

Take Your Family Sailing!

IMH and the Heart of Sailing Foundation have teamed up to offer our 'It's My Heart' families the opportunity to sail... free! Take your whole family!

The Heart of Sailing Foundation is a non-profit charitable 501(c)(3) organization which provides recreational therapy and education in the form of a sailing experience to children and adults with developmental disabilities. Teaching sailing to our special needs clients has proven to be an exhilarating experience, yet calming, tranquil and highly rewarding, for all those whom we serve. This is a FREE service.



The Adventure

The sailing, conducted throughout the year during daytime and evenings on weekdays & weekends, is about two and a half to three hours long. The child or adult must be accompanied by his/her parent(s) or care giver and must be willing to wear a life preserver. Basically, the first half hour is a 'getting to know you' time during which we discuss things about the boat as well as safety items. When we leave the dock, the client helps steer the boat as we motor out to open water. He/She also learns knot-tying, navigation and piloting of the sailboat along the way. Once the sails are raised by the client and Captain working together, they begin to steer the boat under sail. While at the helm, steering the boat, he/she is told that they are then the Captain (e.g. "the boss") and therefore, gets to wear my Captain's hat. At the conclusion, the client is awarded a Certificate as well as a large Medallion on a ribbon (which can be draped around his/her neck) similar to the Olympic medal.

To register for a sail in the Houston area:

1. Go to the [Heart of Sailing](#) website.



2. Select Sail with Us (on top row of tabs).
3. Select Houston-Galveston.
4. Under 2009 Sails, select Register.
5. Complete registration form. Put 'It's My Heart' under how you heard about this and put in two choices of dates/times.
6. Click Submit.
7. Captain Dave McCabe will respond to confirm your sail!

Contact:

Captain Dave McCabe, davemccabe@heartofsailing.org (281) 507-1867

The sailing times will be assigned on a first come, first served basis. Go to their website: www.heartofsailing.org for locations nationally.

It's My Heart, Inc.
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