

North Lake Sailing School

Adult Sailing School Course

The NLSS Adult sailing course consists of three private 2 hour on the water sessions that can be personalized to your interests and needs. Sessions will originate at the NLYC Clubhouse.

Please dress in layers according to the forecasted weather including bringing your own lifejacket.

Below is the planned curriculum which can be tailored per your request.

If you have any questions, and to schedule sessions, please call:

Charles Luebke at 414-801-7264 or email: charlesjluebke@hotmail.com

Registration Fee: \$100 tax deductible donation payable to: North Lake Sailing School

Session 1:

- Land: Introductions, Course Goals
 - Instructors background
 - What makes a sailboat go? (and how to stop)
 - Terminology and boat parts
 - Hull, Keel designs, Steerage, Rudders
 - Rigging – standing, running
 - Sails – parts, design
 - Wind – true, apparent, points of sail, luffing
 - Knots you need to know (and do)
 - Lifejackets and other essentials
- Dockside:
 - Weather – to sail or not to sail, and what to bring?
 - Capsizing – what to do
 - How to Rig a sailboat (including stepping a mast and launching)
- Water: Getting underway
 - Tacking, Jibing, luffing
 - Crewing, Skippering
 - Docking/Mooring/Anchoring
 - Unrigging/proper storage

Session 2:

- Land: Review and Q&A of session 1 topics
- Water: Sail trim, boat balance
 - Points of sail: reaches, upwind, downwind
 - More tacking, jibing
 - Towing
 - Docking

Session 3:

- Land: Basic Right-of-Way Rules
 - Simple race rules, courses, and start sequence
- Water: Sailing!
 - Rounding Buoys
 - More sailing and a Practice Race or two!