



# Women's Introduction To Sailing Clinic



Learn to sail in a supportive and safe environment. LWSC women sailors lead this fun and informal class where you will learn:

- Basic on the water sailing
- Water safety
- Boating rules of the water
- Sailing terminology
- Rigging and basic knots
- Capsize recovery
- and much more ...

## Schedule:

Times may change

### Day 1: 6 pm - 8 pm

Dryland training, terminology and safety.

### Day 2: 10 am - 4 pm

On-the-water - rigging and sailing basics, capsized recovery drill.

### Day 3: 9 am - 3 pm

On-the-water sailing basics.

## Location:

All classes are held at  
Lake Washington Sailing Club

Directions to the Club



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Website: [www.lwsailing.org](http://www.lwsailing.org)

Email: [lwsail.sailingofficer@gmail.com](mailto:lwsail.sailingofficer@gmail.com)