

# COMMUNITY BOATING CENTER



## 2010 ADULT PROGRAMS



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*Whether you are new to the sport and looking to learn the ropes, an old pro that misses team racing or someone just looking for a place to relax, Sail Southcoast has a program for you!*

## ADULT WEEKDAY EVENING PROGRAMS

### BEGINNER EVENING CLASSES

No freedom compares to cutting through the waters of Buzzards Bay with the wind at your back. Take the first steps to discovering the sport that defines the Southcoast summer. Board a Community Boating Center (CBC) 23-foot keel boat and head out into Buzzards Bay. Emphasizing safety and fundamentals, a US Sailing certified CBC instructor takes you through four two-hour classes of essential nautical know-how. Master the basics: equipment and safety, parts of the boat, sailing terminology, fundamentals of navigation and more. Try your hand at the tiller and the sheets. You'll be hooked in no time! Seven convenient sessions will run from May to September on Mondays and Wednesdays from 5:45 to 7:45 PM at CBC's Clarks Cove site. Cost: \$180 per session. (No Prerequisite)

#### **Weekday Sessions:**

- 1B** May 3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>
- 2B** May 17<sup>th</sup>, 19<sup>th</sup>, 24<sup>th</sup>, 26<sup>th</sup>
- 3B** June 7<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup>, 16<sup>th</sup>
- 4B** June 21<sup>st</sup>, 23<sup>rd</sup>, 28<sup>th</sup>, 30<sup>th</sup>
- 5B** July 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>
- 6B** July 26<sup>th</sup>, 28<sup>th</sup> August 2<sup>nd</sup>, 4<sup>th</sup>
- 7B** August 9<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup>, 18<sup>th</sup>
- 8B** August 23<sup>rd</sup>, 25<sup>th</sup>, 30<sup>th</sup> September 1<sup>st</sup>

### INTERMEDIATE EVENING CLASSES

This twelve-hour, three week course is designed to further sailors' skills beyond what they learned in our beginner class and make sailors confident enough to take out their own boat. With a small student to instructor ratio, sailors will have lots of tiller time to master upwind sailing, docking, mooring, man overboard, as well as learn more about navigation. The course is held in both Capris and Sonars. Upon completing the course participants should have the necessary skills to pass a "checkout" sail, enabling them to rent CBC boats. Four convenient sessions will run from May to September on Tuesdays and Thursdays from 5:45 to 7:45 PM at CBC's Clarks Cove site. Cost: \$225 per session. (Prerequisite – 1 Beginner Session)

#### **Weekday Sessions:**

- 1I** May 11<sup>th</sup>, 13<sup>th</sup>, 18<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 27<sup>th</sup>
- 2I** June 1<sup>st</sup>, 3<sup>rd</sup>, 8<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup>, 17<sup>th</sup>
- 3I** July 13<sup>th</sup>, 15<sup>th</sup>, 20<sup>th</sup>, 22<sup>nd</sup>, 27<sup>th</sup>, 29<sup>th</sup>
- 4I** August 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup>, 24<sup>th</sup>, 26<sup>th</sup>

### MONDAY NIGHT TEAM RACING

There is no better way to start the week off than doing a little pickup team racing. Come join us from 6-8 on any or all Monday nights in July and August. The atmosphere is laid back, the talent is all over the board and a fun time is guaranteed! The price is \$50 per summer or \$20 a night. Some sailing experience recommended.

### SPINNAKER EVENING CLASSES

Have you mastered the jib and the main? Do you want to learn more about the colorful sail you see on so many boats in the bay? If so, sign up for a CBC spinnaker class. The course will be held aboard CBC's Sonars. The curriculum includes how to pack, hoist, trim, jibe and douse the spinnaker. The course will also continue to work on sailors' upwind sailing skills and heavy weather control techniques. Two convenient sessions will be held during the summer from 5:45 to 7:45 PM for the first session and 5:15 to 7:15 for the second session at CBC's Clarks Cove site. Cost: \$180 per person. (Prerequisite – 1 Intermediate Session)

