

Adult Sailing Lesson at Seattle Boats Afloat Show – Info and Instructions

Thanks for joining the Seattle Sailing Club in our 3-hour Intro-to-Sailing Lessons. This is professional quality instruction in a fun, accessible package. You'll be taking these lessons on Seattle Sailing Club keelboats at the Boats Afloat Show on Lake Union, where you'll be surrounded by everything a boat show has to offer - incredible boats, the industry's top professionals, and a vibrant scene of boating enthusiasts!

While three hours is only the very first step in your sailing education, you're going to learn A LOT! Seattle Sailing Club's instructors will be exposing you to the basics of:

- Wind direction, points of sail, and sail trim
- Terminology and parts of the boat and sails
- Safety on the boat and on the water
- Rules of the road
- Various crew positions and maneuvers
- Driving the a sailboat under sail power
- The essential sailing knots



Seattle Sailing Club is SO excited to help you begin your sailing-education journey! Here are some things to know before you come to the lesson:

- **Where:** Meet at the Show Office, classroom space and directions to the boats will be provided there. 901 Fairview Ave North, Suite A-190 (glass doors next to the show entrance by the public restrooms)
- **When:** 9:45am Check-in, 10:00am – 1:00pm Lesson (2 hours on the water).
- **What to Wear:** Bring a waterproof layer for rain or spray. Wear a base layer of fleece or polypropylene. Use fleece or wool as insulating layers because they will keep you warm even when wet. Cotton is to be avoided if possible, as it will make you very cold if it gets wet. Please no black-soled shoes (deck shoes or sneakers with light colored soles are best). Many sailors like to wear protective gloves, proper sailing gloves can be purchased at SSC or rubberized gardening/utility gloves will work, too.
- **What to bring:** Feel free to bring a backpack or small bag (plenty of space in the cabin of the boat) with sunscreen, a camera, your extra clothing, sunglasses, a hat, and personal effects.
- **What's Provided:** A packet of course materials, pen and paper, drinking water, and life jackets.
- **How to Prepare:** Go to the American Sailing Association website www.asa.com and take the "e-course" called "Your First Sail." It only takes a half hour and will improve your experience on the day of your lesson!
- **Other Things to Know:** Wearing a life jacket is required; this will be a group lesson, so expect to work together as a team of 4-6 people; this will be both fun and full of great information and instruction!
- **Additional questions:** Contact Seattle Sailing Club at (206) 782-5100 or info@seattlesailing.com.