

Session	Subject	Covered in book?	Where is book
1	Introductions & Overview	No	N/A
1	Personal gear and 11 essentials	Yes	P 112
1	Essential Safety Principles	Yes	P 30 (boarding), 36-38, 97 PDFs, 106 overboard
1	Knots	Yes	P 64-67
1	Break	N/A	N/A
1	Sailboat Overview	Yes	P 20-25 Nomenclature, 18,19 and 48/49 points of sail, 16-17 sail theory,
1	> Parts of the Sailboat		
1	> Detecting direction of the wind		
1	> How a sail works		
1	> Points of sail		
1	Man (crew) Overboard	Yes	106-109
1	Signing up for Sails	No	N/A
1	Closing remarks	No	N/A
2	Welcome	No	N/A
2	Sailing Jeopardy Session 1	No	N/A
2	Winch Review Session 1	Yes	N/A
2	Sailing Jeopardy Session 2	Yes	N/A
2	Winch Review Session 2	Yes	N/A
2	Break	Break	N/A
2	Apparent Wind and the Fundamentals of Sail Trim	Yes	19 (apparent wind), 48-49, 60-63
2	Tacking and Jibing (Gybing)	Yes	50-55
2	Slowing the Boat and Docking	Yes	76-85
2	Closing remarks	No	N/A
3	Welcome	N/A	
3	Review Jeopardy 2.0	Yes	N/A
3	Weather	No	N/A
3	Basic Navigation Rules	Yes	92-95

3	Break	N/A	N/A
3	Tides and Currents	No	N/A
3	GPS & Automatic Identification System (AIS)	No	N/A
3	Aids to Navigation	Yes	P 100-101, 110
3	Local Area Sailing Opportunities	No	N/A
3	Closing	No	N/A