

## Spring 2010 Programs (949) 492-3035

### JR. SAILORS SEASIDE ADVENTURE - CLASS

Each day holds a new adventure as we explore different Jr. Sailors activities. Sail, kayak, paddleboard, play boating games and row, or "Focus strictly on sailing and advance your sailing skill level if you have had previous Westwind Jr. Sailors courses. Bring a snack (no glass containers) sunscreen, towel, and a change of clothes daily. Students must pre-register and be "water safe". \$10. supply fee is payable to instructor at 1<sup>st</sup> class.  
**FEE:** \$132.00 **AGES:** 6 – 13 years

| DATES                | DAYS | TIMES                                |
|----------------------|------|--------------------------------------|
| *March 13 – April 10 | Sat. | 8:30 am – 12 pm <i>*No class 4/3</i> |
| April 17 – May 8     | Sat  | 8:30 am – 12 pm                      |
| May 2 – May 23       | Sun. | 8:30 am – 12 pm                      |

### ADULT SAILING I

Learning to sail is safe, fun and easy! In this exciting beginning sailing course we cover basic boating safety, basic sloop rigging, points of sail and sailing skills development. Classes are taught in 14' Capri sailboats. This is a great place to start! Students must be "water safe". Pre-registration required. \$10. supply fee is payable to instructor at 1<sup>st</sup> class.  
**FEE:** \$175.00 **AGES:** 18 years and up

| DATES                | DAYS | TIMES                                |
|----------------------|------|--------------------------------------|
| *March 13 – April 10 | Sat. | 8:30 am – 12 pm <i>*No class 4/3</i> |
| April 17 – May 8     | Sat. | 8:30 am – 12 pm                      |
| May 2 – May 23       | Sun. | 8:30 am – 12 pm                      |

### ADULT SAILING II

This intermediate course is designed for adults who have previous sailing experience in dinghy sailboats. Students will improve basic knowledge, learn more skills and log more sailing time in our 14' Capris. Students must have obtained a "successful completion" card from Adult Sail I or Women's Sail IIa, be "water safe" and pre register. \$10. supply fee paid to instructor 1<sup>st</sup> class.  
**FEE:** \$175.00 **AGES:** 18 years and up

| DATES            | DAYS        | TIMES       |
|------------------|-------------|-------------|
| April 17 – May 8 | Sat.        | 1 – 4:30 pm |
| May 15 – May 23  | Sat. & Sun. | 1 – 4:30 pm |

### FAMILY SAILING

Let's get the whole family sailing, together! In this class, parents and kids learn to sail together in our 14' boats. Topics we'll cover include basic safety, rigging, points of sail, capsiz practice and basic sailing skills development. Creative water games will help reinforce your sailing skills while keeping it fun. Children may register for this class with a family member or friend who is at least 18 years old. A maximum of 2 registered children per adult is allowed. Students must be "water safe" and pre-register. \$5. supply fee paid to instructor at 1<sup>st</sup> class.  
**FEE:** 18 years of age and above \$99.00  
 7 to 17 years of age \$79.00 **AGES:** 7 – adult

| DATES                | DAYS | TIMES                             |
|----------------------|------|-----------------------------------|
| *March 28 – April 18 | Sun. | 9 am – 12 pm <i>*No class 4/4</i> |
| May 8 – May 22       | Sat. | 9 am – 12 pm                      |

### INTRO TO SAILING CLINIC

Experience sailing in one day! In this 2.5 hour clinic you'll learn basic boating safety, terminology & introductory skills in our 14' boats.... then you'll get on the water and go sailing! No long term commitment - just a great way to spend your morning trying something new. Students must be "water safe". Pre-registration required.  
**FEE:** \$45.00 **AGES:** 15 years – adult

| DATES                        | DAYS             | TIMES        |
|------------------------------|------------------|--------------|
| March 7 or April 10 or May 1 | Sun / Sat / Sat. | 8:30 – 11 am |

### PRIVATE / SEMI-PRIVATE SAILING

Private and semi private lessons are available for individuals who just need to refresh their sailing skills or whose personal schedule does not coincide with our regular scheduled courses. 5 hours of private lessons or 6 hours of semi private lessons equal a condensed version of Sailing I, while 10 hours of private / 12 hours semi private complete the Sailing II level. Lessons are scheduled by appointment and are subject to instructor availability.

