

## Lake Townsend Yacht Club Learn to Sail Junior Programs

Welcome to Lake Townsend Yacht Club “**Learn to Sail**” Junior Program. We are truly excited to have you join us. If you are a first timer or returning sailor, we welcome you. We plan to be on the water, EVERYDAY, teaching and learning those skills that will allow you to “**Go Sailing**”.

First things first. Each junior sailor is required to provide the swimming certification prior to first class. We have a downloadable swimming certification form online that must be filled out and certified. We require all juniors be tested by a Certified Lifeguard prior to the first class. In the past, the certification had taken the first day of class and we felt it would be better to be sailing the first day. It is a simple pass/fail exercise that can be conducted by any lifeguard to whom you have access. Any of the City of Greensboro pools, the Greensboro Aquatic Center & area YMCA’s are good resources. We do suggest you call them prior to showing up to see if they can accommodate you. Some providers may ask for a small donation.

ALL classes will begin promptly at **8:30am Monday through Friday at the Lake**. The first day you should arrive prepared to check-in with all required paper work. Check-in will be at the classroom near the Ranger’s office. Parents/guardians are requested to be at the lake promptly at 11:45am as the class will end at 12:00 noon daily. On Wednesday, the lake is open only for our classes and gates are locked at noon so please be early.

Here is a checklist of things. Junior Sailors should bring:

1. Signed Waiver/Participation form (blank forms are available online)
2. Signed Swim Certification (blank forms are available on line)
3. Clothes appropriate for sailing. Junior Sailors will get wet, especially the first day of *Learn to Sail* as we practice capsize recovery.
4. Close-toed Shoes that can get wet (sandals and flip-flops are not acceptable).
5. A towel
6. Waterproof Sunscreen
7. A change of clothes
8. A bottle of water
9. A hat
10. Sunglasses with a tether (available at REI and most other sporting goods stores).

If your child needs medication, we are unable to administer it. It is suggested that if he/she is unable to administer it themselves, a parent or guardian make plans to be at the lake during the appropriate time.

Please make any special considerations known to the lead instructor at check-in.