

# Class Facts: For All Aquatic Center Classes

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# Class Tips

- *All participants should be prepared to get wet*
- *All shoes must have a heel strap*
- *All class participants will will be issued a parking pass for the duration for their class*
- *A swim test is composed of: swimming in between 2 docks while wearing a PFD*
- *A ROWING swim test is composed of: treading water for 10 minutes and swimming in between 2 docks; this swim test will NOT use a PFD*
- *The Aquatic Center front office can hold onto car keys for class participants*
- *All class participants must fill out a waiver*
- *All class participants will be issued 1 free Aquatic Center T-Shirt*

# ADAPTIVE PADDLE= ADAPT

- Coordinated with The WELL's All-In-Recreation program
- Alivia Gok is The Well's point of contact for this: [alivia.gok@csus.edu](mailto:alivia.gok@csus.edu) or ext: 82247
- Volunteers from Sac State RPTA classes assist class participants
- Meets at the Aquatic Center
- Most participants have a handicap and need extra assistance
- The Aquatic Center's goal is to be inclusive of all





# BASIC POWERBOATING= BOAT

- Will learn how to operate one of our Outboard boats
- They will take the DBAW test and be instructed on how to obtain their boater card
- Class will take place at the Aquatic Center only
- There will be a classroom portion and on the water portion
- Participants will NOT be able to rent a motorized boat with completion of the course



# FOLSOM LAKE BOATING= BOATCLINIC

- Students must have taken and completed our Basic Power boating class first
- This class will take place at Folsom Lake
- Students will meet at Folsom Point
- Address to Folsom Point:  
900 E Natoma Street Folsom, CA 95630
- The Aquatic Center provides parking passes for Folsom Lake
- Students will learn how to operate a recreational ski boat

# Basic Rowing= BROW



- Class will take place at the Aquatic Center
- Sculling is the type of rowing that will be taught
- Sculling is where the rower controls 2 oars and is in a single or 2 person rowing shell
- Participants will be required to take and pass a swim test for this class
- Once a participant completes and passes the class, they will be eligible to rent a single scull
- Completion and passing of the course will allow the participant to sign up for a rowing membership if they wish

# BASIC SAILING= BSAIL



- Class will take place at the Aquatic Center
- There is a classroom and on the water portion for this class
- Participants will be required to take and pass a swim test
- Participants will learn to sail on a Quest sailboat
- Once a participant completes and passes the class, they will be eligible to rent a Quest sailboat
- Participants who complete and pass will be issued a free 2 hour rental card
- Completion and passing of the course will allow the participant to sign up for a sailing membership if they wish



# BASIC CANOEING= CANOE



- Participants will learn how to rescue themselves in the event of a capsize and recovery
- Participants must take a swim test

# EARLY BIRD= ERL

- Participants will meet at Folsom Point
- Folsom Point address:  
900 E Natoma Street Folsom, CA 95630
- Participants will get 1 15-20 minute ride behind a Ski boat
- Participants will get a Folsom parking pass



# BASIC KAYAKING= KAYAK



- Class participants will start with a sit-on-top kayak and move onto a surf ski ending with viking kayak
- Will completion and passing of the class, participants will be able to rent surf ski & viking kayaks
- A swim test is required for this class



# KEELBOAT= KEEL

- This course will take place at the Aquatic Center
- Both classroom and on the water training
- No capsizing drill will take place
- A swim test is required
- After completion and passing of the class, participants will be able to rent the Holder 20 sailboats
- After completion and passing of this class, participants are able to sign up for a sailing membership
- Keelboats must have 2 or more occupants on-board at all times. Only 1 occupant needs to have taken the class



# KEELBOAT CLINIC= KEELCLINIC

- This course will take place at the Aquatic Center
- Both classroom and on the water training
- No capsizing drill will take place
- Must have taken the Basic sailing class or private lesson to register for this class
- Keelboats must have 2 or more occupants on-board at all times. Only 1 occupant needs to have taken the class



# LASER CLINIC= LASER

- This course will take place at the Aquatic Center
- Both classroom and on the water training
- Must have taken BSAIL, KEEL or a private lesson in order to take this course
- Laser sailboats only need 1 person to sail them
- After completion and passing of the class, participants will be able to rent the Laser sailboats
- After completion and passing of this class, participants are able to sign up for a sailing membership



