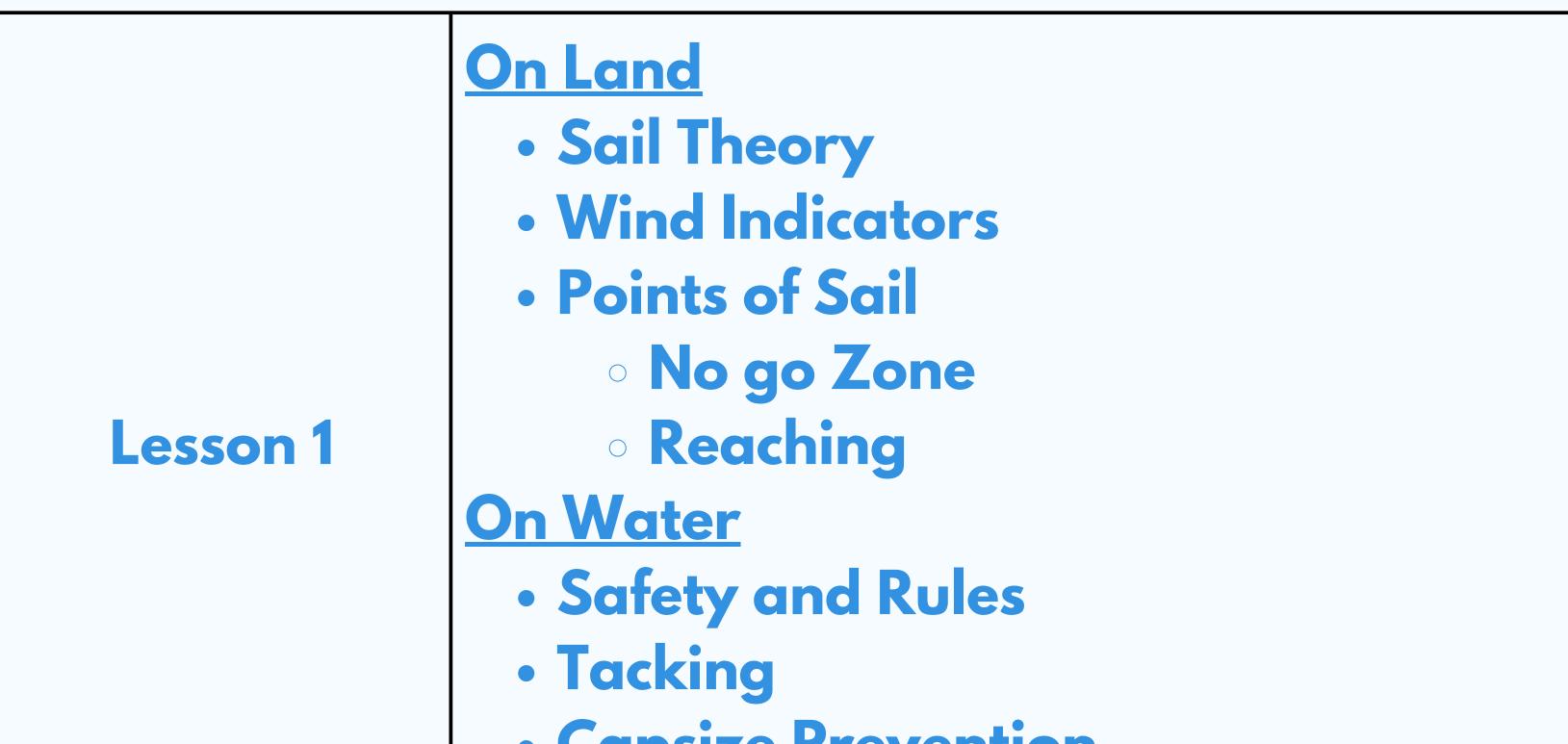
DBMS Adult Sailing Six-Pack Private Lesson Outline



	Capsize Prevention
	Derigging
Lesson 2	On Land • Review Lesson 1 • Knots • Cleat • Clove Hitch • Figure 8 On Water • Rigging • Breakdown
Lesson 3	On Land • Close Hauled • Running <u>On Water</u> • Gybing • Rules of the Road
Lesson 4	On Land • Bowline • Coil <u>On Water</u> • Sailing to destinations
Lesson 5	On Land • Leaving the Mooring • Returning to the Mooring • Radio Use On Water • Repeated mooring take off / landing practice
Solo Practice	
Lesson 6	On Land • Sudden Storm • Running aground • Person overboard On Water • Reefing • Person overboard