



# BOATING

## SAILING PROGRAMS

*“Separately there was only wind, water, sail, and hull, but at my hand the four had been given purpose and direction.” – Lowell Thomas*

### COMMUNITY SAILING

Everyone has a spectacular opportunity to become proficient sailors! Learn the basics of dinghy sailing or improve your skills through daily lessons, drills, games, and adventures. Whether you want to be a cruiser or a racer, we can teach you everything you want to know about small boat sailing! Classes are taught by US Sailing Certified Instructors and Assistant Instructors.

#### FAQs

**General** — A detailed introductory email will be sent out approximately one week prior to the start of each session. This email will include required forms as well as logistical information such as where to meet, what to bring, and weather forecast.

**Swim License** — **Youth:** A District Swim License is required for youth boating participants who will be engaging in on-the-water programs. It is acquired through a one-time test held at the Aquatic Center and involves full submersion by jumping into the pool, swimming 25 yards, and then floating or treading water for one minute. The swim license form can be found at <https://biaquatics.org/>. Call the Aquatics Center at 206-842-2302 to find out times when testing is available. If you aren't sure if you or your child is on file, visit <http://bainbridgeswim.azurewebsites.net/>. If your child is on file, print the record showing they passed and bring it to the first day of your boating class. **Adults:** Participants ages 18 and over need to complete the District Swim License or sign off on a Swimming Skills Acknowledgment form, self-certifying they can meet or exceed the requirements.

**Equipment** — A US Coast Guard-approved lifejacket (PFD) is required to be worn for all sailing programs. Purchasing a PFD to match your size, comfort, and style is recommended, however there are a select number of PFDs that participants can borrow. Closed-toe sandals or shoes are required. No flip-flops or bare feet. Sailboats are provided.

**Skipper's License** — A source of pride and accomplishment, the Skipper's License certifies that a sailor has achieved a proficient level of sailing through a culmination of sailing skills and knowledge. Specifically, it certifies that a sailor is skillful at rigging, tacking, jibing, sailing their boat upwind and downwind with proper sail trim, getting out of irons, docking, tying common knots, and understanding the Right of Way rules to avoid collisions. At the end of each intermediate class, instructors will send home the checklist of skills with an indication of whether or not the Skipper's License was obtained, and if not, which skills still need more practice. Upon earning their Skipper's License, sailors will be eligible to enroll in the Intermediate-Advanced class as well as to check out boats. Please contact the Sailing Camp Director to arrange for extra practice on a certain skill or for Skipper License testing before or after a scheduled sailing class.

**Weight Limits** — When sailing Optimist Dinghies (Optis), those above the weight limit of 110 pounds would find the boat less responsive than for lighter sailors. When sailing the much larger FJs (Flying Juniors), those below the minimum weight of 100 pounds would be at a natural disadvantage because the boat would be much harder to control and difficult to right when capsized.

**Capsizing, Swimming, and Other No-Wind Activities** — To increase sailors' confidence and essential skills, camps often practice capsizing to ensure sailors are comfortable in the water and able to right their boats. Additionally, on hot or no-wind days, swimming off the float, cooperative or sailing-related games, and beach excursions may occur.

**Registration Deadlines** — Registration deadline for most programs is two days before program start date. The District reserves the right to require a doctor's note to clear a participant for participation.

**Waivers and Forms** — Participants must complete and sign required waivers and forms in order to participate. These forms will be emailed out to everyone approximately one week before each program begins. All forms and waivers should be turned in to instructors on the first day of class and remain valid for all 2018 fall sailing programs.

**Refunds** — For questions about refunds, please see page 4. If weather cancels a program day, a pro-rated credit will be refunded for the missed session. Rain does not cancel programs; severe weather does.

**Questions?** Contact our Sailing Program Coordinator Haley Lhamon at [haley1@biparks.org](mailto:haley1@biparks.org)



#### HIGH SCHOOL COMPETITIVE FJ SAILING

Grades 9-12. This class is designed for high schoolers who want to learn how to sail a two-person sailboat or who wish to improve their sailing skills in a fun, team-building atmosphere.

