

# Quassapaug Sailing Center & Flanders Nature Center & Land Trust present Sails & Trails Summer Adventure

Feel the wind move you along the water as you learn how to sail under the watchful eye of Lake Quassapaug Sailing Centers certified instructors and explore the rich diversity of Flanders Whittemore Sanctuary on daily hikes and educational expeditions lead by Flanders experienced naturalists.

**The sailing** half of the day is an introduction to basic safety, seamanship, and boat handling on the water. Participants will begin their sailing experience in QSC's Optimist dinghies, with a focus on developing independence, confidence and having good clean fun! Each boat will be sailed by only one student. Skills taught will include understanding the parts of the boat, water safety, understanding wind direction, rigging, knots, and sailing up and down wind.

**Exploring the Whittemore Sanctuary** and its different environments takes up the second half of the day. Here participants will enjoy daily excursions into the Whittemore Sanctuary and around its wetland habitats. Students will investigate local flora and fauna both in and out of the water, all the while connecting the value of open space and responsible land use to issues like water quality for recreation and daily usage.

This unique, full day, hands on experience will enrich young minds to the joys of the outdoors, while gaining confidence and learning the fun skills of sailing on the open waters ... and having a splashing good time!

Half a day of sailing and half a day of nature exploration. Space is limited...sign up early!



Open to children age 9 - 11 | 9 AM - 4 PM

Cost: \$585 per 2-week session

Participants must be able to swim (a swim test will be issued to each student)

Life jackets will be provided

Participants can sail in QSC's Optimist Level 1, 2, or 3 courses.

### Program Sessions:

Session 1	June 19 - 30
Session 2	July 3 - 14 (no class on July 4th)
Session 3	July 17 - 28
Session 4	July 31 - August 11
All Star Regatta	August 5 students from any session can come and participate in races

### Daily Trails Explorations may include:

CT Birds, Reptiles & Amphibians	Insect Investigations
Mammals, Tracks & Tracking	Scavenger Hunts
Plant Diversity	Water Conservation
History of Lake Quassapaug	Art in Nature
Wetland Soil Science	Fish & Fishing
Native American Culture	Science & Biology Concepts

**Flanders and Quassapaug Sailing Center will be holding an Open House at QSC to answer any questions about the joint adventure program on May 13 from 11 AM - 3 PM**

