

# SAIL INTO SUMMER!

Sailing Youth Camp & Teen Programs



French Regional Park on Medicine Lake  
Register TODAY!

[NorthernBreezesYouthSailingFoundation.org](http://NorthernBreezesYouthSailingFoundation.org)



 *Northern Breezes*  
Youth Sailing Foundation

*"Best of Minneapolis*  
2009, 2010, 2011, 2012, 2013, 2014  
2015, 2016, 2017 & 2018"

**763-542-9707**

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**At Medicine Lake Sailing Youth Camp & Teen Programs**, youth ages 8 to 18 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.***

## **Our Boats**

We are excited to offer the finest boats and the latest designs. We provide 9' Walker Bay sailing dinghies, 12' Hobie Bravos, 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 20' Flying Scot keelboats are used in the Teen Keelboat Programs.

## **Our Crew**

Three Rivers Park District is proud to have the Northern Breezes Youth Sailing Camp at French Regional Park on Medicine Lake. Northern Breezes is an award-winning school overseen by Captain Thom Burns who has over 35 years of sail training experience. Thom is a nationally certified instructor and facility evaluator for the four hundred school American Sailing Association. "Our camp director, Andrew Helm (Assistant Camp Director in 2017) coordinates and directs a fine young crew of camp counselors and counselors-in-training who work hard for your camper while enjoying their passions—sailing and sailboats," noted Thom.

## **Choosing a Class**

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

- Basic Dinghy Camp: 8–12 age group. (Little or no experience.)
- Advanced Dinghy Camp: 8–12 age group. (Some experience.)
- Advanced Small Boat Camp: 13–16 age group.  
(Some experience, certification optional.)
- Teen Keelboat Program: 13–18 age group.  
(Older beginners or some experience, certification optional.)

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Teens with no experience can use our fast-track program to get the necessary experience for the Advanced Small Boat Camp or Teen Keelboat Programs.

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, controlled setting.

Rotations and sailing topics are program specific based on age, experience and boat type. These sometimes include park assets such as the swimming beach.

Limit of 30 Students per session.

## **Basic Dinghy Sailing Camp (8-12) Register Online**

The ideal course for students who have completed 2nd to 6th grade. Campers progress through two levels: Dinghy Basic Crew and Dinghy Basic Skipper. Entry level students progress quickly and confidently to sailing on their own.

## **Advanced Dinghy Sailing Camp (8-12) Register Online**

The ideal course for students who have graduated Dinghy Basic or equivalent. Campers progress through two levels of advanced dinghy sailing. Entry level students begin to solo on the smaller dinghies and soon progress to Hobie Bravos!



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## **Advanced Small Boat (13-16) Register Online**

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

## **Teen Keelboat Program (13-18) Register Online**

This is our premier program for teenagers on Medicine Lake. It is natural to go from Teen Keelboat to much bigger boats that you might live aboard. We use 20 ft. Flying Scots which we also use in our adult programs. The teens receive more sailing time during a week!

### **Schedule**

Youth Camps & Teen Keelboat Programs are offered in 9 weekly sessions between June 10 and August 16, 2019: Monday-Friday, Full days are 9am-4pm. Half days are 9am-noon or 1-4pm.

### **Pricing**

Youth Camp: \$289/week Full days or \$169/week Half days

Teen Keelboat Program: \$329/week Full days or \$195/week Half days

**Northern Breezes Sailing for Youth Foundation** is organized as a 501(c)(3) non-profit.

The school district does not sponsor, endorse or recommend the activities announced by this flyer.

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



Lake Superior Tall Ship Teen Sailing Capstone Experience. This is live-aboard. It's available to ages 13-18 on August 23-25, 2019 with boarding after 4pm the evening before.



Phone: 763-542-9707

Fax: 763-542-8998

Email: [info@northernbreezesyouthsailing.org](mailto:info@northernbreezesyouthsailing.org)  
[NorthernBreezesYouthSailingFoundation.org](http://NorthernBreezesYouthSailingFoundation.org)