All levels of experience are welcome! New sailors begin as crew but will receive sufficient support and coaching to eventually steer (skipper) around a race course. Emphasis will be on teamwork and efficiency while gaining a better understanding of the nuances of racing. Topics will include sail trim, advanced boat handling, influences on boat speed, communication, racing tactics, strategies, and racing rules. Sailors will practice in double-handed Flying Junior (FJ) dinghies. Sailors should be adequately prepared for one capsize in controlled conditions the first week in order to practice recovery techniques. This class is fantastic preparation for joining the high school sailing team in the spring! Boating Swim Test required, see FAQs for details.

530722-01 MW 2:15-6:15p\* 9/10-10/29 \$315  
\*Class meets on Monday and Wednesday at different times.  
Monday — 2:15-6:15p; Wednesday — 3:45-6:15p

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## MIDDLE SCHOOL FJ SAILING ★

Grades 6-8. This class is designed for middle schoolers who want to learn how to sail a two-person sailboat or who wish to improve their sailing skills. All levels of experience are welcome! Instructors will teach and review sailing fundamentals as well as skipper and crew roles on Flying Junior (FJ) sailboats. Topics will include rigging, wind direction, safe docking, sail trim, boat handling, man-overboard rescue technique, right-of-way rules, and knots as well as racing basics. Sailors should be adequately prepared for one capsize in controlled conditions the first week in order to practice recovery techniques. If sailors earn their FJ Skipper's License, then they can skipper boats during Adventure Sails or next summer's race weeks. This class is terrific preparation for independently sailing double-handed boats and eventually joining the high school team. District Swim License required, see FAQs for details.

530721-01    TTh    3:45-6:15p    9/11-10/18    \$345

## INTRODUCTION TO KEELBOATING **NEW!** ★

Ages 14-99. Thinking about buying a boat? Do you like sailing on other people's boats but want to be more helpful? Do you need to refresh your sailing skills? This course may be perfect for you! Using both classroom and hands-on instruction, you will learn the fundamentals of safe, confident day sailing on a 35'-45' keelboat in light to moderate winds. Lessons will cover boat safety, rigging and derigging, sail trim, helming, basic navigation, casting off and docking, using a winch, and right of way. Meet at Hidden Cove Park. District Swim License/Swim Skills Acknowledgement required, see FAQs for details.

530766-01    Sa    8:00a-1:00p    9/15-9/29    \$175



## ADULT DINGHY SAILING

Ages 18-99. Sailing is a lifetime sport — you are never too old to start or old enough to stop! In this fun, supportive class, participants will learn and review sailing fundamentals through brief lunch lessons and on Flying Junior double-handed sailboats in which beginners will be paired with intermediate-level sailors. Topics include rigging for different wind conditions, capsizing, knots, wind direction, sail trim, man-overboard rescue technique, docking/stopping, accelerating, tacks, jibes, puffs and lulls, basic sailing rules, body position, and teamwork as skipper and crew. Dinghy sailing is a blast but does require physical flexibility. Sailors should also be adequately prepared for one capsize in controlled conditions the first week in order to practice recovery techniques. Take advantage of the chance to have a refreshing break in your routine and go sailing! District Swim License/Swim Skills Acknowledgement required, see FAQs for details.

530761-01    TTh    11:00a-2:00p    9/11-10/18    \$375

## ABOUT BOATING SAFETY ★

Ages 12-99. Instructed by members of the United States Coast Guard Auxiliary, this comprehensive boating course teaches the fundamentals of safe boating operation. A wide range of topics are covered — navigation, safety equipment, anchoring/docking, trailering, engines, mooring, etc. — to help all boaters to become safer and more knowledgeable. This course meets the mandatory boater education requirements of the State of Washington for the Boater Education Card and is sanctioned by the United States Coast Guard and the State of Washington. Meet at SHC.

