

Captain Steven R. Van Hook, PhD

Sailing Instruction & Certification

567 W Channel Islands Blvd #425

Port Hueneme, CA 93041

805-253-0250 / steven@wwmr.us

ASA Instructor: #2008007215

USCG Master License: #3319904

Credentialed Chaplain for Weddings & Memorials at Sea

SAILING CLINIC: CONFIDENCE SKILLS / INSURANCE REDUCTION

Clinic Introduction:

A refresher or refiner course can help increase your confidence on the Channel Islands waters, and reduce the cost of your boater's insurance.

This 20-hour clinic is comprised of mini-clinics covering:

Topics:

- 20-hours of on-water confidence sails
- Rules and Regulations
- Basics of Sailing
- Maneuvering Skills
- Navigation & Local Waters
- Cross-Channel Sailing / Shipping Lanes
- Heavy Weather
- Skipper's Duties



"Steve did a great job training me on safe sailing ... a skilled skipper and teacher."

Four 5-hour Day Sails:

Day 1: Harbor facilities, local waters, docking

Day 2: Ventura Harbor, approach, docking, departure

Day 3: Anacapa Island, navigation, anchorages, hazards

Day 4: Skipper's choice

"I learned more from him than any other instructor, gaining a new level of self-confidence and skill."

"I got a tremendous amount of confidence out of these sessions largely due to your experience and coaching. Thanks for everything!"

"Thank you is not enough. You are kind, patient and encouraging."

ASA Certification Options:

101 (Keel Boat); **103** (Coastal Cruising); **104** (Bareboat Chartering); **105** (Coastal Navigation)