no instructor onboard

*Will cover:*

Control. Docking  
Stop and go  
Upwind and downwind  
ABC Navigation. GPS, Compass  
Trim, sail shape

### "RACER PROGRAM" (BLUE)

For: Beginner racers - 5 classes. <15 hours  
Groups of 3

*Will cover:*

Sail Shape, Mast tune  
tactics/strategy; wind shifts  
Boat handling  
Weather  
Rules

### "PRO RACER PROGRAM" (YELLOW)

For: Intermediate Racer - 8 classes  
Groups of 2 plus instructor

*Will cover:*

Advance Trim  
Advance Boat Handling  
Advance Tactics/Strategy  
*contact us for more info about this program.*

**Program Option** (GREEN, RED or BLUE) - \$ 600 per person.(need to be a group of 3)

If you already have a group of three interested and you sign up as a TEAM it will be faster to coordinate. Price includes Five(5) class sessions, each class is ½ a day.

*mornings: 10:00 am to 1:00 pm or afternoons: 2:00 pm to 5:00 pm*

**Private Classes Available** – special non-program classes.

1 person (GREEN, WHITE, BLUE or YELLOW) : \$75.00 per person per hour ( 2 hour minimum)

2 people (GREEN, WHITE, BLUE or YELLOW) : \$60.00 per person per hour ( 2 hour minimum)

**NOTE:** Once you register for the program, you will be contacted by the appointment manager to coordinate available dates and times for your convenience.

MEMBERSHIP DISCOUNT: 20% DISCOUNT APPLIES FOR MYC BUSINESS AND FULL MEMBERS (Not for Junior Members)  
(THIS DISCOUNT WILL BE REFUNDED TO SAME CREDIT CARD BY THE THE OFFICE SHORTLY AFTER REGISTRATION).