



***Create Unforgettable
Memories
for Your Child.***



Several camp boats returning from fun drills.

**Medicine Lake Youth Sailing Camp
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Minneapolis, MN 55427**

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**Medicine Lake
Youth Sailing Camp
Summer 2010**

***Treat your child to
an unforgettable
adventure***



**Michael holds the boat for his sister,
Jessica, who just soloed!**

***Imagine the breeze on your face
and the boat at your hands...***

- Sailing develops independence, confidence and critical thinking.
- Northern Breezes Sailing School offers fun, basic sailing courses in a day camp environment on Medicine Lake.
- Both the course and the instructors are certified by the American Sailing Association.

Monday-Friday, 8 sessions offered
between June 14 and August 2.
9 a.m.-noon, or 1-4 p.m. Or—Both!
Reservations Required.
\$139 per session/ \$249 Full day.



**Hannah and Jessica team up.
These boats are stable.
They are fun sailboats that row well.**



Launching in the morning from docks.

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No school district funds were used in production of this flyer.

Mission Statement

At Medicine Lake Sailing Camp, youth ages 8 to 16 are introduced to the lifelong sport of sailing. Campers learn to crew and independently skipper as well as solo a centerboard sailboat in light to moderate wind in familiar waters.

Campers gain confidence, teamwork and leadership skills, as well as knowledge of water safety.

Above all, we teach the joy of sailing.



Sailing empowers. Now it's "their boat."

Our Boats

We are excited to offer the finest boats and the latest designs. We provide new sailing dinghies of 9 and 11 feet, and the thrilling WindRider 17. The dinghies and the WindRider 17 are nearly impossible to capsize, which comforts parents and gives skippers confidence in a relaxed and fun learning environment.

Our Crew

Three Rivers Park District is proud to have the Medicine Lake Youth Sailing Camp at French Regional Park. The award-winning Northern Breezes Sailing School is directed by Captain Thom Burns. Thom has been teaching sailing for 35 years. He is a nationally certified instructor evaluator for the American Sailing Association. "This is the most fun program we do, I can't wait for the season." Among his many interests, Thom won his class in the 2003, 2005 and 2007 Trans-Superior Races.

Choosing a Class

Consider your child's age, skill and size...

- **Basic Dinghy.** 8-12 age group (Little or no experience.)
- **Advanced Dinghy.** 8-12 age group. (Some experience.)
- **Advanced Small Boat.** 13-16 age group. (Some experience.)

Teenagers with no experience use our built in fast track program to get the necessary experience to benefit from the advanced small boat program.

All classes use the *American Sailing Association Certification System.*

Typical Day

Our instructors lead short onshore discussions covering the new skills of the day. Building on that knowledge, they introduce land and water drills, where students apply skills in a safe and comfortable setting.

Swimming, rowing and games are interspersed throughout the day making this an awesome aquatic experience.

We recommend students bring their own lunches, bottled water and snacks as well as a change of clothes and towel. Lifejackets are provided for those students who don't have their own.

Limit of 30 Students per session.



These hot trimarans are camp favorites.

Camp Times

Camps are offered in 8 weekly sessions: Mon through Fri, 9 a.m.-4 p.m. Half days are available from 9 a.m.-noon or 1-4 p.m.

Session 1: June 14 - 18

Session 2: June 21 - 25

Session 3: June 28 - July 2

Session 4: July 6 - 9 (Tue-Fri)

Session 5: July 12 - 16

Session 6: July 19 - 23

Session 7: July 26 - Jul 30

Session 8: Aug 2 - 6

Basic Dinghy Sailing Camp (8-12)

The ideal course for students who have completed 2nd to 4th grade. Campers progress through three levels: Dinghy Basic Crew, Dinghy Basic Skipper and Dinghy Basic Solo. Entry level students progress quickly and confidently to sailing on their own. Look out Mom and Dad, they're going to want you as crew!

Advanced Dinghy Sailing Camp (8-12)

The ideal course for students who have completed 5th to 8th grade. Campers progress through three levels of advanced dinghy sailing. Entry level students begin to solo on the smaller dinghies and soon progress to Dinghy Advanced Solo!

Advanced Small Boat (13-16)

Ideal for students who have completed 7th to 10th grades. The three levels are: WindRider 17 Crew, Skipper and Solo. Entry level students will solo on the smaller dinghies before beginning as WindRider 17 Crews, then on to Skippers!

Youth Keelboat Program (14-18)

Courses are also available for enthusiastic youth interested in learning the skills of keelboat sailing. These classes take place on beautiful Lake Minnetonka in the Excelsior area where motivated teenagers learn to sail confidently and safely on 23 ft. sailboats.

All instructors are American Sailing Association certified. Merit badges are also available for scouts!