

NORTH U.

Since 1980

CRUISING AND SEAMANSHIP

In recent years there have been improvements in sails, boats, and gear; and of course a revolution in electronics and navigation. What has not changed is the role of the sailor to ensure a safe, enjoyable passage. Learn the latest in Cruising and Seamanship skills at the Cruising and Seamanship Webinar.

Session I

Sailing, Cruising and Seamanship

- Cruising Adventure
- What makes a good or proper cruising boat?

Upwind Sail Trim

- Speed, performance, balance, and control.
- Sail controls and proper sail shape in all conditions.

Downwind Sail Trim

- Jib and Main Trim Reaching and Running
- Whisker Poles
- Gennaker and Asymmetric Spinnaker trim and handling

Session II

Heavy Weather Sailing & Safety

- Comfort and control when conditions are rough
- Preparation and Prevention
- Dealing with Problems
- True Emergencies and proper response.

Anchoring and Docking

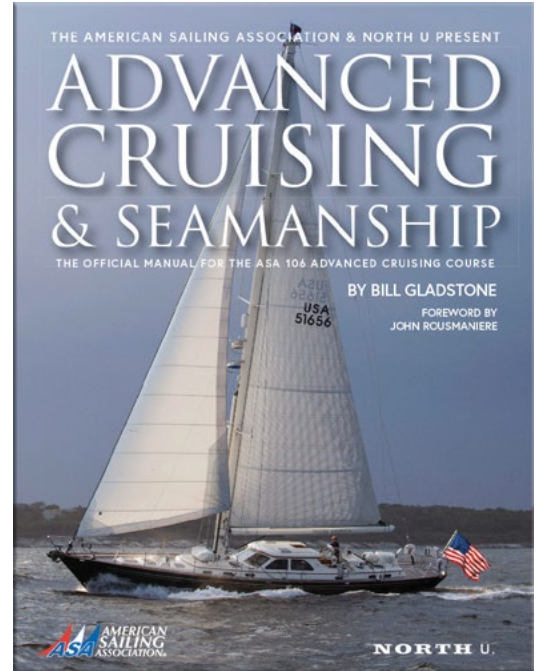
- Because part of cruising well is stopping well.

Sailing to a Destination

- Cruising is Sailing and so much more.
- Night Sailing
- Docking & Anchoring
- Navigation, tides and currents, wind shifts, engine care,
- Problems along the way.
- Go. Don't wait. Go now.

Fees

- Full day Seminar: US\$2400 plus travel
- Webinar (2 x 2 hour sessions): US\$2400
- Single Session (1 x 2 hour session): US\$1350



[4th Edition](#) now available!



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