# OUTRIGGER CANOE= OUTRIGGER

- This course will take place at the Aquatic Center
- Both classroom and on the water training
- Will give an inside look on what our Capital Outrigger team is like
- A swim test is required



# PICO CLINIC= PICO

- This course will take place at the Aquatic Center
- Both classroom and on the water training
- Pico's are ideal for teens and small adults
- Must have completed a BSAIL, KEEL or private lesson first
- Must be able to capsize
- Participants who complete and pass the class will be eligible to rent a Pico
- Participants who complete and pass the class will be eligible to sign up for the Aquatic Center's sailing membership





# PERSONAL WATER CRAFT=PWC

- This course will take place at the Aquatic Center on the 1st day and at Folsom Lake on the 2nd day
- Both classroom and on the water training
- It is a California state law that all riders on a jet ski must be at least 12 years old
- All participants 16+ wishing to operate a jet ski independently must have a valid CA Boater Card before the start of class
- All participants ages 12-15 must be accompanied by valid CA Boater Card holder

# QUEST CLINIC= QUEST

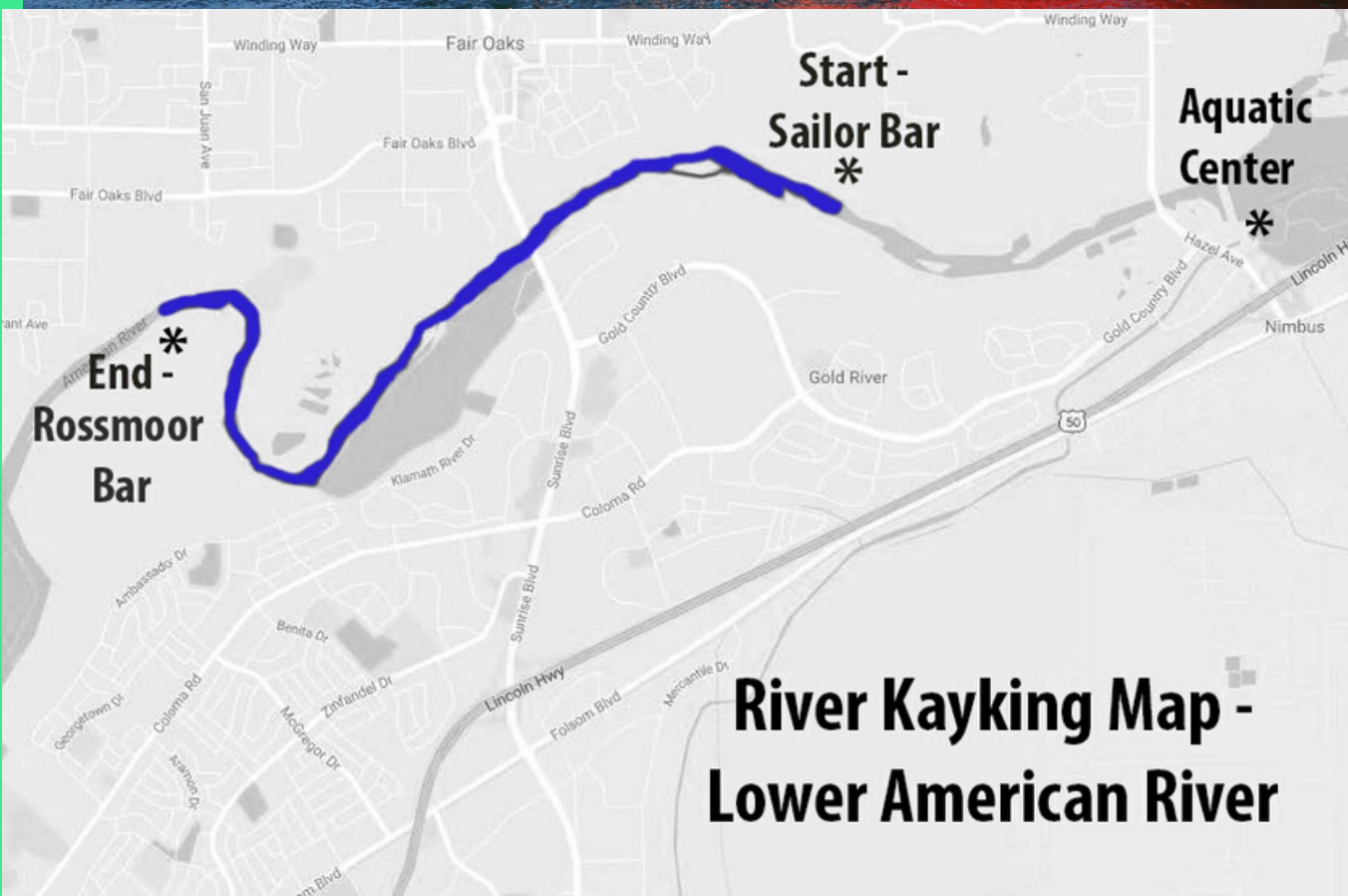


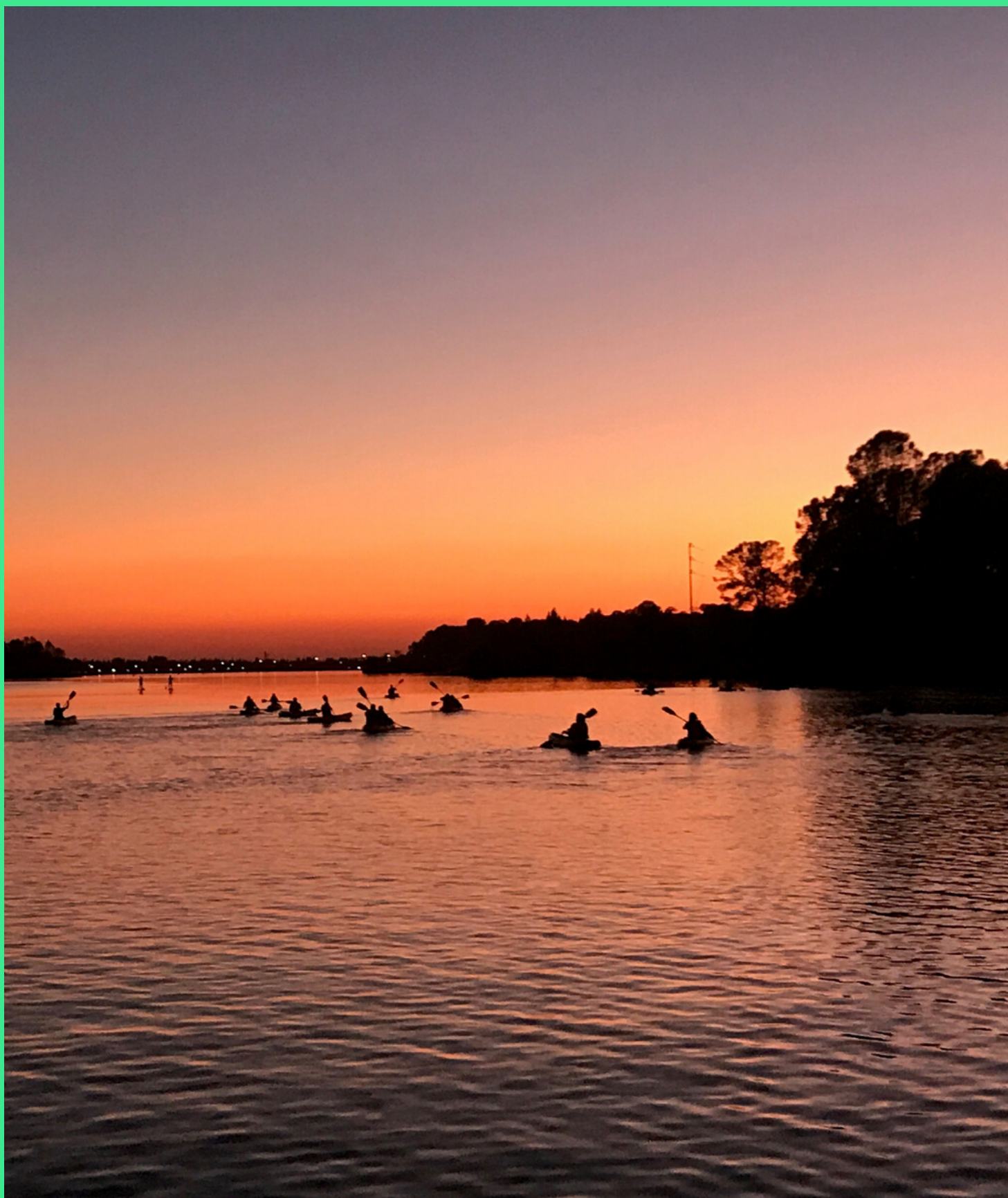
- This course will take place at the Aquatic Center
- Both classroom and on the water training
- Participants must have taken BSAIL, KEEL or a private lesson before taking this course
- Anyone who has taken a Holder 14 class is encouraged to take this course
- Participants must be able to capsize
- Quests require 2-4 occupants on the sailboat at all times. Only 1 occupant needs to have taken and passed the BSAIL class in order to rent.
- Participants who complete and pass the class will be eligible to rent a Quest
- Participants who complete and pass the class will be eligible to sign up for the Aquatic Center's sailing membership



