

WESTWIND SAILING CLASSES - Spring 2011

ADAPTIVE SAILING

We've developed this program to provide boat therapy and to teach safe kayaking, SUP and sailing to individuals with special needs. Learning to command a vessel is very empowering for people with developmental or physical challenges. We employ adapted kinesiology specialists and certified instructors to ensure that challenged students find ways to succeed and overcome the obstacles involved in learning to boat safely.

In our clinics we cover: basic boating and water safety, terminology and skills development on our sailboats, kayaks and stand up paddle boards. Our high instructor / student ratio maximizes safety while facilitating hands on experiential learning.

Accessible Boating, which is a section within our adapted program, is dedicated solely to train our boaters with physical limitations. Our certified instructors teach progressive, hands on boating and build on skills learned in previous clinics.

All our students must be 'water safe': generally comfortable in a swimming pool or open water. Our equipment has some adaptability limitations. Aides are welcome to attend. Please be aware that aides may or may not be boating - depending on conditions, need, space, and other circumstances. No charge for aides. Pre-registration is required.

Please contact us for specifics on our 'water safe' requirements and equipment limitations. Call (949) 492-3035 or visit: www.westwindsailing.com for more information.

FEE: \$35 per session

AGES: 8 yrs. and older

DAYS & TIMES: Dates Days Times

 March 20
 Sunday
 9:30 – 11 am

 April 10
 Sunday
 9:30 – 11 am

 May 1
 Sunday
 9:30 – 11 am

 May 22
 Sunday
 9:30 – 11 am