



ASA 101a Basic Keelboat Sailing 1

Fee: \$750/person (\$700 midweek)
or buy BKS 1&2 for \$1295 (\$1250 midweek)

We offer the lowest student to instructor ratio in the USA averaging 2 students to 1 instructor. This level of individualization is perfect for the new sailor, allowing focused time on the all important basics. Classes are held aboard our NEW Andrews 21' keelboats. 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 - ASA 101

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 every Monday and Tuesday of each month.
10:00 am - 2:00 pm.

Custom Schedules Available - Call the Office

Weekend

Accelerated Schedule

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

Classes run every weekend Sat & Sun

Sat & Sun 10:00 am - 2:00 pm

No pre-requisites to take Basic Keelboat Sailing 1. Wear casual clothes, bring a jacket, sunscreen, hat and a snack. No black soled shoes please. They leave marks on our shiny 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 \$150.00**

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