



## Information for Youth Sailing

COST (per session)	No charge to members of HISC. \$75 per child for non-members.
<b>2022</b> SESSIONS	We hold two sessions each year - Spring & Fall. Each session consists of 4 Saturday lessons from 9:00am to 12:00pm.  SESSION 1: March 12, 19, 26 and April 2 (Weather Day-April 9)  SESSION 2: Oct 15, 22, 29 & Nov 5 (Weather Day–Nov 12)
REQUIREMENTS	Children must be between the ages of 8 – 18years old. Sailing experience is not necessary but children <b>MUST</b> be proficient swimmers. Each sailor <b>MUST</b> pass a simple swim test on the first day. (Swim 50 yards in clothes and shoes. So you may wish to bring another set of dry clothes on the first day.)
SKILLS	US Sailing certified Instructors will teach basic sailing skills, knots, nomenclature and boating safety.
BOATS	We provide 5 Optimist Pram and 8 O’pen Skiff boats. These are single-handed boats. Sailors will be responsible for their care while using.
ITEMS TO BRING  <b>*REQUIRED</b>	Sunscreen/ Hat/Sunglasses Water bottle/ Snacks, <b>NO GLASS CONTAINERS</b> Towel/ Dry clothes <b>*Life Jacket</b> (United States Coast Guard approved Life Vest – Type 3) <b>*Water Shoes</b> (Non skid, not open toe or flipflops)
WEATHER	Sessions will operate rain or shine & weather conditions are monitored by both the Quiet Waters Park Manager and our club coordinator. Should a thunderstorm (lightning) be detected, sailors will obey the signal to return to shore immediately.
WEBSITE	All this information and more is located on our website: <a href="http://www.hisc.org">www.hisc.org</a> or on Facebook-HISC Youth Sailing Program
LOCATION	Quiet Waters Park, 401 S. Powerline Rd, Deerfield Beach, FL Meet by Splash Adventure Water Park ( <i>\$1.50 per person to enter park.</i> )