Adult Private: \$65 / per hr (18 yrs and up, 1 student)  
 Adult Semi-Private: \$45 per person, per hour (18 yrs. +, 2-4 students)  
 Youth Private: \$50 / per hr (6- 17 yrs, 1 student)  
 Youth Semi-Private: \$37 per person, per hour (6-17 yrs, 2-4 students)

### SAILING RIDES

Enjoy ocean breezes, sunshine and the thrill of riding the wind. Gather your family and call your friends for the most exciting way to spend your afternoon: on the water... SAILING! We sail 14' Capris and generally can accommodate up to 3 passengers. Active participation is encouraged, but not required. Rides are scheduled by appt. & subject to instructor availability. 1 hr. minimum – ½ hour blocks after the 1<sup>st</sup> hr.  
**FEE:** \$55. per hour, per boat

### WESTWIND SAILING SPECIALTY PROGRAMS

Looking for a new and exciting activity for your scout troop, birthday party, corporate event or other special interest group? We can arrange sailing, stand up paddling, kayaking or rowing rides or lessons to suit your goals, time, age and budget. Call Westwind Sailing for more information or to set up a request.  
**FEE:** Varies **AGES:** 5 – adult

### WESTWIND JUNIOR/TEEN SAILORS CLUB

Club is created for juniors and teens who want to stay active in sailing and involved with other young people who sail – without owning a boat. Activities include fun sails and regattas, holiday activities and pizza parties. Members must have obtained a "successful completion" card from JS II, JSDC II or Teen II or equivalent skills to join. Please contact Westwind Sailing for more details, pre requisites, guest information, holiday schedule & "no club" dates.

**FEE:** \$30. per season (March - May) + activity fees **AGES:** 10 – 17 yrs.  
**DAYS:** Saturday **TIMES:** Varies per activity (Between 10-1pm)

### WESTWIND SAIL CLUB

Sail club gets you outside in the ocean breezes and sailing – without owning a boat. Club members have the freedom to choose where and with whom they sail while Westwind Instructors monitor for safety. Members must have obtained a "successful completion" card from Adult Sailing II or equivalent skills to join. Please contact Westwind Sailing for more details, pre requisites, guest info, holiday schedule & "no club" dates. **FEE:** \$30.00 per season (March – May) + activity fees  
**AGES:** 18 yrs. – Adult **Days:** Sunday **Times:** 11 – 1:30pm

### STAND-UP PADDLE: GROUP LESSONS

Sign up for a Stand-Up Paddle group lesson and learn first hand why it's the fastest growing water sport today. Learn equipment selection, basic paddling skills, safety and stroke development. Stand-up paddling provides an amazing core fitness and aerobic workout.....and it's fun! Pre-registration required. All paddlers under 18 years will wear life jackets that we supply.

**FEE:** \$40.00 "each day" **AGES:** Adults: 18 yrs. & Up. **All Ages:** 12 yrs. & up

| DATES                       | DAYS | TIMES        |
|-----------------------------|------|--------------|
| March 19, April 23 & May 21 | Fri. | 8:30 – 10 am |
| May 8                       | Sat. | 8 – 9:30 am  |
| March 14 & April 18         | Sun. | 8 – 9:30 am  |
| <b>12 yrs - Adult:</b>      |      |              |
| March 6 & April 10          | Sat. | 8 – 9:30 am  |
| May 16                      | Sun. | 8 – 9:30 am  |

### STAND-UP PADDLE: FITNESS CLASS, PRACTICE & PRIVATE LESSONS

Call (949) 492-3035 or check our web [www.westwindsailing.com](http://www.westwindsailing.com) for more info

**FITNESS TRAINING** **FEE:** \$15 + \$5 supplies per session or \$135 + \$50 for 10 sessions

**DATES & TIMES:** check website for current schedule: [www.westwindsailing.com](http://www.westwindsailing.com)  
**Training sessions are drop in. Register at class.**

### SUP & KAYAK PADDLE PRACTICE

**FEE:** \$25 per hr - \$35 per 1 ½ hr (SUP) / \$20 hr - \$30 1 ½ hr. (Kayak)

**DATES & TIMES:** Ongoing weekends, weather and conditions dependent. Check [www.westwindsailing.com](http://www.westwindsailing.com) for latest dates and times or call (949) 492-3035.

