

Westwind Sailing Classes

ADAPTED SAILING

We've developed this program to provide sail therapy and to teach safe boating 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 sailing instructors to ensure that challenged students find ways to succeed and overcome the obstacles involved in learning to sail safely.

In our clinics we cover: basic boating and water safety, terminology and skills development on our Capri 14' sailboats. Our high instructor / student ratio maximizes safety while facilitating hands on experiential learning.

Accessible Sailing, which is a section within our adapted program, is dedicated solely to train our sailors with physical limitations. Our certified sailing instructors teach progressive, hands on sailing 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. Please contact us for specifics on our 'water safe' requirements and equipment limitations. (949) 492-3035 Diane@westwindsailing.com
www.westwindsailing.com

Aides are welcome to attend. Please be aware that aides may or may not be sailing - depending on conditions, need, space, and other circumstances. No charge for aides.

Pre – Registration required

FEE: \$35.00 **AGES:** 8 yrs. and up

| <u>Dates</u> | <u>Days</u> | <u>Times</u> |
|--------------|-------------|--------------|
| Oct. 11 | Sunday | 9:30 – 11 am |
| Nov. 1 | Sunday | 9:30 – 11 am |
| Nov. 29 | Sunday | 9:30 – 11 am |
| Dec. 20 | Sunday | 9:30 – 11 am |