



# Plymouth Yacht Club

## 2019 Junior Sailing Program

### CLASS DATES, DESCRIPTIONS, PRICES & SCHEDULES – June 24, 2019 thru August 16, 2019

#### Available Sessions

- Session 1: June 24<sup>th</sup> – July 5<sup>th</sup>
- Session 2: July 8<sup>th</sup> – July 19<sup>th</sup>
- Session 3: July 22<sup>nd</sup> – Aug 2<sup>nd</sup>
- Session 4: Aug 5<sup>th</sup> – Aug 16<sup>th</sup>

*Please see the 2019 Course Calendar for a full schedule of classes*

Class Prices: these vary by class, please see class details as well as registration documents. \$25 sibling discount.

Special Dates/Events, all Sessions invited to participate: \*please note any changes to your class schedule



Wednesdays, 5:30pm

Family Cookouts on the PYC Lawn, *all student families welcome*

June 19<sup>th</sup> 5:30pm/ 7pm

Cookout / Orientation Meeting

July 3<sup>rd</sup> 1pm

Fourth of July Races, *all Opti classes & 420 classes*

July 4<sup>th</sup>

HOLIDAY, *no classes*

July 16<sup>th</sup> 1pm

Commodore's Cup, *all Opti classes & 420 classes*

July 23<sup>rd</sup> 6pm/7:30pm

Past Commodores & Junior Dinner (cocktails/dinner)

July 30<sup>th</sup>

PYC Jr. Regatta, *all Opti classes & 420 classes*

Aug 12<sup>th</sup> 1pm

Lynne Jewel Cup, *all Mate classes*

Aug 15<sup>th</sup> 1pm

The Great Race, *all Boat classes*

Aug 18<sup>th</sup> 5pm/ 6pm

Awards Dinner (cocktails/dinner)

- Some classes will be held at different times when these events occur. Please check your class session schedule for changes.
- Advanced Classes and Opti Intro will travel to some regattas; check with your instructor for those additional race dates.
- Opti classes have limited club boats for charter at an additional fee; sailors must provide their own boats.
- See cookout details and prices on [plymouthyachtclub.org](http://plymouthyachtclub.org)

### FIRST MATE / FIRST MATE 8 – Introductory

Schedule

*Sailors, ages 5-7 (First Mate = 12 student maximum, First Mate 8 = 10 student maximum)*

*Prerequisites: competent swimmer with life vest*

**Member: 2 weeks = \$180 / 4 weeks = \$335 / 8 weeks = \$620**

**Non-member: 2 weeks = \$205 / 4 weeks = \$385 / 8 weeks = \$670**

It's never too early to get out on the water! This beginner program introduces younger children to the fundamentals of boating. Our sailors will learn the basics of rigging, bailing and steering a Pram dinghy on land, then sail with instructors on our 14-foot RS Quests exploring Plymouth Harbor. During these group sails, students will practice steering and trimming sails, and learning to watch the wind, tide and currents. Sailors then pair up in Prams accompanied by instructors for some exciting hands-on practice sailing together. Four 2-week sessions will be offered this season. Once they are competent, a 7-year old First Mate student may be given recommendation to move up to our Mate 1 class.

#### FIRST MATE:

Mon. 8:30am - 12:00pm

Thurs. 8:30am - 12:00pm

Fri. 8:30am - 12:00pm

#### FIRST MATE 8:

Tues. 8:30am - 12:00pm

Wed. 8:30am - 12:00pm

Thurs: 1:30pm - 5:00pm

*Exceptions to standard schedule, listed by session:*

#### First Mate

Session 1: Thurs July 4<sup>th</sup> @ Tues July 2<sup>nd</sup> @ 8:30am-12pm

Session 4: Thurs Aug 15<sup>th</sup> @ Thurs Aug 15<sup>th</sup> 1:30pm-5pm

#### First Mate 8

Session 1: Thurs July 4<sup>th</sup> @ Mon July 1<sup>st</sup> 1:30pm-5pm

Session 3: Tue July 30<sup>th</sup> @ Mon July 29<sup>th</sup> 1:30pm-5pm

**\*\*All Sessions – both First Mate & First Mate 8: EXTRA CLASS: Thur Aug 15<sup>th</sup> 1:00pm-5:00p “The Great Race”**