# RIVER KAYAK= RIVER

- Day 1 of the class will take place at the Aquatic Center
- Day 2 of the class will take place on the Lower American River (Sailor Bar-Rossmoor Bar)
- A swim test is required for this class
- Participants will kayak in river boats which are sit-in kayaks





# SUNSET KAYAK= SUNSET

- Class participants will take out single and tandem kayaks
- Class is led and followed by an instructor
- All paddles take place from dusk to dark
- Participants are given glow sticks when they check-in for class
- If a participant brings their own kayak, they will be charged the student rate

# SUNSET STAND UP PADDLE= SUNSUP



- Class participants will take out stand up paddle boards
- Class is led and followed by an instructor
- All paddles take place from dusk to dark
- Participants are given glow sticks when they check-in for class
- Participants who have taken a SUP class are welcome to take SUP boards
- All general public will otherwise take BIC boards
- No certifications for SUP boards will happen during this class



# STAND UP PADDLE BOARD= SUP

- This class is held at the Aquatic Center
- There is both classroom and on the water instruction
- Class participants will take out SUP boards
- Participants who complete and pass this class will be certified to take out SUP boards when they come and rent
- A swim test is required
- Passing of this class will allow participants to take out a fiberglass board instead of our general public plastic boards

# SWEEP ROWING= SROW



- Class will take place at the Aquatic Center
- Sweep rowing will be taught
- Sweep rowing is where the rower controls 1 oar and is in a 2 person rowing shell, 4 person rowing shell or 8 person rowing shell
- Participants will be required to take and pass a swim test for this class
- Once a participant completes and passes the class, they can consider joining the Capital Crew Master's competitive rowing team
- Completion and passing of the course will allow the participant to sign up for a rowing membership if they wish

# BASIC TRAILERING= TRAILER

- Class will take place at the Aquatic Center
- California Trailer Laws will be covered
- Participants will learn how to back a boat trailer down a launch ramp





# WINDSURFING= WIND



- Class will take place at the Aquatic Center
- A swim test is required
- This class will have classroom and on the water training
- With completion and passing of the class, participants will be able to come out and rent windsurf boards
- With completion and passing of the class, participants will be able to purchase a sailing membership if they wish
- Advanced windsurfing is available through private lessons only



# WATER SKI & WAKEBOARD= WSKI

- Class will take place at Folsom Lake
- Can meet at the Aquatic Center, if they wish to drive to Folsom with Instructor
- Can otherwise meet at Folsom Point:  
900 E Natoma Street Folsom, CA 95630
- Need to know height and weight of participant to ensure the right equipment
- Participants can either wakeboard OR water ski
- Parking passes for Folsom Lake will be provided
- This class is for multiple skill levels (Beginner-Experienced)
- This class does NOT have access to a Saloman Ski Course