#### **Weekday Sessions:**

- 1S** June 29<sup>th</sup>, July 1<sup>st</sup>, 6<sup>th</sup>, 8<sup>th</sup>
- 2S** August 31<sup>st</sup> September 2<sup>nd</sup>, 7<sup>th</sup>, 9<sup>th</sup>

### PRIVATE LESSONS

CBC offers private lessons for those who are interested in one on one instruction and for those who cannot attend any of CBC's regular scheduled classes. Private lessons are taught by CBC instructors and can be taught in any of CBC's boats or student's personal boat. Lesson curriculum can be tailored for individual needs. The cost of private lessons is \$60 per hour for one student. Each additional student is an extra \$15 an hour. Private lessons are offered April through October and must be scheduled with CBC's Program Manager.

### SKIPPED SUNSET SAIL

Need a good idea for a date? Impress your significant other by taking her/him on a skippered sunset sail on beautiful Buzzards Bay. Cost: \$65 per hour for 1 couple. Two hour minimum. Additional \$15 per couple. Maximum of 3 couples.

### DISCOUNTS

- Sign up for any course(s) by May 1<sup>st</sup> and receive 10% off.
- Sign up for any three courses all at once to save \$50 on tuition and receive a coupon for one free 3 hour boat rental.
- Refer a friend and receive a 10% discount on any one session.



## SAIL SOUTHCOAST WEEKEND ADULT PROGRAMS

### BEGINNER SATURDAY CLASSES

CBC offers Saturday sessions! The Beginner Saturday Course follows the same syllabus as the evening class but is run over the course of two Saturdays from 9:00 AM - 1:00 PM, for your convenience. Cost: \$180 per person.

#### Saturday Sessions:

- 1BS June 5<sup>th</sup>, 12<sup>th</sup>
- 2BS July 3<sup>rd</sup>, 10<sup>th</sup>
- 3BS July 31<sup>st</sup>, August 7<sup>th</sup>
- 4BS August 28<sup>th</sup>, September 4<sup>th</sup>
- 5BS September 25<sup>th</sup>, October 2<sup>nd</sup>

### INTERMEDIATE SATURDAY CLASSES

The Saturday Intermediate course follows the same syllabus as the evening class but is run over the course of two Saturdays for those who cannot attend weekday classes. Each class runs from 9am to 4pm with an hour lunch break. Cost: \$240 per person.

#### Saturday Sessions:

- 1IS June 19<sup>th</sup>, 26<sup>th</sup>
- 2IS July 17<sup>th</sup>, 24<sup>th</sup>
- 3IS August 21<sup>st</sup>, 28<sup>th</sup>
- 4IS September 11<sup>th</sup>, 18<sup>th</sup>

## SAIL SOUTHCOAST RENTALS

Do you know how to sail and wish to sail the Southcoast, but do not want the cost of purchasing, launching/hauling, storing and maintaining a sailboat? If so, come take advantage of CBC's Sail Southcoast Rental Program. Renting from CBC is both affordable and hassle free. Become certified to sail an array of CBC boats in different wind conditions. All sailors are required to complete a CBC rental agreement and pass a check-out sail to ensure sailors' and the boats' safety. CBC's rental fleet consists of Sonars, Catalina Capris, Picos and Vanguard 420s. Youth & Adult classes take preference over boats. Must be 18 years old or older to rent a boat.



**Rental Season:** May 1<sup>st</sup> – October 30<sup>th</sup>  
**Times:** Weekdays: 9:00am - 8:00pm  
Saturdays: 9:00am – 5:00pm

**Where:** CBC Clarks Cove Site  
**3 Hour Rental Fee:** \$60  
**Each Additional Hour:** \$15

**Please call at least two hours in advanced for weekday rentals and at least 48 hours in advanced for Saturday rentals.**

**CHECKOUT SAIL:** Each renter must take a brief written test and complete a check-out sail with a CBC instructor before going out on their own. There are different qualifications for different boats and wind conditions. To be checked out in each condition sailors must demonstrate an understanding of rigging, departing, upwind sailing, tacking, jibing, getting out of irons, returning to a mooring and de-rigging. Checkout sail is waived for students that have taken beginner *and* intermediate classes.

