

Welcome to Adult Learn to Sail at the Stockton Sailing Club!

Sailing is a sport we are passionate about and eager to share with you. In these two days we will introduce you to the basic sailing skills that will allow you to sail a small boat safely in relatively calm conditions such as the Delta or a small lake. Like most skills, confidence develops with practice. We hope that, following your completion of this course, you will want to continue your development as a sailor by continuing to get out on the water and sail. Some will accomplish this by buying a boat. Others will sail on “other people’s boats”. Joining the Stockton Sailing Club is a great segway to further development as a sailor. In addition to giving you access to experienced sailors, club boats are available for use once basic sailing skills are demonstrated.

Included in your course fee is the text “Basic Keelboat” by US Sailing. You can pick up your copy in the office at the Stockton Sailing Club during regular hours. It is worth studying in its entirety, however certain sections warrant particular attention in preparation for this course.

Chapter 2

- Wind direction
- How a sail works
- Points of sail
- Parts of the sailboat, rig, and sail
- Control lines

Chapter 3

- Knots

Chapter 4

- Steer with a tiller
- Controlling speed/stopping
- Tacking
- Leaving and returning to dock

Chapter 5

- Sailing downwind
- Jibing

Chapter 8

- Man overboard (the figure 8 maneuver)

In the course we will review the basic concepts in “classroom” prior to the practical “on the water”. Your preparation in advance will ensure maximum practice time in the boats

PFDs (personal flotation devices) are required on the water. If you have a preferred life vest, please bring it. Otherwise, one will be provided for you.

