



SPINNAKER SAILING SAN FRANCISCO

ASA Basic Keelboat Sailing 1

Fee: \$495/ person or buy BKS 1&2 for \$845 **

Saves \$145

This course is designed for the beginning sailor who is interested in learning the basic fundamentals of sailing. Classes are held aboard 22 foot keelboats with three to four students and the instructor. All class time is spent on the water where students put the practical application to work

making decisions and building confidence on the Bay. Basic Sailing 1 prepares students for the next course, Basic Sailing 2 which is for national certification by the American Sailing Association.

Day 1

- Introduction
- Course Objectives
- Nomenclature:
- Rigging:
 - Standing & Running Rigging
- The Sail
- Theory
 - Upwind & Downwind Theory and Trim
- Sailing Quadrant
 - All Points of Sail, Dead Area, Port & Starboard
- Safety
- Set Sail for Practice Session
- Setting up the Jib.
- Practice Session, Tacking & Jibing
- Aids to Navigation
- Windshifts
- Putting the Boat Away
- Homework

Day 2

- Question & Answer Session
- Homework Review
- Set-up Boat
- Reefing (Sail Reduction)
 - Mainsail
 - Jibsail
- Practice Session, Reefing
- Right of Way Rules
 - Port vs. Starboard
 - Overtaking
 - Power vs. Sail
- MOB (man overboard) procedures
- Practice Session, MOB's
- Putting the Boat Away
- Graduation Basic 1

Basic 1 Schedule

Basic 1 is offered several ways to accommodate students varying schedules.

Midweek

Accelerated Schedule

2 Days in a row - 2 days total (usually taken concurrently with Basic 2)

Classes run the 1st and 3rd Monday and Tuesday of each month. 10:00 am - 4:00 pm.

Weekend

Standard Schedule

2 Days per weekend (Saturday and Sunday in the same Weekend) - 1 weekend total

Classes run every weekend

Sat 9:00 am - 3:00 pm

Sun 9:00 am - 3:00 pm

No pre-requisites to take Basic Sailing 1. Wear casual clothes, bring a jacket and wear sunscreen. No black soled shoes please, they leave marks on our new boats. This class is required to enroll in Basic Keelboat Sailing 2.



**** DISCOUNTS - Sign up for both Basic Keelboat I&II at the same time and save \$145.00**

Pier 40, South Beach Harbor, San Francisco, CA 94107 www.spinnaker-sailing.com (415) 543-7333