All new and experienced sailors planning to take a CYC Adult Sailing Course are encouraged to take the ASA course “Your First Sail” as a way to increase sailing knowledge prior to their lessons.

This is a short, fun, online sailing course designed to familiarize you with the world of sailing, one that some see as a sport and others choose as a lifestyle.

Click here to access the free course: Your First Sail

Safety & Discipline

CYC is committed to maintaining a safe and positive environment for young people and adults at all times. At all times while on the water each sailor must provide and wear an approved personal flotation device (PFD) suitable to the size of the sailor. Proper self discipline is required while in the program. Violations of safety or other program rules may result in a disciplinary action including suspension or dismissal from the program without a refund.

Refund Policy

CYC will refund the full registration fee up until 10 business days prior to the start date of a program. After that date, no refunds will be granted unless extraordinary circumstances arise.

For any questions or more information contact the Adult Program Coordinator andrea@carolinayachtclub.org

Online Sailing Resources

ONLINE REGISTRATION

For more information & registration visit www.carolinayachtclub.org
**Course Overview**

**Refresher:**

The Adult Refresher Sailing course is designed for any adult sailor with previous experience who simply needs a refresher on rigging, steering, sail trim, and points of sail. The course will start off in the Flying Scot to go over basic skills, and sailors will progress into smaller sailboats (420s, sunfish) OR privately owned boats.

**Beginner:**

The Adult Beginner Sailing course is designed for any adult sailor with no prior sailing experience. Rigging, sail theory, crew positions, knot tying, and teamwork are just some of the topics covered in this course. The course combines classroom instruction with on-the-water practice using the Flying Scots.

**Intermediate:**

The Adult Intermediate Sailing course requires the sailor to have completed equivalent to an Adult Beginner Sailing program. The intermediate level will focus on developing mechanical boat handling skills as well as a greater understanding of the wind and sailing upwind and downwind. Coaches will begin to cover the basic aspects of racing in a fun developmental way. The course will start off in the Flying Scot and progress into smaller sailboats (420s, sunfish) OR privately owned boats.

**One Week Courses**

- **Adult Refresher Course**
  - Tues-Fri 1-4pm
  - Session 1: June 9-12
  - Session 2: June 23-26

- **Women’s Beginner Sailing**
  - Tues-Thurs 9am-12pm
  - Women who have a child registered for Sea Squirts the corresponding week are encouraged to attend this class!
  - Session 1: June 16-18
  - Session 2: June 30-July 2
  - Session 3: July 14-16
  - Session 4: July 28-30

**Two Week Courses**

- **Adult Beginner Sailing**
  - Mon & Fri 9am-12pm
  - Session 1: June 29, July 3, 10
  - Session 2: July 13, 20, 24

- **Adult Intermediate Sailing**
  - Tues & Thurs 1-4pm
  - Session 1: June 30, July 2, 7, 9
  - Session 2: July 14, 16, 21, 23

**Four Week Courses**

- **Adult Beginner Sailing**
  - Mondays 5-8pm
  - Session 1: June 22, 29, July 6, 13

- **Adult Intermediate Sailing**
  - Wednesdays 1-4pm
  - Session 1: July 1, 8, 15, 22

**Create Your Own Course**

Private and Group Courses

- Would you benefit from one-on-one instruction?
- Do you have a busy schedule?
- Do you have a group of friends/family that want to take lessons together?

This year the Adult Program Coordinator has blocked off specific times during the week to meet your busy schedule. To set up your lessons, please email her at andrea@carolinayachtclub.org (maximum 5 sailors per course)

- Session length: 1.5-3 hours
- Course length: 1-5 days
- You pick the time!