

2018 SAILING CAMPS

At Poquoson Community Recreation



Discover the magic of sailing your own boat!

Everyone can learn to sail. These skills learned can be used and enjoyed for a lifetime. Join our U.S. Sailing Certified Instructors for sailing camp on Back River in Poquoson this summer. Camps will sail in sunfish sail boats. Camp will sail from Messick Point– the base operations for all sailing programs in the City.

Participants will take a swim test as required on the first day of camp. All students must be able to swim 50 yards with & without life jacket as well as tread water for 5 minutes.

Registration: \$75 deposit to reserve your spot and due at initial registration. Remainder due 15 days prior to the start of camp.

Camp Programs are set up to run Monday-Thursday. Each week Friday will be designated as a make up day for inclement weather. Fridays will be used only if necessary and you will be notified during your camp week if Friday make up time will be used. This is at the discretion of the staff.

Dates	Times	Cost:	Program#
		(Resident/non-Resident)	
June 18-21	9:00am-2:00pm	\$225/\$235	200
June 25-28	9:00am-2:00pm	\$225/\$235	201
July 2 & 3 (Mini)	9:00am-2pm	\$115/\$125	202
July 9-12	9:00am-2:00pm	\$225/\$235	203
July 16-19	9:00am-2:00pm	\$225/\$235	204
July 23-26	9:00am-2:00pm	\$225/\$285	205



Levels of Instruction

During sailing camps all levels and experience are welcome. No prior sailing experience is required. As part of the week's instruction participants will gain knowledge of boat rigging, basic sailing, water safety & points of sail. Campers may and are recommended to attend camp more than once, we would love to see you more than once this summer, as many skills are practiced & reinforced to grasp the fundamentals with boat and water time.

Are you an experienced camper? If you are an experienced sailor, we will ask you to tell us about your experience on your health & waiver form. Our instructors will modify instruction as needed based on this information. Instruction for experienced sailors will include more advanced boat handling maneuvers and as necessary more advanced equipment. Campers will gain experience on both sunfish as well as other equipment as experience merits.

Instructors and Ratios: All camp programs will be led by US Sailing Certified Level 1 instructors. Natalie Ross, Camp Director and head instructor is an experienced sailor. She currently directs and coaches the Poquoson High School Competition Sailing Team and has been a member of the CNU sailing team for 4 seasons. Courses will not exceed 10 students per session. All instructors are CPR and First Aid certified. Camp meets daily at determined sites in Poquoson as wind conditions warrant. All camps in Poquoson or Municipal Building. Van transportation to sites available. Register at Poquoson Office of Community Recreation, 830 Poquoson Avenue; Participant spaces will fill quickly.

Registration Now Open

For Registration and More Information: Contact 757-868-3580