**LEARN TO SAIL – Beginner**

Schedule

**Sailors, ages 8 -10 (12 student maximum per class)****Prerequisites: competent swimmer****Member: 2 weeks = \$205 / 4 weeks = \$385 / 8 weeks = \$670****Non-member: 2 weeks = \$255 / 4 weeks = \$435 / 8 weeks = \$720**

This program for older beginner sailors serves up the fundamentals of sailing with a boatload of adventure and fun! Classes begin onshore with boating safety and sailing concepts: steering, bailing and sail trim. Then students sail on 14-foot RS Quests with instructors to practice their new skills while exploring Plymouth Harbor. They discover how wind, tide and current affect their course. Finally, sailors pair up in Prams accompanied by instructors for some exciting hands-on practice sailing together. Four 2-week Learn to Sail sessions will be offered this season. Upon completion of this course, Learn to Sail students may be recommended for our Opti Intro class.

Mon: 8:30am - 12:00pm

Tues. 8:30am - 12:00pm

Fri. 8:30am - 12:00pm

**Exceptions to standard schedule, listed by session:**Session 3: Tues July 30<sup>th</sup> @ Wed Aug 1<sup>st</sup> 1:30p-5:00pm**All Sessions: EXTRA CLASS: Th Aug 15<sup>th</sup> 1pm-5:00p “The Great Race”****ADVENTURE SAILING – Beginner**

Schedule

**Sailors, ages 11–16 (8 student maximum per class)****Prerequisites: competent swimmer****Member: 2 weeks = \$205 / 4 weeks = \$385 / 8 weeks = \$670****Non-member: 2 weeks = \$255 / 4 weeks = \$435 / 8 weeks = \$720**

Fun, no-pressure sailing to destinations around Plymouth Harbor for beginner teens & tweens! Adventure and fun await these sailors on our exciting 14-foot RS Quests as they sail in teams of 3 or 4 per boat to their chosen destination. Each sailor is responsible for part of the boat’s operation, tuning and handling. They will also learn boat rigging, righting and how to maximize performance both upwind and downwind.

Tues. 1:00p - 5:00pm

Wed. 1:00pm - 5:00pm

Fri. 1:00pm - 5:00pm

**Exceptions to standard schedule, listed by session:**Session 2: Tues July 16<sup>th</sup> @ Mon July 15<sup>th</sup> 1pm-5:00pmSession 3: Tues July 30<sup>th</sup> @ Mon July 29<sup>th</sup> 1pm-5:00pm**All Sessions: EXTRA CLASS: Thurs Aug 15<sup>th</sup> 1:00pm-5:00p “The Great Race”****MATE 1 – Advanced Beginner**

Schedule

**Sailors, ages 7 – 10 (12 student maximum per class)****Prerequisites: competent swimmer, recommendation to advance from Beginner****Member: 2 weeks = \$205 / 4 weeks = \$385 / 8 weeks = \$670****Non-member: 2 weeks = \$255 / 4 weeks = \$435 / 8 weeks = \$720**

Our Mate program continues fundamental skills, learning boating safety and sailing concepts in the classroom and on the water. Students sail Prams dinghies, with 2 students sailing in each boat. The focus is on basic boat handling skills: on rigging and righting the boat, understanding the impact of tide and wind on navigation and how to set and follow a course. Mate 1 sailors celebrate their new skills in their season end regatta, the Lynne Jewel Cup, named for PYC’s beloved Olympic Gold Medalist and junior program graduate.