### PRIVATE/SEMI PRIVATE LESSONS

**FEE:** private = \$55 + \$10 supplies; semi private (2-4 people) = \$35 + \$10 supplies per person.  
**DATES & TIMES:** By appt. 1 hour sessions. Call Westwind to schedule (949) 492-3035

### SPRING BREAK

#### MINI MATES DAY CAMPS

Too young for sailing but you want to be around boats? Well you're not too young for Mini Mates! Learn rowing, boating safety, knot tying and beginning sailing with Westwind Instructors. Meet the Dana Point Harbor Patrol, play boating games, explore the tide pools, be creative with crafts, take a sailing trip and receive a camp T-shirt. Whew! Mini Mates Day Camp is a great first adventure in boating. Bring a lunch (no glass containers), towel, sunscreen and a swimsuit daily. Pre-registration is required. Must be "water safe". \$20. supply fee payable to instructor at 1<sup>st</sup> class.  
**FEE:** \$248.00 **AGES:** 6 – 8 years

| DATES       | DAYS  | TIMES          |
|-------------|-------|----------------|
| April 5 - 9 | M – F | 8:30 am – 2 pm |

#### JR. SAILORS SABOT CAMP I & II

Welcome to the world of sailing! Sabot campers learn the importance of safety around water and boats while having fun and learning to sail Sabots. Sabot II kids go beyond the basics with sailing games and activities and a trip to the Dana Point Wharf. Harbor Patrol safety demo, sailing games, knot tying, crafts and a **Stuft Pizza** party round out the activities for our campers. Voyage with us for an exciting adventure in sailing! Receive a camp T-shirt too. Bring a lunch (no glass containers), towel, sunscreen and a swimsuit daily. Must be a swimmer and pre-register. **Sabot II campers must have obtained a "successful completion" card from Jr. Sabot I / Sabot Camp I.** \$30. supply payable to instructor at 1st class.  
**FEE:** \$264.00 **AGES:** 8 – 10 years

| DATES       | DAYS  | TIMES             |
|-------------|-------|-------------------|
| April 5 - 9 | M – F | 8:30 am – 2:30 pm |

#### JR. SAILORS DAY CAMP I & II

Jr. Sailors Day Camp is THE place to start sailing. We emphasize safety and fun while learning to rig and sail Capri 14' sloop rigged boats. Day Camp I kids will learn boating safety, sailing skills, terminology and knot tying through innovative water and land games and a Harbor Patrol safety demo. Day Camp II kids log more time on the water and sail to the open ocean and Dana Point Wharf. Everyone will enjoy our **Stuft Pizza** party, be creative with crafts and receive a camp T-shirt! Bring a lunch (no glass containers), towel, sunscreen and a swimsuit daily. Campers must be good swimmers and pre-register. **Jr Sailors II kids must have obtained a "successful completion" card from JS I / JSDC I or Sabot Camp III.** \$30. supply fee paid to instructor at 1st class.  
**FEE:** \$284. **AGES:** 10 – 12 years

| DATES       | DAYS  | TIMES          |
|-------------|-------|----------------|
| April 5 - 9 | M – F | 9 am – 3:30 pm |

#### STAND-UP-PADDLE: JUNIOR / TEEN CLASS

Try out the newest trend – Stand-Up Paddling. We have the latest equipment – light epoxy boards that are stable and fast and fiberglass/carbon composite paddles. It's easy to learn and a fun way to get out on the ocean and meet new friends. Students must be "water safe" & pre register. Bring water or sports drink in a plastic container, towel, sunscreen and a change of clothes. Wear water sports attire that you can move in and that you are comfortable wearing in the ocean during this time of the year. A \$25 board fee is payable to the instructor at 1st class.  
**FEE:** \$65.00 **AGES:** 12 - 17 years

| DATES          | DAYS     | TIMES         |
|----------------|----------|---------------|
| April 6, 7 & 8 | T, W, Th | 10 am – 12 pm |

#### JR. SAILORS SEASIDE ADVENTURE CAMP

Each day holds a new adventure as we explore different Jr. Sailors activities. Sail, kayak, swim, paddleboard, play boating games and row. Pre-registration is required and bring a lunch (no glass containers) sunscreen, towel, change of clothes daily. Prerequisite: Must be water safe. \$30 supply fee payable to instructor at 1<sup>st</sup> class. A camp T shirt is included.  
**FEE:** \$248. **AGES:** 6-12

| DATES              | DAYS  | TIMES          |
|--------------------|-------|----------------|
| March 29 – April 2 | M – F | 9 am – 3:30 pm |

