



2026 RBSA Women's Sailing Opportunities

Open Group-Beginner to Intermediate Sailors

Cost: RBSA Members free. \$50 per day for Non-members

Beginners

Learn the basics of sailing on a Flying Scot and possibly transition to a Sunfish. (Class limit of 6).

Intermediate Sailing

Women participate in a variety of activities on a Flying Scot and Sunfish. Examples: sailing upwind & downwind between buoys, sail to a certain point (such as Thompson Island) or buoy, follow the leader, capsize drills, starting a race (using timed sequence).

Intermediate Sailors must be able to sail a Sunfish independently as determined by instructor.

Women's Sailing Dates & Times

Sunday Mornings (9:30-12 noon)

June 28, July 5, 12, 19 and 26, August 23, and 30

Wednesday Mornings (9:30-12 noon)

June 24, July 1, 8, 15 and 22, August 26, September 2

****Important Details****

Sailors must sign up ahead of time: nhj4sports@yahoo.com or 302-382-2695.(Nancy Jaywork)

Payments are to be made at RBSA: cash, check or card at least 15 min. before clinic starts.

Where: RBSA: 38767 Rehoboth Bay Sailing Association Lane. Just south of Dewey Beach on Rehoboth Bay