

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

<http://islandweddings.us> / <http://howtosail.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

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

ASA Certification Options:

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



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

"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."