

*Treat your child to  
an unforgettable  
adventure*



**They gain confidence, teamwork and leadership skills, as well as knowledge of water safety.**

*Imagine the breeze on your face as the boat glides over the water under your control . . .*

- Sailing develops independence, confidence and critical thinking.
- Northern Breezes Sailing For Youth Foundation offers fun, basic sailing courses in a day camp environment on Medicine Lake.
- Both the course and the instructors are certified by the American Sailing Association.

Monday-Friday, 10 sessions offered between June 12 and August 18.  
9 a.m.-noon, or 1-4 p.m. Or—Both!  
Reservations Required.  
Contact Northern Breezes.

Youth Camp:  
\$159/week Half days or \$269/week Full days

Youth Keelboat Program:  
\$179/week Half days or \$299/week Full days



*Three Rivers Park District is pleased to be the host site for the Medicine Lake Sailing Camp at French Regional Park.*

**Create Unforgettable  
Memories  
for Your Child or Teen.**



**Miranda has fun solo sailing.  
Sailing empowers. Now it's "her boat."**

**Northern Breezes Youth Sailing Camp  
(Located at French Regional Park on  
Medicine Lake)  
3949 Winnetka Avenue North  
Minneapolis, MN 55427**

**Phone: 763-542-9707**

**Fax: 763-542-8998**

**Email: [info@sailingbreezes.com](mailto:info@sailingbreezes.com)**

**[www.NorthernBreezesSchool.com](http://www.NorthernBreezesSchool.com)**

**[www.SailingBreezes.com](http://www.SailingBreezes.com)**

## **Northern Breezes Youth Sailing Camp Medicine Lake Summer 2017**



**Flying Scot keelboat  
adds new "Adult Like" experiences.**



**Light wind sailing with coach and camper  
aboard Hobie Bravo.**

Phone: 763-542-9707

[www.NorthernBreezesSchool.com](http://www.NorthernBreezesSchool.com)

[www.SailingBreezes.com](http://www.SailingBreezes.com)

*Northern Breezes Sailing For Youth Foundation  
is organized as a 501(c)(3) non-profit.*

*The school district does not sponsor, endorse or recommend  
the activities announced by this flyer.*

*No school district funds were used in production of this flyer.*

## Mission Statement

At Medicine Lake Sailing Camp, youth ages 8 to 16 are introduced to the lifelong sport of sailing. Campers learn to crew and independently skipper as well as solo a centerboard sailboat in light to moderate wind in familiar waters.

Campers gain confidence, teamwork and leadership skills, as well as knowledge of water safety.

*Above all, we teach the joy of sailing.*



**These beginner boats are stable and quick. They are fun sailboats that also row well!**

## Our Boats

We are excited to offer the finest boats and the latest designs. We provide 9' Walker Bay sailing dinghies, 12' Hobie Bravos, and the thrilling WindRider 17. The dinghies and the WindRider 17 are nearly impossible to capsize, which comforts parents and gives skippers confidence in a relaxed and fun learning environment.

## Our Crew

Three Rivers Park District is proud to have the Northern Breezes Youth Sailing Camp at French Regional Park on Medicine Lake. Northern Breezes is an award-winning school overseen by Captain Thom Burns who has over 35 years of sail training experience. Thom is a nationally certified instructor and facility evaluator for the four hundred school American Sailing Association. "Our camp director, Captain Tony Green, who has over 15,000 ocean miles, coordinates and directs a fine young crew of camp counselors and counselors-in-training who work hard for your camper while enjoying their passions—sailing and sailboats," noted Thom.

## Choosing a Class

Consider your child's age, skill and size...

- **Basic Dinghy.** 8 - 12 age group (Little or no experience.)
- **Advanced Dinghy.** 8 - 12 age group. (Some experience.)
- **Advanced Small Boat.** 13 - 16 age group. (Some experience, certification optional.)
- **Youth Keelboat.** 14 - 18 age group. (Older beginners or some experience, certification optional.)

Teenagers with no experience can use our fast track program to get the necessary experience to benefit from the Advanced Small Boat or Youth Keelboat Programs.

All classes use the *American Sailing Association Certification System.*

## Typical Day

Our instructors lead short onshore discussions covering the new skills of the day. Building on that knowledge, they introduce land and water drills, where students apply skills in a safe, controlled setting.

Rotations and sailing topics are program specific based on age, experience and boat type. These sometimes include park assets such as the swimming beach.

Limit of 30 Students per session.



**These hot trimarans are camp favorites! The WindRider 17's are the best high wind boats!**

## Camp Times

Camps are offered in 10 weekly sessions: Mon through Fri, 9 a.m.-4 p.m. Half days are available from 9 a.m.-noon or 1-4 p.m.

Session 1: June 12 - 16

Session 2: June 19 - 23

Session 3: June 26 - 30

Session 4: July 5 - 7 (Wed - Fri)

Session 5: July 10 - 14

Session 6: July 17 - 21

Session 7: July 24 - 28

Session 8: July 31 - Aug 4

Session 9: Aug 7 - 11

Session 10: Aug 14 - 18

## Basic Dinghy Sailing Camp (8 - 12)

The ideal course for students who have completed 2nd to 6th grade. Campers progress through two levels: Dinghy Basic Crew and Dinghy Basic Skipper. Entry level students progress quickly and confidently to sailing on their own.

## Advanced Dinghy Sailing Camp (8 - 12)

The ideal course for students who have graduated Dinghy Basic or equivalent. Campers progress through two levels of advanced dinghy sailing. Entry level students begin to solo on the smaller dinghies and soon progress to Hobie Bravos!

## Advanced Small Boat (13 - 16)

Ideal for students who have completed 7th to 10th grades. The two levels are: WindRider 17 Crew and Skipper. Entry level students will solo on the smaller dinghies before beginning as WindRider 17 Crews, then on to Skippers!

## Youth Keelboat Program (14 - 18)

This is our capstone program for teenagers which is a natural stepping stone to big boat sailing. We use 20 ft. Flying Scots which are the same as our adult programs use except the teens receive more stick time!

*All instructors are American Sailing Association certified. Merit badges are also available for scouts!*