530775-01    Sa    8:00a-5:00p    12/1    \$35



# BOATING

## PADDLING PROGRAMS

“Adventure begins with a thought, decision, and action.” – Lailah Gifty Akita

### PADDLING

Being on a kayak, canoe or SUP is a great way to explore shallow-water bays and harbors inaccessible to other boats! Instructors will work to expand paddlers’ skill sets, maintain a focus on paddling safety, and of course have tons of fun. We are proud to have many of our paddling staff registered as American Canoe Association (ACA) Level 2 Kayak Touring Instructor Certified, a certification widely recognized around the world. Come paddle with our incredible staff and learn not only new skills, but new areas to explore.

#### FAQs

**General** — A detailed introductory email will be sent out the week before the start of each session. This email will include required forms as well as logistical information such as where to meet, what to bring, and weather forecast.

**Swim License — Youth:** A District Swim License is required for youth boating participants who will be engaging in on-the-water programs. It is acquired through a one-time test held at the Aquatic Center and involves full submersion by jumping into the pool, swimming 25 yards, and then floating or treading water for one minute. The swim license form can be found at <https://biaquatics.org/>. Call the Aquatics Center at 206-842-2302 to find out times when testing is available. If you aren’t sure if you or your child is on file, visit <http://bainbridgeswim.azurewebsites.net/>. If your child is on file, print the record showing they passed and bring it to the first day of your boating class. **Adults:** Participants age 18 and over need to complete the District Swim License or sign off on a Swimming Skills Acknowledgment form, self-certifying they can meet or exceed the requirements.

**Learning About the Marine Environment** — Being on a kayak, canoe or SUP is a great way to explore shallow-water bays and harbors inaccessible to other boats. We often take advantage of this opportunity to teach about the marine and intertidal life that can be found around Bainbridge and Puget Sound!

**Games, Beaches, and Shore Activities** — To increase paddlers’ confidence and essential skills, camps will often engage in shore launching and landing, practicing various entries, exits, mounts, and dismounts from their boats and/or SUPs. Plenty of on-the-water games and initiatives will help develop and refine participants’ paddling skills. Beach activities may be mixed into programming as well.

**Equipment** — A US Coast Guard-approved lifejacket (PFD) is required to be worn for all boating programs. Purchasing a PFD to match your size, comfort, and style is recommended, however there are a select number of PFDs that participants can borrow. Closed-toe sandals or shoes are required. No flip-flops or bare feet. Kayak, canoes and stand-up paddleboards are provided.

**Registration Deadlines** — Registration deadline for most programs is three days before program start date. The District reserves the right to require a doctor’s note to clear a participant for participation.

**Waivers and Forms** — Participants must complete and sign required waivers and forms in order to participate. These forms will be emailed out to everyone approximately the week before each program begins. All forms and waivers should be turned in to instructors on the first day of class and remain valid for all 2018 fall paddling programs.

**Refunds** — For questions about refunds, please see page 4. If weather cancels a program day, a prorated credit will be refunded for the missed session. Rain does not cancel programs; severe weather does.

**Questions?** Contact Paddling Program Coordinator Helen Mountjoy-Venning at [helenmv@biparks.org](mailto:helenmv@biparks.org)

#### BLAKELY ROCK LOW-TIDE EXPLORATION

Ages 7-99. Blakely Rock has an incredible intertidal environment of crabs, anemones, seagrasses, snails, mussels and even some local seals that like to haul out on the rocks at low tide. We will launch from Blakely Harbor Park and paddle out to catch the best of the -2.2 ft tide (1:01 pm), allowing us to explore Blakely Rock’s intertidal wonders. We will enjoy lunch with our sweeping view of Puget Sound before heading back to Blakely Harbor. Participants under 16 must be accompanied by an adult. Meet at Blakely Harbor. District Swim License/Swim Skills Acknowledgement required, see FAQs for details.

