



## Junior Sailing Program 2011 Program Checklist

Quassapaug Sailing Center  
PO Box 231  
Middlebury, CT 06762  
[www.qsailingcenter.org](http://www.qsailingcenter.org)

### Immediately:

- Complete and Submit Enrollment Form
- Complete and Submit Medical Form
- Complete and Submit Waiver Form
- Return both along with your check made payable to QSC to PO Box 231 Middlebury, CT 06762

Notes: All forms and payment must be received at least one week prior to the start of classes. The water at the lake is a bit rusty, please bring water with you daily to class. Changing rooms, restroom and kitchen facilities are available at the center. A swim test will be given the first day of class.

### What to Bring to Session

- Personal Flotation Device – PFD type III USCG approved, non-inflating life jacket – must be worn at all times on the water
- Waterproof rain/wind type jacket if inclement weather is predicted
- Bathing Suit
- Lunch (if all day class)
- Sunscreen, sunglasses, and a hat
- Dry change of clothes
- Towel
- Water bottle with water

### Directions to QSC:

From Woodbury: Take Rt 64 toward Lake Quassapaug. As you approach the lake, take a left onto Old Woodbury Rd. There will be a QSC sign at the intersection. Proceed as below.

From Middlebury: Take Rt 64 past the amusement park and outing club. Turn right onto Old Woodbury Road and proceed as below.

Once on Old Woodbury Road the road take your first right crossing over bridge onto West Lake Road. Second driveway on right.