**Women’s Sailing Lessons**

Gulf Breeze Sailing is excited to announce our **Women’s Sailing Lessons Series**! This **8 lesson** series, held in Pensacola Beach, will **culminate in a charter in the British Virgin Islands in January 2020** where you will be able to put all your skills together and gain experience while chartering! Many of you have asked how you can gain the skills necessary to captain your own boat, whether in your home waters or someplace exotic, so we have structured these classes to do just that. The series is set up so you can take one class to see if sailing is for you, or you can take all 8 and get your American Sailing Certifications as well as gain chartering experience.

**Lessons 1-4** involve learning to skipper a 30 ft keelboat. You will learn basic sailing terminology, parts of the boat and their function, helm commands, basic sail trim, points of sail, seamanship and safety including basic navigation rules. It is highly recommended that you read American Sailing Association’s book “Sailing Made Easy” before beginning class so that you can get the most out of your lessons. We will spend the majority of time on the water, not in a classroom. You will have the option after to Lesson 4 to take a test and obtain your ASA 101 certification.

**In Lessons 1-4 you will:**

Learn basic sailing terminology

Raise and lower sails and maneuver the boat

Navigate using basic rules of the road

Study and use aids to navigation e.g channel markers

Learn about safety gear and procedures

Perform crew overboard drills

Secure the boat at a dock

Tie basic knots

**Lessons 5-6** involve learning cruising sailboat terminology, basic boat systems, auxiliary engine operation, docking procedures, navigation rules, basic coastal navigation, anchoring, weather interpretation, and safety and seamanship. It is highly recommended that you read American Sailing Association’s book “Basic Coastal Cruising” before beginning class so that you can get the most out of your lessons. You will have the option after Lesson 6 to take a test and obtain your ASA 103 certification.

**In Lessons 5 and 6 you will:**

Refine and improve upon what you learned in Lessons 1-4

Learn additional terminology related to cruising boats

Operate a sailboat while under power

Learn anchoring and mooring skills

Practice docking and fueling procedures

Study additional navigation rules and weather interpretation

Learn how to handle emergencies including man overboard, engine failure, hypothermia, and more.

Understand basic boat systems including electrical, engine, and water

VHF operation

Practice safety and seamanship

Tie more knots

**In Lessons 7 and 8** you will continue to build on the skills learned in Lessons 1-6 and also learn about provisioning your boat for an extended cruise, galley operations, coastal navigation including basic chart plotting and GPS operation, and dinghy/tender operations. It is highly recommended that you read American Sailing Association’s book “Bareboat Cruising” before beginning class so that you can get the most out of your lessons. You will have the option after Lesson 8 to take a test and obtain your ASA 104 certification.

**In Lessons 7 and 8 you will**:

Refine and improve upon what you learned in Lessons 1-6

Plan your cruise including provisioning and understanding fuel and water consumption

Learn safe galley procedures to minimize dangers such as fire, scalding, and spillage

Identify and describe the function of the fundamental systems and components of a marine diesel engine, including fuel, lubrication, cooling, and drive train

Learn proper marine toilet operation, including precautions to prevent malfunction

Understand safe fresh water tank filling procedures, including identification of correct deck fills

Learn about power conservation measures and procedures to prevent running batteries down when anchored/moored overnight.

Learn about what to do in an emergency situation e.g. grounding, dragging anchor, getting a line wrapped around a propeller.

Learn and practice safe dinghy/tender operation.

Plan a coastal passage from origin to destination, plotting courses, distances, and waypoints. While en route, keep a written log and plot DR positions on a chart, and calculate estimated times of arrival (ETA) to waypoints.