



## What to Expect of the First Day of Summer Sailing

*Remember: The PCYF Youth Acknowledgement and Waiver 2008 must be signed and returned to PCYF prior to the start of sailing instruction.*

Arrive at the Pacific Corinthian Yacht Club (PCYC) between 8:45 AM and 9:00 AM.

PCYC is located at 2600 South Harbor Blvd in Oxnard. Upon arrival, parents should check in with our on-site Program Administrator.

### **The following items should be brought to sailing class everyday:**

1. Hat
2. Sunglasses with tethering strap system to prevent loss
3. Sun block (waterproof and SPF 15 or more)
4. Footwear for protection of your feet
5. US Coast Guard approved life jacket (PFD/personal flotation device)
6. Swim suit
7. Extra set of clothing (clothes will get wet)
8. Towel
9. Sack lunch (make sure lunch is in a sea gull proof container) or money for lunch from the PCYC kitchen (available only Wednesdays, Thursdays and Fridays)
10. Plenty of water to drink
11. Any medications or health items (and all necessary instructions and authorizations)
12. Anything else that you may need

**ALL STUDENTS WILL TAKE A SWIM TEST IN THE PCYC POOL ON THE FIRST DAY OF SUMMER SAILING!** The swim test consists of swimming laps, treading water, and putting on a life jacket while in the water.

**Students will be ready to be picked up at 4:00PM everyday.**