

ACSC Learn-to-Sail Student Schedule



Saturday

9:00 am: Check-In

Intros, Course Goals

9:15 am: Rig

Parts of the Boat

Boat Checks

9:45 am: Classroom

Wind Awareness & No-Go

Zone How to go: Sail Trim

How to stop: Safety

Position

How to turn: Tacking &

Jibing Capsize Prevention

& Recovery

10:30 am: Break

10:45 am: Land drills

Where to sit & how to
switch sides

How to use the tiller &
sheets

How to launch/land

11:30 am: Lunch

12:00 Gear up

12:30 pm: Go Sailing!

Launching/Landing

Safety Position

Tacking & Jibing around
buoys

3:00 pm: De-Rig

3:30 pm: Debrief

Questions

4:00 pm: Bye Bye!

Sunday

9:00 am: Check-In

Review from yesterday

9:15 am: Rig

Boat Checks

9:45 am: Classroom

Upwind vs. downwind
sailing

Beach Launch/Land

10:30 am: Break & Gear Up

10:45 am: Go Sailing!

12:00 pm: Land

Debrief & Questions

12:15 pm: Lunch

12:45 Gear Up

1:00 pm: Go Sailing!

3:00 pm: De-Rig

3:30 pm: Debrief

Questions

What's Next!?

4:00 pm: Group photo & Bye Bye!

Optional Additional Ground

School Topics (Based on
students' interests & goals):

Right of way rules

Basic race rules

Day sailing safety planning &
preparation