



community sailing center  
lake champlain : burlington vermont

# ADULT SAILING PROGRAM PROGRESSION

BELOW IS THE CSC'S **ADULT SAILING PROGRAM PROGRESSION CHART**. It outlines the way in which the CSC encourages adult sailors of all ages and ability levels to participate in our programs. The path that each student takes as she or he advances through our programs, at unique ages and ability levels, will differ. If you have questions when registering for an adult program please call the CSC office at 802-864-2499 to discuss the best fit for you.

SAILING PROGRAMS	Co-Ed	WOMEN IN WIND	FAMILY
<b>BEGINNER PROGRAMS</b>	First Sail Foam First Sail Dinghy Basics Keelboat Basics Private Lesson SUP, Kayak, and Canoe Rentals Yoga on the Dock Floating Yoga Corporate and Custom Programs	Dinghy Basics Keelboat Basics SUP Yoga Pedal & Paddle Climb and Sail	Private Lesson
<b>INTERMEDIATE PROGRAMS</b>	Laser Skill Building Adult Big Boat Private Lesson Sailboat Rentals	Mentor in Learn to Sail Courses	Private Lesson
<b>ADVANCED PROGRAMS</b>	Friday Night 420 Racing Corporate Sailing League Sailboat Rentals	Mentor in Learn to Sail Courses	NA

**NOTE:** There is no required progression within each skill level - Beginner, Intermediate and Advanced - adult sailors may take any program within a specific skill level in any order, and may repeat any program.

(802) 864-2499 [www.communitysailingcenter.org](http://www.communitysailingcenter.org)