## You're Invited! Lake Michigan Sailing Adventure



HearthStone and SEAS (Sailing Education Association of Sheboygan) are partnering again to give HearthStone participants and a parent/caregiver an opportunity for a hands-on sailing lesson and a sail on Lake Michigan. You can be "Captain for a Day" under the careful supervision of one of SEA's U.S. Sailing Certified instructors.

## Saturday, August 19th 9:00 am to Noon

(Rain date – Sunday, August 20<sup>th</sup> 9:00 am to Noon)

Sheboygan Youth Sailing Club - 619 Broughton Drive, Sheboygan

(Just North of the Sheboygan Yacht Club)

• 9:00 am hands-on pre-sailing instructions • 9:45 – 11:30 am SAILING on Lake Michigan! • 11:30 am – Noon - Sub sandwiches, sodas & snacks

SEAS instructors have a wide range of experience with disabled sailors and are U.S. Sailing Certified instructors. SEAS boats can be adapted to accommodate a variety of physical impairments and staff is able to work with Individuals to achieve their sailing dreams whenever possible. SEAS has become a hub for adaptive sailing for children and adults with cognitive and/or physical disabilities. In fact, the Para World Sailing Championships were held in Sheboygan in September of 2018

## Things to know:

Closed toe shoes are required (no sandals or flip-flops, running shoes work great) – Bring layers of clothing as It can get colder out on the water. Bring a waterproof/water resistant jacket as you may get splashed with water. SEAS will provide life jackets

SPACE IS LIMITED – FIRST COME, FIRST SERVED! – R.S.V.P. by AUGUST 11th CONTACT: Patti Saunders 920-889-2561 or email: president@hearthstonewi.org

All participants will need to fill out an Adaptive Sailing Form and a Liability Waiver Form



