

ALL WOMEN SAILING WEEKEND

GAIN INDEPENDENCE... DEVELOP SKILLS... HAVE FUN!



Many women are drawn to sailing, but find that they cannot learn to sail from their husband (no matter how wonderful he is!). Or the demands of caring for their family or guests while on the water overshadow the enjoyment of their time aboard. Take this informal weekender for yourself! Develop your sailing skills as you explore the San Juan Islands with our top female instructors. Bring your friends or meet some new ones. Spend Saturday evening docked at the famous and historic Rosario Resort. Enjoy the mansion's historic tour, dine at the restaurant, swim in the indoor or bayside pool, soak in the hot tub, relax in the sauna, or unwind at the spa.

All skill levels welcome!

Dates: 9 AM Saturday to 5 PM Sunday

May 5 - 6, 2012

May 19 - 20, 2012

Rate: \$425. All meals provided, including a 5-course dinner and wine at Rosario Resort!

Additional option: Board your boat Friday evening for an extra \$10, and explore eclectic downtown shops and coffee houses or historic Fairhaven's many bookstores, shops and boutiques. Pack dinner and breakfast to eat onboard or treat yourself to one of the many excellent restaurants at the harbor or around town.

P.S. Men: This makes a great gift!

San Juan Sailing

Bellingham, WA • 1-800-677-7245 • www.sanjuansailing.com



All Women Weekend Check-list

1-800-677-7245 / 360-671-4300
fax) 360-671-4301



www.sanjuansailing.com
school@sanjuansailing.com

Thank you for choosing San Juan Sailing!
We hope you will find this checklist helpful for your planning.

ABOUT YOUR WEEKEND

- Your class will commence at 9am Saturday and end 5pm Sunday.
- Sailing can be a rigorous endeavor, particularly when learning. Be prepared to be very active while on a moving boat. If you are very sedentary, it would be a good idea to start a moderate exercise program including some upper body training.
- Alcoholic beverages are allowed at dock or at anchor. We do not provide them, but feel free to bring your own.
- Many people ask us if it is a common practice to tip their instructors. It is common; however if you do so, and the amount, is left completely up to your discretion.

PRE-BOARD OPTION FOR FRIDAY

- Board your boat Friday evening (after 7pm) for an extra \$10, and explore eclectic downtown shops and coffee houses or historic Fairhaven's unique galleries, bookstores, and boutiques. Please contact our office at least 2 weeks in advance (if you haven't already) so that we can prepare for your arrival.

TRAVEL

- Directions to San Juan Sailing are located below.

PACKING LIST

- Please pack carefully. We recommend that you come prepared for both cool and warm temperatures and remember this will be an active weekend, so wear clothes you can move in. Please avoid suitcases by packing your gear in a pliable bag.
- Packing list:
 - Sleeping bag and pillow case (pillow provided, but you can also bring your own if you prefer)
 - Earplugs (to block out sound at night, if needed)
 - Wind-breaker
 - Fleece top
 - Wool socks
 - The key is clothing that can be layered or un-layered depending on the weather. Polypropylene or capilene long underwear recommended.
 - Warm cap or hat
 - Shorts
 - Sunscreen and chapstick with SPF
 - Sunglasses and if applicable, reading glasses
 - Rain gear (need not be expensive)
 - Soft-soled non-marking shoes (deck shoes are preferred)
 - Toiletries plus bath and hand towel, washcloth (if desired) and shower flip flops
 - Optional: Music CD's & Camera
 - Optional: Sailing gloves – if you own them. They will help you grip lines and protect your hands.
 - We provide vest-style Type III PFD's (personal flotation devices). You are welcome to bring your own PFD if you prefer.



Directions to San Juan Sailing:

Drive north on I-5 from Seattle. Take exit 256A "Meridian Street" once you reach Bellingham. Left onto Meridian Street. Right onto Squalicum Way immediately after driving over railroad tracks. Follow Squalicum down to waterfront. Right on Coho Way after driving over railroad tracks again. Straight down towards the water. Turn right at the 4-way stop in the parking area and you should see our office.

Maps available at www.sanjuansailing.com.

2615 South Harbor Loop, Suite 1 / Bellingham, WA 98225



“Women’s Weekend” Participant Survey

In order for us to better serve your needs and goals and to assist in class placement, please return this survey by mail, fax or e-mail. San Juan Sailing, 2615 South Harbor Loop Drive, Bellingham, WA 98225, Attn. Sailing School
FAX 360-671-4301. email: school@sanjuansailing.com. Thank you!

Name:

Weekend Date:

1. What are your goals in taking this course? (Check all that apply)
 - a. Learn as much as I can about sailing and boating _____
 - b. Share sailing with a partner that already sails _____
 - c. I’m mainly on vacation. I want to have fun and learn in the process. _____
 - d. Other - please state: _____

2. Briefly describe your previous boating experience: _____

3. Does moderate alcohol consumption at anchor by other people offend or concern you?
(Circle one) Yes No

4. Smoking is not allowed on the boat, only ashore. Do you expect to smoke ashore during the week?
(Circle one) Yes No

5. What is your age? _____

6. Sailing can be a rigorous endeavor, particularly while learning. Please be prepared to be active while on a moving boat. If you are sedentary, it is a good idea to start a moderate exercise program. Do you have any physical limitation or conditions that might require some advance accommodations?
Please describe: _____

7. Do you get seasick? (Circle one) Yes No Sometimes

Do you know how to swim? (Circle one) Yes No

8. Is there anything else you’d like us to know? Any comments are welcome.

Meals on the boat will be prepared with everyone’s help. We do our best to accommodate your dietary restrictions and preferences.

1. Are you a vegetarian? (Circle one) Yes No
2. Please cross out any of the following that you do **not** wish to eat during your trip:
red meat chicken fish (usually salmon) eggs milk cheese

3. Please circle your beverage choices: iced tea diet soda regular soda water
Other -- please state: _____
4. Please list any other allergies or restrictions you have. Also, please list possible substitutions for any of the above omissions.