

Clear Lake Yacht Club Sailing School General Information for 2006

The Clear Lake Yacht Club Sailing School's instructional program blends fun and learning in a low-pressure environment. Our mission is to teach students basic sailing skills, and to help instill a lifelong enjoyment of sailing. The 2006 program will be led by Kristin MacNider, Program Director, Chris Osmundson, head X-boat instructor, Spencer Anderson, head Optimist instructor, and Mark Tesar, Director. Most staff are certified as US Sailing instructors, with a water safety component as part of the certification.

Course Descriptions

Beginning Optimist (ages ~6 - ~10)

Beginning X (ages ~9 - ~14)

Both beginner-level courses will cover boat parts, boat safety, and basic boat-handling skills. During these classes, instructors are generally in the sailboats with students.

Intermediate Optimist (prerequisite: Beginning Opti)

Intermediate X (prerequisite: Beginning X)

These courses build on skills learned during beginner-level courses, with a goal of helping students become confident sailing without an instructor on board.

Advanced Optimist (prerequisite: Intermediate Opti)

Advanced X (prerequisite: Intermediate X)

These courses teach racing skills including tactics, racing rules, and courses. They are recommended for students who wish to compete in club races on Clear Lake or at off-lake regattas.

Adults

This course provides an introduction to sailing for adult students.

NOTE: The Sailing School reserves the right to assign students to the class appropriate to their abilities and to limit class size. Dates, times, and costs for specific sessions are listed on the next page.

Location

All classes are held at the Clear Lake Yacht Club facility at 103 Main Avenue, Clear Lake, Iowa. The phone number is (641) 357-8001.

What to Wear

- **Lifejacket (required):** US Coast Guard Type III or higher that fits properly. Students must wear their lifejackets while on any dock and while aboard any sail or power boat during school hours.
- **Shoes (required):** We recommend boat shoes, aqua-socks, sneakers, boating sandals (Texas, etc.) or other soft-soled shoe that will not leave marks on the boats.
- **Sunscreen, hat and sunglasses:** Please remember to have your child put on sunscreen *before* coming to class.
- **Swimsuit & towel:** Expect to get wet. Bring or wear swimsuit. Bring extra layers for chilly days.

Rules of Behavior

Key rules include the lifejacket shore-to-shore policy, no running on the dock, and no leaving the facility grounds when on shore during class. All additional rules will be explained on the first day.

Water Safety Assessment

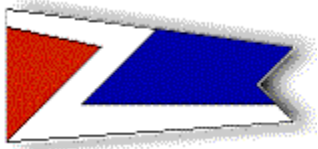
All students will be given a swimming check on the first day of class. This will allow the instructors to assess each student's swimming abilities. The check will be with and without lifejackets on, and will include

- Swimming 50 yards unaided.
- Treading water for 1 minute.

Children will also be given a water orientation to learn self-rescue.

Bad Weather

Class will NOT be cancelled due to bad weather. When the safety of the students is threatened by weather, indoor sailing-related activities are implemented. When no-wind days occur, outdoor sailing-related activities are complemented by other activities such as swimming and volleyball.



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Parent Communication

Parents are asked to direct all issues or concerns to these members of the Sailing School board:

- Margaret Osmundson, President: (641) 357-5513 or (952) 937-9170
- Mark Tesar, Director: (641) 357-8642

Class Level Codes and Times

(these will be used on the signup form)

- O1** Beginning Optimist, 9:00 a.m. – 11:00 a.m.
- O2** Intermediate Optimist, 11:45 a.m. – 1:45 p.m.
- O3** Advanced Optimist, 2:15 p.m. – 4:15 p.m.

- X1** Beginning X, 9:00 a.m. – 11:00 a.m.
- X2** Intermediate X, 11:45 a.m. – 1:45 p.m.
- X3** Advanced X (racers), 2:15 p.m. – 4:15 p.m.

A Adult, 6:00 – 8:00 p.m.

Registration Fees

See calendars at right for session dates.

- Session **1A** or **2A**: \$125 per student (includes t-shirt)
NOTE: If same student participates in both sessions 1A and 2A, fee for session 2A is reduced to \$105, and no additional t-shirt is included.
- Session **1B**, **2B** or **3**: \$90 (includes t-shirt)
NOTE: If same student has participated in a previous session this season at full tuition, fee for session 2B or 3 is reduced to \$75, and no additional t-shirt is included.
- **Adult** session: \$75 (t-shirt NOT included)

NOTE: Sailing scholarships are available—for more information, please contact Treasurer Julie Oltrogge at (641) 357-8957 or (651) 365-5108.

Family Fun Nights

Mark your calendar for these fun evening potlucks, Wednesday, June 28 and Friday, July 21. Let your young sailor show what he or she has been learning while you enjoy the company of other Sailing School families! Instructors will run a few short races, weather permitting. More details, such as start times and what to bring, will be shared with students during each session.

Session Dates

Session 1A, 12 days							
June - July	S	M	T	W	T	F	S
	18	19	20	21	22	23	24
	25	26	27	28	29	30	1
	2	3	4	5	6	7	8

Iowa No Tears Optimist Regatta
Clear Lake, IA
July 7

Session 1B, 5 days							
June	S	M	T	W	T	F	S
	18	19	20	21	22	23	24

Session 2A, 12 days							
July - Aug	S	M	T	W	T	F	S
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	1	2	3	4	5

GLSS Regatta
Lake Geneva, WI
July 10-11

ILYA X Championships
Minnetonka, MN
July 26 - 29

Session 2B, 5 days							
July	S	M	T	W	T	F	S
	16	17	18	19	20	21	23

Interlakes Regatta
Clear Lake, IA
Aug. 3-6

Session 3, 5 days							
Aug.	S	M	T	W	T	F	S
	6	7	8	9	10	11	12

Adult Session, 6 days							
June - August	S	M	T	W	T	F	S
	18	19	20	21	22	23	24
	25	26	27	28	29	30	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
30	31	1	2	3	4	5	