

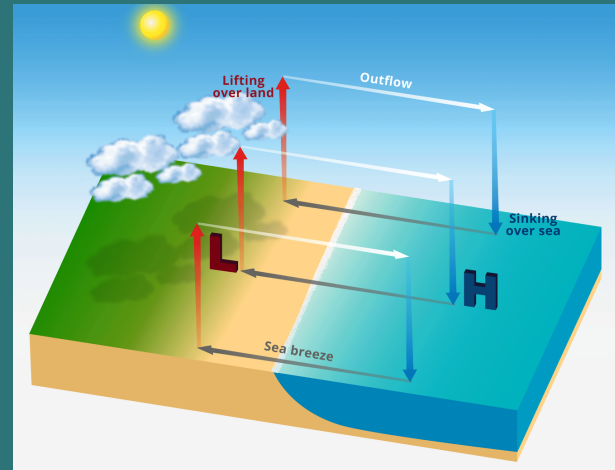


Level 2: Coastal Racing Course Outline

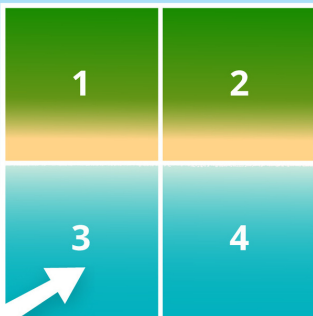
Every Sunday, one chapter goes live online. Each chapter has e-workbook activities, a comprehension quiz, and 1 hr live session accessible inside the course portal.

Chapter 1 - Sea Breezes

- Lesson 1: Introduction to Sea Breezes
- Lesson 2: Quadrant 1
- Lesson 3: Quadrant 2



Gradient wind:



Chapter 2 - Onshore Gradient Winds

- Lesson 1: Intro to Onshore Gradient Winds
- Lesson 2: Quadrant 3
- Lesson 3: Quadrant 4
- Lesson 3: Using the Quadrants

Chapter 3 - Wind Pressure and Shifts

- Lesson 1: Intro and Total Surface Wind
- Lesson 2: Gusts & Lulls
- Lesson 3: Wind Shifts

