



WAYZATA SAILING ADAPTIVE

We invite you to enjoy the magical feeling of sailing. The very nature and focus of sailing helps you to escape day-to-day concerns.

One of the hallmarks of the Adaptive Sailing Program is that we try to fit the needs of our clients. Some of you come to us wanting to experience sailing for the first time. Others of you have done sailing before and want to learn more. Still others just want to go sailing.

At present we do not have a fixed schedule. We will try to meet your needs and time requirements to the best of our ability.

Our offerings fall into four categories.

- The Introduction involves an application and evaluative class designed to understand your abilities and your knowledge of sailing. There is also a sailing experience to observe you on the water. You must participate in Introduction to participate in classes.
- Once we have established your sailing knowledge and abilities we will make recommendations as to the classes you should be taking. Packages are offered to give continuity to the instruction.
- For people who have developed considerable sailing skill we offer cruising or racing opportunities.
- Alternatively, you may want to take a private lesson. We also offer sailing experiences to groups of people who are interested in finding out what sailing is like.



To request an application or more information send an email to ernest@wayzatasailing.org.

Adaptive Sailing Program Course Offerings

Introduction

Introductory Evaluation Class 1 – 2 hour session

This is an opportunity for us to meet you and understand your abilities. There will be a written application, an interview and some physical tests. It will allow us to plan how to get you into and out of the boat and which specific adaptive equipment to fit the boat up for you.

Prerequisite – Written application and interview

Initial Sailing Experience 2 hour session

We will take you sailing with the boat fitted up based upon the evaluation. We will observe your physical ability and your sailing knowledge level. We will make recommendations for your next steps.

Prerequisite – Introductory Evaluation Class

Learn to Sail Packages

- Sailing 101** 4 x 2 hour classes
You will learn sailing terms and skills. You will rig the boat, sail it, trim sails, steer and derig the boat. At the end of the course you will be able to assist in sailing a sailboat safely.
Prerequisites – Initial Sailing Experience, recommendation of Instructor
- Sailing 102** 4 x 2 hour classes
You will build on the skills you learned in Sailing 101. More boat parts and their uses will be introduced. You will learn how to balance the boat and make it work efficiently. You will learn some basic navigation. There is much to be learned in sailing so you may want to take this level more than once and then go on to Cruising.
Prerequisites – Sailing 101 and/or recommendation of Instructor
- Sailing 201** 4 x 2 hour sessions
You will build and integrate your sailing skills through repetition. You will navigate to various parts of the lake in various wind and weather conditions. You will gather new knowledge by experience.
Prerequisites – Sailing 102 and/or recommendation of Instructor

Cruising and Racing

- Cruising** 4 x 2 hour sessions
You may have sailed considerably before your incident and don't need our sailing instruction. You may have progressed through Sailing 201. In either case, you just want to go sailing. Depending upon wind strength you may sail to a number of destinations on the lake. You might go to Maynard's for lunch or sail around Big Island.
Prerequisites – Sailing history, First Sailing Experience, and Introductory Evaluation Class
- Learn to Race** This course is being developed – Please stand by
You will build racing skills upon your sailing skills. You will improve your boat and sail handling to make the boat go as fast as possible over the shortest distance sailed. You will become an expert in particular positions on the boat and find your niche. You will learn the Racing Rules of Sailing and how they apply in various situations as you encounter other boats on the race course. You will practice against boats with both disabled and able-bodied sailors. There will be debrief sessions with an eye to improving your racing ability.
Prerequisites – Sailing 201, sailing history, and/or recommendation of Instructor
- Racing** This course is being developed – Please stand by
You will race in Wayzata Yacht Club Saturday morning races in the PHRF 2 fleet using main and jib. You will compete with able-bodied sailors. There will be debrief sessions after the race.
Prerequisites – Learn to Race and recommendation of Instructor, Wayzata Yacht Club membership at Crew level

Other Offerings

- Private Lesson** 2 -hour session
An opportunity for you to learn sailing in a one-on-one setting. It is for the person with no sailing experience who wants special attention and may have an accompanying caregiver. We will fit the boat up for you based upon an interview and have a helper crew on board to ensure safety.

It is also aimed at a person who has considerable sailing experience but who needs special attention from the instructor. It could lead in many directions once abilities have been defined.

Prerequisite – Interview

Group Sailing Experience 2 – 3 hour session

An opportunity for an organized group such as a camp or a class to learn the joy of sailing. We will provide a number of boats and volunteers to take members of your group out. We find that just one time sailing excites many people to want to come back for more. Truly a program enrichment activity.

Prerequisite – Application describing abilities and recommendation from organization representative

Contact us at ernest@wayzatasailing.org to arrange for an application and classes. We will arrange a schedule to fit your needs.

Adaptive Sailing Fees - 2019

Class	Sessions	Cost
Introduction		
Introductory Evaluation Class	A 1-2 hour session	Free
Initial Sailing Experience	A 2-hour session	Free
Learn to Sail Packages		
Sailing 101	4 x 2 hour sessions	\$125 per student
Sailing 102	4 x 2 hour sessions	\$125 per student
Sailing 201	4 x 2 hour sessions	\$125 per student
Cruising and Racing		
Cruising	4 x 2 hour sessions	\$125 per student Add \$75 for caregiver
	Single session	\$45 per student
Learn to Race	6 x 2 hour sessions	\$200 per student
Racing	6 races	\$200 per student
Other Offerings		
Private Lesson	A 2 hour session	\$100 for individual student on boat \$150 for individual student with a caregiver
Group Sailing Experience	Up to 2 hour session	Please contact us

Scholarships are available toward any of the offerings. The nature of the schedule makes it impractical to process all scholarship requests at once so money may run out later in the season. It would help if you could request a partial scholarship.

Veterans – Disabled American Veterans has given us a grant so we can give FREE sailing to any disabled veteran with a service related injury.