



*The Lake Norman Yacht Club*  
*Yacht Road, Mooresville, NC*

# *Discover Sailing 2017*

LNYC will host Discover Sailing 2017 on 20 May at the LNYC Clubhouse off Yacht Road in Mooresville.

It is a full day opportunity for those interested in discovering sailing to get a solid foundation of sailing knowledge and practical, on the water experience. We will use the book “Start Sailing Right” and the “Little Red Certification Book” as our texts, and include powerpoint and practical demonstrations. We will utilize a variety of sailboat types from small centerboard boats to larger keelboat cruisers for our on the water sessions.

This session is aimed at beginners through those with some sailing experience. This is NOT a learn to race course.

Space is limited, so please go to [LNYC.ORG](http://LNYC.ORG) to get more information. Registration is through Regatta Network.

*“This was the best thing I could have done this year.”*  
*Sara M.*

*“A great start to my sailing career.”*  
*Vic H.*



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**Discover Sailing Weekend**

**20 May 2017**

**Saturday 8 am**

**Finalize Registration  
Class Room Session 1  
Safety First  
Boat terminology  
Sailing Fundamentals**

**Followed by on the water session**

**Lunch (BYO)**

**Class Room Session 2  
Sailing Fundamentals**

**Followed by on the water session**

**Classroom session 3  
What's Next?**



## Attendee Objectives

At the conclusion of the two day Intro to Sailing Session, participants will be able to:

### 1. Demonstrate an understanding of the safety aspects of sailing by:

- Always wearing a PFD for all 'on the water' activities
- Reviewing the local weather forecast before departing the dock, and what this means for the type of boat sailed
- Wearing Sun Screen, Sun Glasses, Clothing appropriate for conditions

### 2. Know the basic terminology of sailing and sailboats

- Hull, Mast, Boom, Rudder Tiller, Fore/aft, Port/Starboard, sheets, halyards

### 3. Demonstrate an ability to RIG/UNRIG the Boat

- raise and lower the sails,
- raise lower/center board, tiller/rudder) and be able to secure the boat at the end of the day.

### 4. Demonstrate an ability to control the boats motion on the water by:

- Being able to determine where the wind is coming from
  - Being able to adjust sails to suit wind direction
- Making it go where you want it to go – through TACK and GYBE
  - Being able to sail to a mark placed in the water
- Being able to identify the NO GO ZONE and able to get out of it.
  - Being able to return to the dock area

