



**FROM NO EXPERIENCE NECESSARY OR WANTING TO FINE TUNE
YOUR SAILING SKILLS
WE HAVE YOU COVERED!!**

OPEN TO ALL WOMEN (18 & UP) – SPOTS FILL UP FAST!

- Dates: (1) Sunday, July 28, 2024
Reserve your spot no later than July 21st
- (2) Sunday, September 8, 2024
Reserve your spot no later than August 30th
- Location: Long Beach Yacht Club, 6201 E. Appian Way, Long Beach, CA
- Meeting Room: Regatta Room
- Time: 12 NOON – 4PM (back on dock around 3:00/Debrief with light snacks following)
- Your Equipment: Light jacket, hat, sunglasses, sunblock, shoes with soft soles, refillable water bottle, sailing gloves, small tote for these and other personal items together
- Costs: \$50

EXPECT TO HAVE FUN AT SEA WITH SEA GALS 2024!!

Long Beach Sail Foundation (LBSF) invites all women interested in a unique sailing experience to participate in its “Sea Gals” sailing program onboard the Catalina 37 fleet.

Sea Gals events are structured to provide sailing opportunities for every level of sailing from beginner/novice - introduction to sailing, or intermediate/advance - spinnaker trim/foredeck instructions.

Sea Gals offers a unique women’s sailing experience coached “by women for women” in a non-competitive environment.

Each event includes classroom and dockside instructions, with time on the water to explore what you learned. The interactive coaches provide safe and proper boat handling techniques, and offer personalized sail trim demonstrations. Every event is a fun, hands-on sailing experience! These sailing events are designed to introduce you to sailing, sharpen skills and boost your confidence both on and off the water.

BEGINNER/NOVICE SAILORS – JIB AND MAIN SAILS ONLY

Beginner – No experience necessary. If you just want to come onboard and enjoy a sail around Long Beach Harbor, this is okay too. You are welcome to participate as much or as little as you are comfortable with. Must be able to handle stairs (up & down).

Novice – You have been sailing a few times and are excited to learn more. Develop an understanding of nautical terminology, learn knots, straightforward boat rigging and try your hand at basic sail trim (jib and main).

INTERMEDIATE/ADVANCE SAILORS – JIB, MAIN AND SPINNAKER SAILS

Intermediate – You must have some hands-on experience in sailing. You have a good understanding of nautical terms, can tie basic knots, willing to learn to rig a race boat and can follow sail-handling instructions. You are excited to learn more and may have some spinnaker experience and/or exposure.

Advance – You are skilled in competing in sailboat races. You are knowledgeable of nautical terms, proficient in knot tying, can rig a spinnaker boat. You want to fine tune your boat and sail handling skills.

DEBRIEF ON THE DOCK

The post-sailing Debrief with your fellow attendees provides a time to debrief and an opportunity to network with other women in the sailing community.

Who is interested?

More Information / Reserve your spot today!

Email: SeaGals.Sailing@gmail.com

Online: [Long Beach Sailing Foundation](http://LongBeachSailingFoundation.org) | [Sea Gals \(lbsailingfoundation.org\)](http://SeaGals.org)