

ISLAND REC

San Juan Island Park and Recreation District

Sailing Classes General Information - 2009

Please thoroughly read the information below. It should address the many questions you may have about the sailing classes.

The sailing program is the outcome of a cooperative effort between San Juan Island Sailing Foundation and Island Rec to provide and promote sailing opportunities and education. The classes have been designed to be a progressive series, beginning with the Basic or Introduction class, progressing to Intermediate and then on to Advanced.

Waitlist – Island Rec staff will contact you when a space becomes available. It is recommended that the participant take the float test while on the waitlist. The float test needs to be taken only once. When the participant successfully completes the float test they are eligible to take Island Rec sailing class this year and or future years without re-taking the float test.

Float Test - A float test is required for all students, children and adults, taking an Island Rec Sailing Class for the first time. Registered participants who neglect to take a float test prior to the start of the class will not be admitted into the class, and will forfeit their registration fee. Float tests will not be given at class sites. No other swim certificate is recognized in place of the float test.

The test consists of floating for 10 minutes and while in deep water putting on a lifejacket and then swimming to the side of the pool.

The community spirit of San Juan Island Fitness and their members allows Island Rec to offer float tests twice during the summer. Times are listed below. Float test cost is \$5 for non-members of San Juan Island Fitness to be paid in exact change at the time of the float test. Come dressed in a bathing suit to be worn into the swimming pool. Bring your own Coast Guard Approved Type III Vest Style life jacket to be used for the float test.

Float Test Times at San Juan Island Fitness

Tuesday June 30, 5:30pm

Tuesday July 7, 5:30pm

If you cannot attend one of these times any certified lifeguard can administer the test at another pool site. Attached is a float test certification form for that purpose. Alternatively San Juan Island Fitness can arrange for their lifeguards to supervise the test, in their pool. However, you will be charged (in addition to the \$5 non-member float test) another \$25 to help cover the additional costs associated with those special arrangements. It is necessary to make an appointment for a special time for float test. Call San Juan Island Fitness, 378-4449, to schedule a personal float test time.

Continued over.....

ALL CLASSES

Bring to every class the following:

- Coast Guard approved Type III Vest style lifejacket
- A whistle attached to the lifejacket
- Changes of clothes, warm clothes
- Sunscreen
- Water to drink
- Lunch (for all-day classes)

Be prepared to sail in all types of weather. Please note that drinking water is not available at any of the class sites, and toilet facilities are basic. Classes will be held rain or shine.

Introduction and Basic Classes are held at Percich Pond, located across the street from the lavender farm on Wold Road. Wold Road can be reached from either Bailer Hill Road, San Juan Valley or Boyce Road. From the road you will see the pond and a roped off parking area. Private property owners have graciously permitted us to use their pond and property for this class. It is necessary that you leave only footprints and waves behind. Please do not bring dogs to class. **Students must pack out all their personal trash from this site.**

Please Note: Participants may register for only one Introduction to Sailing session and only one Basic Class session. You may request to be put on a wait list for other sessions. The wait list will be activated after June 15 and you will be notified if space is available. Please do not include payment for wait listed sessions.

Learning to Sail Book is required for participants in the Basic class and is optional for the Women's Class. New books may be purchased from Island Rec at time of registration. Cost is \$20. Used books may be available from previous Basic participants.

Intermediate, Advanced

If it has been a summer or longer since you last sailed be sure to take out your Learn to Sail book and reacquaint yourself with knots, terminology and other basic information. We will begin each session with a written exam to assess everyone's current knowledge!

Classes are held at Jackson Beach. Meet at the net shed located next to the boat ramp.

Questions?

If you have questions please call at Island Rec 378-4953.

Float Test Certification

Participant must keep afloat in water, without flotation, for 10 minutes. Participant will then be passed a life jacket, which they are to put on while in deep water.

I certify that I am currently certified as a Lifeguard, and have witnessed the person named below, successfully complete the float test as described above.

Participant Name(s) _____

Lifeguard

Name _____ Mailing Address _____

Day Phone _____ Evening Phone _____

Date and Location of Test _____ Signature _____

Completed forms must be returned to Island Rec at least one business day before the first day of class.

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