



# WomenUnderSail

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## 3 day live-aboard classes aboard the 44' ketch Avatrice



Are you a sailor by marriage? Wouldn't you love to be a sailor in your own right? Explore the wonders of Casco Bay and Coastal Maine with Captain Sharon Renk-Greenlaw. Develop your sailing skills and potential for adventure aboard AVATRICE, a 44' ketch.

This gift to yourself is an introduction to the joys of sailing, or an opportunity to improve your skills and comfort level in a non-judgmental, relaxed atmosphere. Every day offers a combination of intensive instruction, as well as the fun and exhilaration of sailing on Casco Bay. Practice points of sail, sail trim, navigation, piloting, helmsmanship, docking, anchoring, safety, and man overboard drills. Students do all boat handling and sailing under the supervision and instruction of a US Coast Guard licensed captain and her assistant. This allows plenty of time for individual attention.

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Designed for adults, this live-aboard sailing course covers everything from boating and safety basics, to basic navigation and use of electronic equipment. Students do all boat handling under supervision, with plenty of time for individual questions and answers, and hands on sailing experience. Every day offers a combination of intensive instruction and actual sailing. Evenings are spent either at anchor or on a mooring, at different locations in Casco Bay, with free time ashore. Three-day courses run from 9 AM on Day One to 5 PM Day Three.

### **Day 1**

#### **Morning:**

Introductions, orientation, course objectives, boat terminology. Lecture on understanding

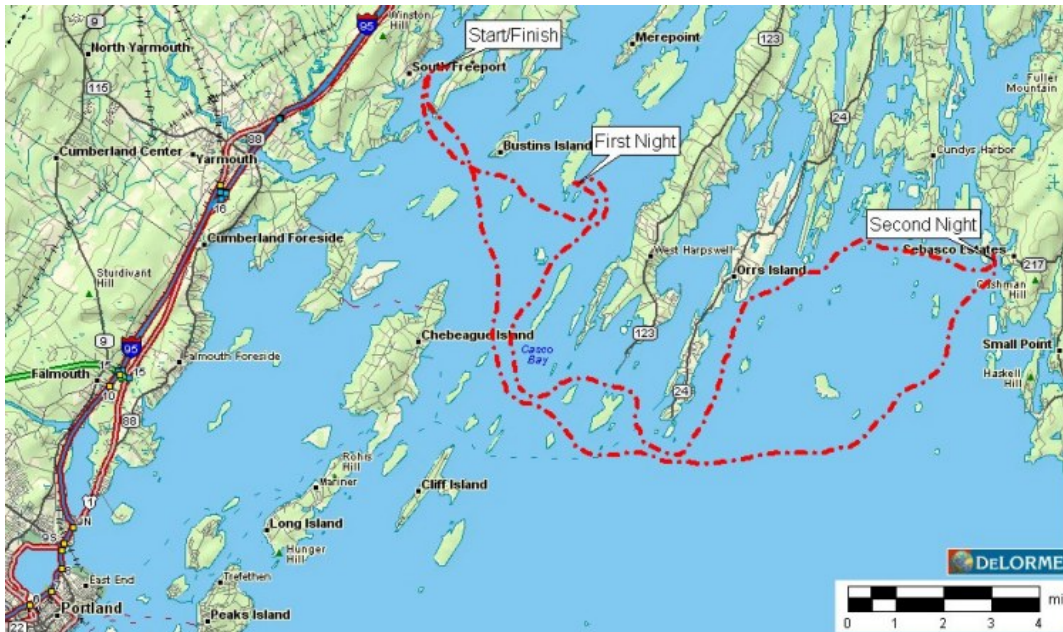


wind, points of sail, and how sails function in relation to the wind. Orientation to "AVATRICE", sailing equipment, and other types of sailing rigs. Review all parts of the boat, starting the engine, boat systems, and sailing exercises.

**11:00 a.m.:** Leave anchorage. Each student will practice, and establish comfort level with boat handling under power. During our lunch stop, we will learn how to anchor, and how to pick up and drop a mooring.

**Afternoon:** 4-hour sail. Each student takes a turn at the helm, and rotates all stations. Basic sailing techniques are explained, demonstrated and performed: raising sails, sail trim, safe use of winches, line handling and tacking.

**Evening:** At anchor. After dinner, explanation and assignment of tasks regarding running, operating, maintaining, and living aboard.



**Day 2 Morning:** 3-hour lecture on chart reading, calculation of latitude and longitude, and basic GPS operation. Discussion and demonstration on engine maintenance and boat systems; batteries, electrical system, water and plumbing systems, propane stove, through-hull fittings.

**Afternoon** sail with students rotating at the helm. Sailing as a team with variation of roles. Subjects covered include: review points of sail & aerodynamics of sailing, trimming the sails, tacking, rules of the road, safety, locating present position using aids to navigation, landmarks, and latitude and longitude.  
**Evening:** On mooring, with time ashore. Review. Relax!

**Day 3** Lecture and discussion: Radio communication and emergency calling.  
 Navigation: Dead reckoning, piloting, true north, compass error, charts, course plotting, time, speed and distance problems. Students will be assigned a series of simple navigation problems to learn dead reckoning and course plotting.  
 Afternoon: Student plot courses for the day. Man overboard drills.  
 Return to port, docking instruction & demonstration, rigging for docking, roles, bow to helm communication.

