

NSYA Mobile Sailing School Week Schedule - Summer 2010

Welcome to the NSYA Mobile Sailing School!

We are your, Canadian Yachting Association certified, 2011 Mobile Sailing Instructors Katy Rehse and Carson Murray. Katy has been coaching since '05 with various programs and yacht clubs throughout NS, and Carson has been coaching at PYC since '07.

We are so happy to be involved with this program and are very excited to share our passion for the sport with your community. It is our goal to introduce your children to the world of sailing; a sport that will last a lifetime. We promote confidence on the water, boat handling, and over all skill development.

Here is an idea of what our schedule will entail. If you have any questions about the agenda, feel free to contact us.

MONDAY

"ALL ABOARD!"

9 A.M. – 12 P.M.

Meet and greet
Attendance and Morning Games
Land Lesson #1 – Safety & Course Intro
Water Session #1 – Getting to Know Your Boat!

12 P.M. – 1 P.M.

Lunch

1 P.M. – 4 P.M.

Afternoon Game.
Land Lesson #2 – Wind and P.O.S.
Water Session #2 – Pick a Point
De-rig & Debrief

TUESDAY

"TACKING TUESDAY!"

9 A.M. – 12 P.M.

Attendance.
Morning Games.
Land Lesson #3 – What to Wear
Water Session #3 – Tacking & Gybing

12 P.M. – 1 P.M.

Lunch

1 P.M. – 4 P.M.

Afternoon Game.
Land Lesson #4 – Heeling and Capsize Avoidance
Water Session #4 – Capsizing Procedure
De-rig & Debrief

SPONSORS



WEDNESDAY

“WINDSDAY!”

9 A.M. – 12 P.M.

Attendance.

Morning Games.

Land Lesson #5 – Adjusting Your Sails/

Water Session #5 – Upwind/Downwind Sailing

12 P.M. – 1 P.M.

Lunch

1 P.M. – 4 P.M.

Afternoon Game.

Land Lesson #6 – POS Review/ Getting out of Irons

Water Session #6 – Practically in Irons?

De-rig & Debrief

THURSDAY

“**PIRATE DAY**” (Come wearing your best Pirate Costume! YARRGH!)

9 A.M. – 12 P.M.

Attendance.

Morning Games.

Land Lesson #7 – Weather/Hazards

Water Session #7 – Getting Where Ya’ Need Ta’ Go

Thursday cont’d

12 P.M. – 1 P.M.

Lunch

1 P.M. – 4 P.M.

Afternoon Game.

Land Lesson #8 – Hypothermia!

Water Session #8 – “Turtle-ing” and Recovery

De-rig and Debrief

FRIDAY

“FAST FRIDAY / SUPER FUN RACE DAY”

9 A.M. – 12 P.M.

Attendance.

Morning Games.

Land Lesson #9 – Intro to Racing

Water Session #9 – Practice “Starts”

12 P.M. – 1 P.M.

Lunch

1 P.M. – 4 P.M.

Afternoon Game.

Water Session #10 – Racing!

Land Lesson #10 – Week Re-cap

De-rig & Debrief

Say Goodbye!

All lessons are subject to change due to weather or other circumstances.

Lesson modifications will be made accordingly in regards to sailors’ experience.

SPONSORS



What to bring each day:

- ✓ Healthy Lunch & Snacks including lots of water
- ✓ Change of Clothes
- ✓ Sunscreen
- ✓ Sailing Gear
 - ✓ *Layered clothing (Warm for Cold Days)*
 - ✓ *Rain Jacket/ Pants*
 - ✓ *Closed toed footwear (Will get wet!)*
 - ✓ *Hat(Sun Protection)*
 - ✓ Hat
 - ✓ *Wetsuit (Optional)*
 - ✓ *Sailing gloves (Optional)*
- ✓ Bathing Suit & Towel

We strongly discourage sailors bringing electronic devices such as iPods and Cell phones unless necessary, as they can be distracting to the sailor as well as other sailors in the program. Also, we are not responsible if any electronic devices become lost or stolen.

Don't forget to watch the weather and pack accordingly! We look forward to seeing all of the sailors and parents bright and early Monday morning! Cheers and see you soon... !

Contact Info:

MobilesailingNS@gmail.com or (902) 753-6556