

LEARN TO SAIL!!!

SEAS

WITH
SEAS WESTCHESTER

SEAS

A Non-Profit all-volunteer organization

IN THE CLASSROOM

Learn Sailing Terms, Aerodynamics and Hydrodynamics of Sailing, Points of Sail, Sail Trim, Rigging, Launching, Mooring, Rules of the Road, Boat Handling, and Boating Safety.



AT THE WATERSITE

Gain 16 hours of practical hands-on experience using SEAS own fleet of Sunfish, Phantoms, Lasers and Sloops on the picturesque Hudson River.

Requirements: at least 18 Years old, good physical condition, able to swim

Cost: \$195.00 fee includes instruction, course materials, equipment usage and 2009 membership.

2009 BASIC SAILING CLASSES

Each Class Set has the following sessions inclusive:

Classroom Sessions: 4 three-hour Weeknight classes held once a week 7pm to 10 pm at YWCA 515 North Street, White Plains, NY.

Water Site Sessions: 2 eight-hour Weekend classes (either 2 Saturdays or 2 Sundays) hosted at Shattemuc YC, Ossining, NY.

Class Set 1: Classroom: Mondays May 11, 18, June 1, 8 **Water Site Days: Saturdays,** June 6 & 13

Class Set 2: Classroom: Tuesdays June 2, 9, 16, 23 **Water Site Days: Saturdays,** June 20 & 27

Class Set 3: Classroom: Wednesdays June 24, July 1, 8, 15 **Water Site Days: Sundays,** July 12 & 19

Class Set 4: Classroom: Thursdays July 16, 23, 30, Aug. 6 **Water Site Days: Sundays,** Aug. 2 & 9

- Registration should be made as soon as possible and will be honored in order of receipt.
- Courses are limited to a maximum of 16 students and are subject to a minimum requirement of 6 students.
- Your fee of \$195.00 must accompany this application ****Group discounts available for groups of 5 or more****
- No refunds can be made within of 30 days before the first day of class.

Please 1) Complete application below 2) Select the class set you would like to attend 3) Read and sign the **DECLARATION OF HEALTH**. Send your completed application along with a check for \$195.00 to the address below.

1) Name _____

Address _____

City _____ State _____ Zip Code _____

Telephone: Day _____ Evening _____ E-Mail _____

2) *I wish to attend Class Set # _____ Gift Certificate for: _____

3) DECLARATION OF HEALTH: I acknowledge that I have voluntarily applied for a course of instruction in Basic Sailing from SEAS Westchester. I understand that the class requires vigorous physical activity in swimming; and moving, rigging, de-rigging and sailing boats. I represent that I am in good physical condition and have no condition, either physical or mental, that would impair my performance in the class or be aggravated by my participation. I understand that SEAS Westchester is relying upon the aforementioned representation in allowing me to participate in its Basic Sailing course. I hold SEAS Westchester and its members harmless in the event of injury that may occur while I am enrolled in the Basic Sailing course.

Signature of Student _____ Date _____

SEAS WESTCHESTER P.O. BOX 892 WHITE PLAINS, NY 10602 (914) 631-4164 WWW.SAILSEAS.COM/WESTCHESTER