

## SAMPLE DAYSAIL SCHEDULE

(2 hours long on average)

- 10:00 Participants arrive
- 10:10 Discuss preliminary sailing instruction, Safety Precautions and Procedures
- 10:15 SET SAIL, participants rotate through all sailing positions
- 11:45 Return to the dock, Distribute Medals and Certificates to Participants & Take Photos



*"Looking onto my child's face as the sail caught the wind and made our voyage across the lake I saw freedom, contentment and self-esteem come alive for Nathan."*

*Elena, Nathan's Mom*

- 12:00pm End and/or Start of a new Daysail session

*please note:* Schedule subject to change based on location, season and/or interests in Daysails, sunset cruises and night sails.

## DAYSAILS ARE FREE

**We rely upon your generosity as well as grants, sponsors, donors and volunteers to cover our costs. Donations are vital to our success. Below, "sea" how your donation is spent.**

### *Sea of Numbers*

**\$115** Our Cost per family

**86** Cents of each Dollar directly reaches our children

**10** Cents expended on fundraising

**4** Cents for administrative costs



*"Andrew, one of **9,800** children, had a wonderful time and will always remember his Daysail. He has his certificate framed and hanging in his room along with his medal. He enjoys showing everyone his medal. Andrew remembers every child's name that he met that day. It was a great social event for him."*

*Michelle, Andrew's Mom*

Over **22,000** individuals have enjoyed our Daysail program since 2005

## Sponsor Kids at Heart of Sailing

Return this form with your check or credit card information to:

**Heart of Sailing, 1114 N. College Ave.**

**Bloomington, IN 47404, USA**

Or Fax it to: 1(866) 609-0807

(Please make a copy for your records)

I am pleased to sponsor Heart of Sailing programs for the amount of:

- \$50 Bronze Star  \$500 Shooting Star
- \$100 Silver Star  \$1000 Family Star
- \$150 Gold Star  \$2500 Founder Star
- \$250 Diamond Star  \$5000 Shining Star
- Other amount of \$ \_\_\_\_\_ Special Star

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Occupation: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Email: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Please send me the Corporate Sponsor Kit

Please add me to your mail or e-mail list

Please send me a volunteer application

Enter your credit card information:

Master Card / Discover / Visa / Am Express

Card#: \_\_\_\_\_

Exp. Date: \_\_\_\_/\_\_\_\_ Security Code: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

If you have any questions please call us at  
1(812)935-SAIL(7245)

## Register your child and your family on our website for a unique therapeutic experience



- Autism and other specialists are continued to be impressed by their own experience of our Daysail Program
- All the family may participate
- No age limit. (May vary by location)
- Read the feedback from participants, parents and caregivers
- Check the pictures from our previous Daysails
- View our online videos & information on YouTube, Facebook, Twitter, MySpace or on our website
- Read the "Benefits of Sailing" document that is approved by 3 reputable pediatricians
- Check our rapid growth on our website for a location near you
- Forward our information to special needs families, sailors, volunteers or possible sponsors

Local information placeholder

## Program Description

### Mission:

Heart of Sailing shares the love of sailing by teaching navigational and sailing skills to children and adults with Autism, Down Syndrome, CP and special needs, introducing them to a new educational and therapeutic experience.

George Saidah, Founder and Captain of Heart of Sailing, wants to empower his participants with a therapeutic on-the-water experience by encouraging them to take the helm.



*"This is something he probably would have never done otherwise. Listening, following directions, feeling confident driving-all of these are so beneficial for him."*

*Carla, Trevor's Mom*

Along with on-the-water skill building, the framework includes a safety discussion and equipment instruction. Through this educational experience, our participants will have fun and gain valuable life skills including:

- Teamwork and Social Inter-action
- Communication and Motor Skills
- Adventure and Risk Recognition
- Spontaneous Problem Solving
- Self-confidence and Empowerment



Foundation

## A Nautical Adventure For Special Needs Individuals



*"Galina loved it! I have rarely seen her light up the way she did when she got to sail the boat."*

*Galina's Dad, Michael*

Phone 1(812) 935-SAIL  
Fax 1(866) 609-0807

<http://www.heartofsailing.org>  
[info@heartofsailing.org](mailto:info@heartofsailing.org)