530726-01 Su 11:30a-3:30p 9/30 \$79

#### BIOLUMINESCENCE & STARGAZING PADDLE

Ages 7-99. Come witness the light shows both underwater and overhead! We will explore the incredibly rich bioluminescence of the Puget Sound, perhaps even catching the outlines of fish or shrimp as they dart away underneath us swathed in the surreal blue light created when they disturb phosphorescent marine plankton. We’ll learn about the biology behind this stunning phenomenon, and about the constellations above us. This experience feels truly magical, whether you’re looking down at the glowing water or up at the stars! Open to all experience levels. Participants ages 16 and under must be accompanied by a parent or guardian. Location TBA. District Swim License/Swim Skills Acknowledgement required, see FAQs for details.

530703-01 F 8:00-10:00p 9/7 \$70  
02 F 8:00-10:00p 10/5 \$70

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## FALL SOCIAL PADDLE GROUP ★

Ages 13-99. Enjoy paddling with others and learning new skills? Join us for a weekly paddling get-together filled with exploration and camaraderie! We'll have opportunities to learn paddling techniques in kayaks, stand-up paddle boards, and canoes, all while exploring different parts of the island together over the course of four weeks. We invite you to come be part of our paddling community! District Swim License/Swim Skills Acknowledgement required, see FAQs for details.

530727-01	Su	9:00-11:00a	9/9-9/30	\$145
02	T	12:00-2:00p	9/11-10/2	\$145



## AFTER-SCHOOL & EARLY-RELEASE PADDLING NEW!

Ages 5-7, 7-10. Each week kids will explore the waters and beaches around Bainbridge Island, play games & activities, discover local marine life, and improve their paddling skills. Instructors will introduce everyone to a variety of kayaks, canoes and paddle boards, helping kids get comfortable and confident. Swim License required, see FAQs for details.

530758-01	Ages 5-7	W	3:45-6:15p	9/12-10/3	\$195
02	Ages 7-10	M	2:15-5:15p	9/10-10/1	\$235

## AFTER-SCHOOL ADVENTURE PADDLES NEW! ★

Ages 10-14. Ideal for all levels of tween and early teenage paddlers, this program helps youth develop and expand upon their paddling skills, focusing on destination paddles around Bainbridge's shoreline. Instructors will introduce everyone to a variety of kayaks, canoes and paddle boards, helping participants get comfortable and confident. Specific skills will be taught before embarking toward each day's paddle destination. Youth should feel accomplished and proud of their day's adventure, building up to bigger and longer adventures. Class may meet at various on-island paddling locations on different weeks based on conditions and group ability. Swim License required, see FAQs for details.

530710-01	T	3:45-6:15p	9/11-10/2	\$195
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## KAYAKING — SKILL BUILDERS

**These programs emphasize on-the-water time, expanding skill sets, and focus on safe paddling. All technical gear for day trips, camps, classes, and expeditions is included. Bring appropriate clothing. Taught by ACA Level 2 Kayak Touring instructors.**

### INTRO TO ROLLS ★

Ages 14-99. Rolling a capsized kayak back up is an important safety skill as you begin to take your kayaking to the next level. Anyone who is thinking about kayaking on rougher open water or doing longer excursions would benefit from this class. Once you master this skill, you will be able to right your upside-down kayak from within, without ever having to exit and pump out the water. We will focus on a number of different rolling styles and techniques in this class. Come learn the tips and tricks needed to execute a kayak roll, and which style works best for you. Meet at the Aquatic Center.

530742-01	W	7:30-10:00p	10/10	\$75
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### RESCUE TECHNIQUES FOR FAMILIES AND ADULTS ★

Ages 10-99. A kayaker in your group flips over 100 yards from shore, what do you do? Develop skills that will help you deal with rough-water paddling and unexpected capsizes. We will review and practice a variety of skills such as braces, leans, T-rescues, wet exits, re-entries, and self-rescues all aimed at boosting your confidence and capabilities out on the water. Teaching style is oriented to adults, though families are certainly welcome. Participants under 14 must be accompanied by a parent or guardian. Meet at the Aquatic Center.

530741-01	W	7:30-10:00p	9/12	\$75
02	W	7:30-10:00p	9/26	\$75



## PROGRAMS FOR TEENS AGES 13-17