

Island Sail

Island Sail offers two programs:

Stepped Program

This program is open to sailors, ages 7 and up, who want to become proficient in the roles of Crew, Mate and Skipper of a sailboat. The program provides a path for youngsters to learn and test their way through the skill levels required for these increasing responsibilities, and culminates in receiving US SAILING certification as a Helmsman/Skipper in light air. Classes are conducted in the morning when weather conditions are appropriate for beginners.

Recreational/Skills Building Program

This program is open to sailors, ages 9 and up, who have achieved both Crew and Mate certification. Sailors may choose to sail recreationally in their certified role or to learn and test their way through the skill levels required to be US SAILING certified as a Helmsman/Skipper in light or heavy air. Sailors interested in participating in regattas may opt to learn racing basics or race intramurally. Classes are conducted in the afternoon when the weather conditions are more challenging.

Collaboration and Responsibility

Sailing is a team sport. Whether just for fun or serious racing, working well together is the key to success. We recognize and reward collaboration, camaraderie, and good sportsmanship in the classroom and on the water. Our fleet, docks, and boathouse require regular maintenance. Sailors are responsible for keeping the facility in ship-shape condition. Vinalhaven is a working waterfront that welcomes a variety of recreational users in the summer. As part of that community, we instill in our sailors a respect and appreciation for all users.

How to Support Our Program

Volunteer for one of these positions:

- Seasonal Openers/Closers
- Parental Supervisors
- Chair People/Committee Members
- Officers/Board Members

Donate to our Annual Fund. Go to:
www.islandsail.org/donate/donate.html

Island Sail School
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Island Sail

Vinalhaven's
Non-Profit, Volunteer
Youth Sailing School



*Sand's Cove,
Vinalhaven Island,
Penobscot Bay, the
State of Maine*

Our Goals:

- **SAFETY FIRST**
- **FUN SECOND**
- **SAILING THIRD**

2007 SEASON

Registration, Orientation, and

Testing:* Monday mornings, 9:00 am to Noon

Stepped Program: Tuesday thru Friday, 9:00 am to Noon

Recreational Program: Monday - thru Thursday, 1:00 pm to 4:00 pm

Racing: Fridays, 1:00 pm to 4:00 pm

Schedule

Week 1 July 9 - July 13

Week 2 July 16 - July 20

Week 3 July 23 - July 27

Week 4 July 30 - Aug. 3

Week 5 Aug. 6 - Aug. 10

Week 6 Aug. 13 - Aug. 17

Pricing

Non-resident: \$100/week

Year-round resident: \$80/week

Racing: \$25/session

Registration

To register for classes, go to:

www.islandsail.org/regist/regist.htm

*U.S. Coast Guard Type III life jacket required.

Stepped Level Program Curriculum

The Island Sail curriculum helps young sailors develop safe sailing skills.

Instructors deliver brief classroom sessions, perform demonstrations, and supervise on water practice sessions.

- Personal and Boating Safety
- Nautical Terminology
- Knots and Lines
- Care of Boats and Equipment
- Right-of-Way
- Rigging and De-rigging
- Wind, Weather, Tide Awareness
- Steering, Tacking, and Jibing
- Points of Sail
- Sailing Team Roles and Tasks
- Capsize and Overboard Recovery

Recreational/Skills Building Program

- Skill Improvement
- Sailing a Racecourse
- Racing rules



Program History

In 1984, Thomas Godfrey founded ARC Sail — Vinalhaven's non-profit youth sailing school. His mission was to build an instructional program for the vacationing and local community's children, supported entirely by volunteer efforts.

Facility

We operate out of the Boat House at the Vinalhaven Land Trust Skoog Park, on Sands Cove Road.

Our Fleet consist of:

- 5 Optimists
- 4 420's
- 2 FJ'S
- 2 Lasers
- 3 Safety Launches

Staff

Our staff is made up of trained professionals, many of whom learned to sail right here at Island Sail. Instructors are US SAILING certified and hold certificates in CPR and First Aid. Sailing exercises/ drills are supervised from our safety launches. Helmsman/ Skipper-level sailors accompany first-time sailors at all times.