



PRIVATE LESSON SAILING INSTRUCTIONS

The St. George Community Sailing Foundation is a non-profit organization founded in 2001 to promote and teach sailing, seamanship, and safety on the water to young people and adults on the St. George peninsula. In addition to its teaching fees, the Foundation is supported by the **tax-deductible donations of parents, friends and businesses.**

Schedule

1. Private students may select one or more sailing sessions on weekday afternoons after 4:30 pm or on weekends. Times are by mutual agreement with the instructor and the sailors.
2. Fees: \$60 an hour, for from one to three sailors, payable to the St. George Community Sailing Foundation (SGCSF). Up to three students may sail at one time with an instructor. We recommend at least a two hour session.
3. Instructors: Our instructors are certified US Sailing Level 1 Instructors.
4. Contacts: To arrange a session, contact Steve Lindsay (at 207-372-8174 or stevelindsay@roadrunner.com). Date and time will be set with the instructor.
5. Boats: Lesson will take place in *Maggie B*, the SGCSF's Rhodes 19 sloop, or *Jenny G.*, an O'Day Daysailer. Other boats may be used at the option of the instructor. Sailors will meet the instructor at Blueberry Cove Camp or the Tenants Harbor Town Landing at the time agreed upon.
6. Inclement weather: We will generally sail in light rain or fog but will postpone in the event of heavy wind, rain, or threat of lightning.

7. Each participant (adults included) **must wear a Coast Guard approved Personal Flotation Device (PFD) at all times** on the water and docks. In addition, each student should bring clothing adequate for weather conditions, including light rain and fog. Bring a sweater or sweat shirt as the ocean wind can be cool.
8. A “**Private Lesson Registration & Indemnity Form**” for each student sailor must be signed and given to SGCSF prior to any instruction.
9. Instruction Content: The Instructor will tailor the instruction material to the experience and interest of the sailors. Topics may include:
 - Course introduction
 - Harbor safety
 - Sailing safety
 - Parts of a sailboat and sailing terms
 - Wind awareness
 - How sails work
 - Rigging the boat
 - Sailing directions
 - Sailing upwind
 - Sailing downwind
 - Leaving and returning to docks, floats and moorings
 - Improving sailing skills
 - Right-of-way
 - Racing skills
 - Weather, tides, and currents
 - Basic navigation
 - Knots and lines
10. Tax-deductible donations to the **SGCSF** are always welcome and help us continue in our mission of teaching sailing in the town of St. George. (The fee for sailing instruction is not tax-deductible).
11. Have a good time on the water!