



United States Sailing Center
Long Beach, California
www.ussclb.org

LEARN TO SAIL

- High quality adult sailing instruction
- Perfect for beginners and a great way to refresh and advance your sailing skills



BASIC KEELBOAT & US SAILING Certification Course





United States Sailing Center Long Beach, California

BASIC KEELBOAT AND US SAILING CERTIFICATION COURSE

The Basic Keelboat and Certification Package provides a comprehensive learn to sail experience for students with no sailing experience and for those with some experience that want to build on their skills and obtain an official US SAILING Basic Keelboat Certification documenting their training. Students will learn their on-the-water skills sailing on the beautiful waters of Alamitos Bay and Long Beach Harbor in keelboats from 20'-25' in length. Our professional top quality US SAILING Certified instructors are highly skilled in communication and seamanship to provide excellent instruction. Class sizes will be limited to 3-5 persons per instructor/boat in order to provide an ideal learning environment. Each class day will begin with a brief classroom lecture introducing students to new sailing related topics. The rest of the day will be spent on the water, utilizing hands-on teaching techniques.

Skills that will be introduced include:

- Nautical terminology
- Sail trim
- Crew overboard recovery
- Basic knot tying
- Rigging a boat
- Anchoring
- Sailing theory
- Reefing
- Right of way rules
- Points of sail
- Boat handling
- Nautical chart reading
- Docking and departing
- Safety and emergency procedures
- Equipment regulations
- Stowing the boat



Sign up now! To register call 562-433-7939, or go to www.ussclb.org



The program is divided in to 4 modules:

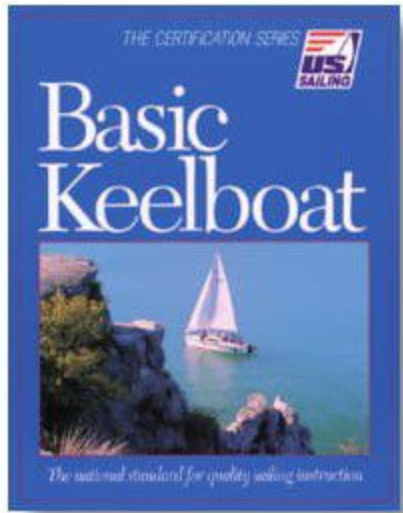


Basic Keelboat level 1 (KB1)

4/ 4 hour sessions, 3 -5 students, \$275.00 each.

No Prerequisite

This course is an introduction to sailing designed for students with little or no previous sailing experience. The course will be approximately 40% lecture and 60% on the water practice. Students in this course will be taught in a Cal 20 keelboat. By the end of this course, they will know basic sailing terminology, safety procedures, basic rigging and un-rigging, knot tying and environmental awareness. They will learn elementary sailing and boat handling skills including tacking, jibing, heading up, falling off, docking, sailing a course, appropriate sail trim, and understand the basic principles of wind direction and points of sail.



Text: US SAILING "Basic Keelboat" (included)

Basic Keelboat level 2 (KB2)

4/ 4 hour sessions, 3 – 5 students, \$275.00 each.

Course Prerequisite: Successful completion of KB1 course or equivalent skills.

This course is the next step in the program. In this course students will review what they learned in KB1 and develop new skills such as heavy weather sailing techniques, heaving to, reefing, crew overboard recovery, navigation rules and more. Students in this course will sail in 25' keelboats. More time will be spent on the water in this course. It will be approximately 25% lecture and 75% on the water. Students will come out of this course with a much greater understanding of sailing and will be ready for more advanced techniques that will be taught in the level 3 course.

Text: US SAILING "Basic Keelboat" (included)

Basic Keelboat level 3 (KB3)

4/ 4 hour sessions, 3 -5 students, \$275.00 each.

Course Prerequisite: Successful completion of KB2 course or equivalent skills.

This is the final level of the basic keelboat course. Sailing a J24, a fast and responsive yet stable and spacious boat, students will continue their skill development. They learn new skills such as anchoring, mooring, emergency procedures, proper use of distress signals, basic coastal navigation, and more. After successful completion of this course, students should be prepared for US SAILING Basic Keelboat Certification.

Text: US SAILING "Basic Keelboat" (included)



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US SAILING Basic Keelboat Certification

3 / 4 hour sessions, 3 – 5 students, \$200.00 ea.



Course Prerequisite: Successful completion of KB3 course or equivalent skills.

This course is primarily an evaluation and testing of the skills that have been



learned in the previous courses or other sail training experience. Students will review and practice their sailing skills in the first session then take a written test produced by US SAILING to demonstrate their knowledge. In the final sessions they will practice, then demonstrate their boat handling skills. Upon successful completion of the course and tests students will be certified to skipper tiller steered keelboats, up to 27' in length, on familiar waters, in 5 – 15 knots of wind. They will also be provided with the US SAILING Basic Keelboat Certification Standards booklet, a one-year free membership to US SAILING, and an official US SAILING Logbook of Sailing. The Logbook will be signed by a US SAILING Certified Instructor and an official sticker will be inserted verifying the student's certification.



Text: US SAILING "Basic Keelboat" (included)

Save \$\$\$\$ with our Basic Keelboat and US SAILING Certification packages:

Keelboat Certification Package #1

Includes Keelboat 2, 3 & Certification. \$650.

Keelboat Certification Package #2

Includes Keelboat 1, 2, 3 & Certification. \$900.

Important: For all of the above classes, students must be over 18 years in age. Students must also be in good physical condition and be able to swim at least 50 yards while fully clothed. Classes will meet regardless of weather. Lifejackets will be provided by the United States Sailing Center and must be worn at all times while on board the boat.

There will be no refund for missed classes.

About the US Sailing Center

The Pacific Coast Sailing Foundation, a non-profit public benefit charitable corporation (501.c.3), operates the United States Sailing Center, Long Beach, CA. The Sailing Center provides facilities, equipment, programs and other enhancements that improve education in the sport of sailing in the Western United States. In addition to conducting US SAILING Basic Keelboat Certification Courses, the Sailing Center is the training base for numerous local high school sailing teams and the University of Southern California Varsity Sailing Team, trains Olympic sailing aspirants and conducts various community oriented sailing programs for disabled individuals and youth-at-risk. In addition to housing the Hall of Fame for the following organizations, the Sailing Center is the administrative home for the Pacific Coast Intercollegiate Yacht Racing Association and provides administrative support for the Pacific Coast Interscholastic Sailing Association and the Southern California Youth Yacht Racing Association.



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