



SAILING CLASS INFORMATION

Learn how fun and exciting sailing can be at one of Southern California's premier small boat sailing facilities! We offer year-round weekend courses. Students start in RS Quest double-handed dinghies and then may progress to more advanced racing dinghies like the Laser and RS Vision. Get qualified on our equipment and enjoy post class opportunities of leisurely rental sails, friendly races, and community events out on the Santa Monica Bay! For all classes, you must be 18yrs+ and a proficient swimmer to register.

Classes We Offer:

- **Sailing I – RS Quest:** Learn everything you need to start sailing right away! The class is designed for the novice sailor who has little or no sailing experience. We emphasize the development of solid on-the-water skills as well as a basic nautical knowledge such as terminology and right-of-way rules.
- **Sailing II – Laser or RS Vision:** Continue to develop your sailing knowledge on a more advanced boat; either the singlehanded Olympic class laser, or the racing designed doublehanded RS Vision.
- **Sailing III – Laser or RS Vision:** Fine-tune your boat handling and sail-trim skills in this technical course. This course gets you race ready as you learn to maximize boat speed, achieve proper sail shape, and maneuver efficiently.
- **Sailing IV – Laser or RS Vision:** This performance-oriented course allows sailors to experience the freedom of the open ocean, while learning necessary safety skills to brave the bay on your own. This class emphasizes ocean safety, boat handling in waves, sail tuning, and kinetics.

After passing a class, you will become eligible to rent boats (of the type specific to your class) from our facility during open rental hours. Classes must be taken in order. After each class, we recommend coming to the facility to rent and practice before you sign up for a higher-level course. You may not sign up for consecutive courses at the same time, as certifications serve as registration prerequisites.

Taking a sailing class:

- Register online at secure.recreation.ucla.edu for all classes
- Once registered, review the Learning to Sail Manual in advance so you come into the class with an idea of what will be covered. The manual is available online as a PDF file. Write down any questions, and bring them to the instructor on the first day of your class.
- Be well rested for your class. Small boat sailing can be physically demanding when the wind picks up.
- Show up to your class on time. Late arrivals are disruptive to the class.
- What to Bring for Class: Be prepared to get wet! The goal is for you to be comfortable and warm, even if you get wet.
 - **Shoes-** You must wear closed-toes shoes with a light colored, non-slip sole. The object is to keep you from slipping or falling on the wet deck of the sailboats and injuring feet or toes on the boat or dock – please no sandals. Boat shoes, water shoes, or old tennis shoes work well. Your shoes will get wet, so bringing an extra pair to wear home is encouraged.
 - **Clothing-** Dress in athletic clothing that is comfortable and will dry quickly if it gets wet. It can be much cooler on the water than on land, so light jackets/windbreaks are always recommended. As

with your shoes, it is a good idea to bring a change of clothes for when/if you get wet. The facility has wetsuits available for patrons to use during classes and rentals.

- **Towel**-Students will be required to complete a capsized recovery as part of the course. There is also always a chance while dinghy sailing that you will get wet.
- **Sun Protection**- It is recommended that all students wear a hat, sunscreen and sunglasses.
- **Lunch**- We do not have vending machines or any food on site, so we recommend bringing a lunch. If you need to go offsite for lunch, you will need to go quickly to ensure you do not miss any class time.
- **Water Bottle**- Long days on the water and out in the sun can be dangerous if you do not stay properly hydrated. The MAC has a water cooler on weekends where you can refill your bottle through the day.
- **Lock**- Our lockers do not have locks, so you will need to provide your own. We do not recommend taking any valuables out on the water with you.
- **Sailing Gloves**- Gloves can be useful to protect your hands and to keep them warm, but are not required for any MAC sailing classes.

Getting to the UCLA Marina Aquatic Center:

The Marina Aquatic Center is located in Marina Del Rey at 14001 Fiji Way and is accessible by bus, bike, and car. Since parking is scarce (particularly on weekends and special events), we strongly encourage biking, busing, carpooling to the MAC. For more information regarding transportation and parking, [please click here to visit the MAC website](#).

Refunds and Transfers:

Please call us at [310.823.0048](tel:310.823.0048) or email mac@recreation.ucla.edu.

Refund requests received at least 3 weekdays prior to the first class meeting (the Wednesday before the first class meeting, if it is a weekend class) results in a 90% refund or 100% transfer towards another class in the same quarter. There are no refunds or transfers after this point.

- No refunds or deferments are honored after the request deadline.
- If a class is cancelled, you will be eligible for a full refund or deferment.
- All refunds are processed through UCLA General Accounting.
- Refund check processing requires 4 to 6 weeks.

Swimming Proficiency:

To participate in any water-based activity, you must be "water safe," able to swim 100 yards and tread water for 5 minutes, and capable of calmly handling yourself in the water. If you have any question as to whether you are "water safe," we encourage you to take advantage of a complimentary swim test, offered at any one of the campus pools during open swimming hours. Coast Guard approved personal flotation devices are provided by the Marina Aquatic Center and are required to be worn while sailing.

IMPORTANT – Please Read:

- Boating can be fun, relaxing and enjoyable. By observing rules and boating etiquette and demonstrating care and caution for yourself and others, you will reduce your exposure to injuries and help insure that your boating experience is a pleasurable one.
- You have signed a release online when you registered, stating that you are water-safe (see swimming proficiency statement) and understand the risks involved in boating
- Injuries to participants in watercraft programs may occur from risks inherent in the sports or activities, from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques, from failing to follow training, safety or racing rules; and from the administration of first aid.