



NEWPORT SEA BASE

Family Sailing, Level 1/2

THANK YOU for your class registration at the Newport Sea Base! Be prepared for all the fun activities by reviewing these items below with every participant. Please let us know if you have any questions. Enjoy and welcome aboard!

NSB Contacts & General Info:

For the day of the activity **only**, if you have questions or are running late etc., please call the guest services phone at **714-856-1420**.

- Registration/General Questions: outdoor@ocbsa.org
- Website: www.newportseabase.org
- Office Phone: (714) 923-3191
- Address: 1931 West Coast Highway, Newport Beach, CA 92663

Aquatic Class Required Items/General Info:

- This event is open to any child 7 years old and up as well as their family!
- A mandatory swim check will be facilitated on the first day of class. **Children and parents must pass the swim check to participate.**
- For the swim check, participants will swim 4 laps (3 laps freestyle, 1 lap backstroke = 100 yds.) inside our dock area and then float for about 10 seconds. Mastery of swim strokes is not necessary and note that the swim check is not timed; the goal is comfortable completion and not speed. In advance, we recommend practicing in a pool or at a local beach (Marina Park).
- Closed-toed shoes required (water shoes with rubber grip on the bottom with no openings on the top that expose toes or heels; cost ranges between \$10-\$15 a pair). Do not wear tennis shoes to aquatic classes; they will be ruined and will not dry well. Sandals or flip-flops are not allowed.
- Life jackets will be provided per child and are required while children are on the docks and in the water or on boats. Participants also have the option of bringing their own life jacket, Type 3, from home.
- Wetsuits and goggles are permitted but not provided.
- Also bring a towel, hat, sunscreen, and a change of clothes.
- There will be cubbies for participants to put their personal belongings in, Sea Base is not responsible for any damaged or lost items.

Thanks again for your participation at the Newport Sea Base.
Have a GREAT class!

**1931 WEST COAST HWY
NEWPORT BEACH, CA 92663
PHONE: 714-923-3191
NEWPORTSEABASE.ORG**