**Fee for checkout:** \$20 (waived for class participants)  
**Fee to upgrade qualification:** \$10

## SAIL SOUTHCOAST CORPORATE OUTINGS

Have your employees been working hard all year? Are they burnt out or tired of sitting inside all summer? Give them the break they deserve and sign up for a Sail Southcoast Corporate Outing. CBC will provide the boats, lifejackets and an experienced skipper. You provide the snacks, refreshments and a good attitude. You and your employees are guaranteed to have a good time catching some rays and de-stressing while you cruise around beautiful Buzzards Bay. CBC can accommodate up to 20 individuals. To schedule an outing contact the CBC Program Manager at least one week prior to the date of your choice. Scheduling is dependent on instructor/equipment availability. Corporate Outings are scheduled on a first come first serve basis.



## SAIL SOUTHCOAST EVENTS AND VOLUNTEER OPPORTUNITIES

CBC is always in need of community volunteers for programs and events. Help is always greatly appreciated. Contact CBC if you are interested in volunteering.

### Just a few examples of volunteer opportunities:

- CBC Opening of the Cove when: May 15<sup>th</sup>
- Clarks Cove Beach Clean Ups when: Every 3<sup>rd</sup> Saturday of the month May – Sept.
- CBC Shut Down Party when: 2<sup>nd</sup> week of November (exact date T.B.D.)
- CBC Awards and Family Day when: To be announced



**SAIL SOUTHCOAST ADULT PROGRAM APPLICATION**

Name: \_\_\_\_\_

Session (circle): Beginner Evening (\$180) – **1B 2B 3B 4B 5B** Intermediate Evening (\$225) – **1I 2I 3I 4I**  
**6B 7B 8B**  
 Beginner Saturday (\$195) – **1BS 2BS 3BS 4BS** Intermediate Saturday (\$240) - **1IS 2IS 3IS**  
**5BS**  
 Spinnaker Evening (\$180) – **1S 2S** Private Lessons (\$60 per/hr.) schedule with program manager

Home address: \_\_\_\_\_  
Street apt. City or Town Zip

Home phone: \_\_\_\_\_ Work/cell phone: \_\_\_\_\_ Email address: \_\_\_\_\_

Are you able to swim 30 yards and tread water for 3 minutes? Yes No

**IN CASE OF EMERGENCY, CONTACT:**

Name	Phone	Relationship
_____	_____	_____
_____	_____	_____

Name	Phone	Relationship
_____	_____	_____

**MEDICAL INFORMATION:**

Chronic/Recurring Illness: (heart, diabetes, etc.) \_\_\_\_\_

Medication being taken: \_\_\_\_\_

Special Restrictions: \_\_\_\_\_

Allergies: \_\_\_\_\_

Physician name \_\_\_\_\_ phone number: \_\_\_\_\_

**GENERAL RELEASE AND INDEMNITY AGREEMENT**

For valuable consideration received we, the undersigned, hereby release the Community Boating Center, Inc., its officers, directors, agents, servants, instructors and employees and/or members of these above entities from any and all claims, demands, actions, or causes of action which we, our heirs, personal representatives or assigns have or may have arising out of \_\_\_\_\_ (your name) involvement and/or participation in Community Boating Center's Adult Sailing Program, including but not limited to, direct actions, third-party actions, claims, cross-claims, demands or actions for contribution or indemnification.

Signature \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_

- Sign up for any course(s) by **April 30<sup>th</sup>** to receive **10% off**.
- Sign up for a beginner, intermediate and spinnaker course all at once to save \$50 on tuition and receive one free 3 hour rental.
- Refer a friend and receive a 10% discount on any one session.
- Please include payment with the application. Checks can be made out to Community Boating Center.
- Session changes must be done at least one week prior to session start date.
- No refunds

Office use only	
Date Received	_____
Discount?	_____
Amount paid	_____
Confirmation sent on	_____