

# **PBYC - Junior Sailing Program Instructions**

**Goals:** FUN... SAFETY... EDUCATION

**Dates:** August 2 - 6, 2010

The Sailing Basics camp includes lessons in the basic principles of sailing for beginners then progresses through the intermediate skills. Students will be introduced to the Sunfish and Hobie Catamaran and learn in the boat that suits his or her physical size, age and skill level.

## **Requirements:**

- Students must be at least 7 years old on the first day of camp and be able to swim in open water.
  - Students must bring their own life jacket which must be worn when on or near the water.
  - Students must have sailing shoes, water shoes or sneakers. Flip flops, sandals and other open toe footwear is not allowed.
  - Camp starts promptly at 9:30 AM and students must be picked up no later than 3:30 PM.
  - Students should bring:
    - A snack lunch
    - Water bottle
    - Sunscreen
    - Towel
- Water and ice chests will be available.

## **To register:**

- Complete registration, medical and liability release forms.
- Make check payable to PBYC Junior Sailing and mail check and completed forms to: PBYC Junior Sailing, P.O. Box 1112, Gulf Breeze, FL 32562-1112
- Forms may be obtained from the PBYC web page at [www.pensacolabeach-yc.org](http://www.pensacolabeach-yc.org).
- Cost per student is \$200 per session, includes training materials.

The Sailing Instructors are certified by the U.S. Sailing Association and trained in American Red Cross First Aid and CPR. For more information: call Anne Geisel (850-982-3667).

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