## 2006 Schedule

Classes are \$850 per person unless otherwise marked

### June

2-3-4

9-10-11

16-17-18

23-24-25



14-15-16

21-22-23

28-29-30

**August**

18-19-20

25-26-27

**September**

1-2-3

15-16-17

Captain Sharon Renk-Greenlaw has been sailing the coast of Maine and beyond close to 30 years. Licensed by the US Coast Guard with a Masters 50 ton ticket, Sharon's knowledge of the sea, it's circumstances, and the instruments of it's navigation are well weathered. With an emphasis on safety and teamwork, Sharon invites you, regardless of your skill level, to join the hundreds of other women who have discovered their abilities and love of sailing with Women Under Sail.

Raised in Northern Michigan, Sharon began to sail on the volatile waters of Lake Superior. Sailing in Maine since the early 1980's she has cruised the entire East Coast as far south as Venezuela and the Caribbean.

Maine's spectacular rocky coast presents a very rich and challenging opportunity for learning the technical skills and the art of sailing. A solid foundation in team sports has equipped Sharon with a teamwork philosophy, and sailing provides the medium to promote these skills.





Sharon is also a psychiatric nurse, with a Masters Degree in Counselor Education. She is able to use all of her skills in dealing with the issues of fear, anxiety, and lack of self confidence. "It's wonderful to watch the student's progress, and to hear them exclaim 'I get it! I finally get it!'. " Say's Sharon." The students walk away with a greater degree of confidence in their new or renewed skills, and comfort level on the water."

Sharon lives with her husband Larry, in their home overlooking the Haraseeket River, just a few hundred yards from AVATRICE.

***"I can't thank you enough for a wonderful weekend of sailing lessons -- it was worth every penny!!! You are a great teacher - very to the point, clear, and encouraging. You gave equal attention to each of the students and made sure that we all experienced each aspect of sailing -- your rotation technique worked beautifully. The hands-on approach is so important for me -- demos are great, but only when followed up by actual experience. You provided that and more. I had a wonderful time and feel that I've made a huge step in understanding - and enjoying - sailing. And, you should have seen how happy my husband is that I came home so psyched!!!"***

**Lyn**

"Thank you very much for a really enjoyable weekend. I told my husband that the only time I enjoyed myself more was on our wedding day, but I think I liked our "Sailing Adventure" even better than that. Well, I enjoyed it in a different way, I suppose. Your competence, gentle demeanor and sense of humor set the tone for the weekend which was very conducive to learning. Karen also contributed a great deal to the enjoyable atmosphere of the weekend. My expectations of what I would get out of the class were far exceeded. And Avatrice is a beautiful boat! Having sailed only a little bit before, I've come out of the class really looking forward to (I hope) having sailing become a major part of the life my husband and I share. Thank you very much."

Tracy

***"A week after completing your sailing course in late June, my husband and I took off for a two-week cruise with the Portland Yacht Club. Somewhere along the way I lost you evaluation form, so I thought I would now, almost two months later, respond to your request for feedback.***

***I enjoyed your "learning weekend" very much. The schedule of classes alternating with practice and relaxation time made for a nice and not-to-stressful experience.***



***I thought that as a teacher you were clear and easy to understand, and I think we all felt comfortable asking you to repeat an explanation for the sixth time. I have crewed quite a bit in the past few years, but this was my first sailing instruction, and I feel that many gaps in my knowledge have been filled in. I felt more at ease on our recent [Portland Yacht Club] cruise and took over the entire job of plotting our course each day. I would like to learn more about GPS, radar and radio, but having the basics down was an important first step.***

***Your pleasant meals and the presence of Karen on the boat were nice additions to the weekend. Overall, I would definitely recommend your course to other potential sailors."***

**Susan**

"I'm writing to express my satisfaction and admiration for your "Women Under Sail" programs. I am so pleased with the knowledge and confidence you gave me in three short days. Even though I've spent years on the water, many of the aspects were foreign to me. Your style, structure and content of teaching were excellent.

***"My partner, who is also a captain, is amazed at all that you taught us and thrilled with my new understanding of boating., Especially since he thought "it was going to be a bunch of hens, sailing around, having a grand old time". It felt too cool when the course I plotted to Greenport LI agreed with his GPS!!!***

***Truth be told, I will always have fond memories of my days on Avatrice."***

**Ann**

"Thank you for such a great experience aboard Avatrice! You are a fantastic teacher; very patient with us 'rookies'. Your nurturing spirit really helped to put us at ease. For me personally, it was wonderful to be back on the water again, after so many years. I hope to find a way to continue to learn more and get further experience back home."  
Agnes

"Thanks for your incredible support, attention and encouragement. My sailing adventure left me feeling empowered and capable. Hopefully I'll be able to enjoy your guidance again."

Leanne

PRINT & MAIL REGISTRATION FORM LIVE-ABOARD CRUISING COURSE FOR WOMEN	
<b>Name</b>	_____
<b>Address</b>	_____
<b>City, State, Zip</b>	_____
<b>Telephone (home)</b>	_____
<b>Telephone (work)</b>	_____
<b>E-mail</b>	_____
<b>Total amount enclosed (50% deposit required)</b>	_____
<b>Sailing Skill Level (circle)</b>	<b>Beginner</b> <b>Intermediate</b>
<small>Please make checks payable to Sharon Renk-Greenlaw, P.O. Box 303, Freeport, Maine 04032 Telephone 207-865-6399      E-mail: <a href="mailto:sailing@gwi.net">sailing@gwi.net</a>      <a href="http://www.WomenUnderSail.com">www.WomenUnderSail.com</a></small>	