Wed. 8:00am - 12:00pm

Thurs. 8:00am- 12:00pm

Fri. 1:00p – 5:00pm

**Exceptions to standard schedule, listed by session:**Session 1: Thurs July 4<sup>th</sup> @ Tue July 2<sup>nd</sup> 1:00pm-5:00pmSession 4: EXTRA CLASS: Mon Aug 12<sup>th</sup> 1pm-5:00pm “Lynne Jewel Cup”**All Sessions: EXTRA CLASS: Thurs Aug 15<sup>th</sup> 1:00pm-5:00p “The Great Race”**

**Sailors, ages 7 – 10 (12 student maximum per class)****Prerequisites:** *competent swimmer, recommendation to advance from Mate 1***Member:** 2 weeks = \$205 / 4 weeks = \$385 / 8 weeks = \$670**Non-member:** 2 weeks = \$255 / 4 weeks = \$435 / 8 weeks = \$720

Mate 1 graduates step up to some more advanced skills in this class, such as mastering points of sail, learning tricks of upwind sailing, solo sailing, and some basic racing. Longer trips and fun activities help focus these sailors on building skills and confidence. All Mate 2 sailors can participate in their own end-of season harbor regatta, the Lynne Jewel Cup, named for PYC's beloved Olympic Gold Medalist and junior program graduate.

Mon. 1:00pm - 5:00pm

Tues. 1:00pm - 5:00pm

Thurs. 1:00p - 5:00pm

**Exceptions to standard schedule, listed by session:**Session 1: Thurs July 4<sup>th</sup> @ Wed July 3<sup>rd</sup> 8:00am-5:00pmSession 2: Tues July 16<sup>th</sup> @ Wed Aug 17<sup>th</sup> 1:00pm-5:00pmSession 3: Tues July 30<sup>th</sup> @ Wed July 31<sup>st</sup> 1:00pm-5:00pm**Sessions 1,2,3: EXTRA CLASS: Th Aug 15<sup>th</sup> 1pm-5:00p "The Great Race"****OPTI Intro - Intermediate**

## Schedule

**Sailors, ages 9 and up (14 student maximum per class)****Prerequisites:** *competent swimmer, recommendation to advance from Mate 1/2 or Adv. Sail***Member:** 2 weeks = \$180 / 4 weeks = \$335 / 8 weeks = \$620**Non-member:** 2 weeks = \$255 / 4 weeks = \$490 / 8 weeks = \$875

This program introduces sailors to solo sailing in the Optimist dinghy, from rigging to racing. Classes focus on Opti boat-handling skills, starting races, navigating the race course, sail trim and basic racing tactics. Sailors will participate in the PYC racing series, club regattas, and travel to beginner races for "Green" Fleet regattas hosted by other clubs. A coach will be on the water with sailors for these regattas, and a parent is also expected to accompany their novice racers. Wednesday class times alternate with tide.

Tues. 1:00pm - 5:00pm

Wed. alternates based on tides

Fri. 1:00pm - 5:00pm

**Exceptions to standard schedule, listed by session:**Session 1: Thurs July 4<sup>th</sup> @ Mon July 1<sup>st</sup> 8:00am- 12:00pmSession 3: Tues July 30<sup>th</sup> 8:00a-4:00p "PYC Regatta"**All Sessions: EXTRA CLASS: Th Aug 15<sup>th</sup> 1pm-5:00p "The Great Race"****OPTI Race – Advanced**

## Schedule

**Sailors, ages 9-14, who have completed Opti Intro (14 student maximum per class)****Prerequisites:** *competent swimmer, recommendation to advance from Opti Intro***Member:** 4 weeks = \$335 / 8 weeks = \$620**Non-member:** 4 weeks = \$490 / 8 weeks = \$875

This class allows Opti sailors to hone their fundamental skills through customized drills and training with our Race coach. They will learn how to tune rigging, sails and body position to maximize sail performance and speed. They will race in several "away" regattas as part of the PYC Junior Sailing Team accompanied by their Coach, in addition to participating in the PYC racing series and club regattas. Wednesday class times alternate with tide.

Mon. 1:00pm - 5:00pm

Wed. alternates based on tides

Thurs. 1:00pm - 5:00pm

**Exceptions to standard schedule, listed by session:**Session 1: Thurs July 4<sup>th</sup> NO CLASS**All Sessions: EXTRA CLASS Tue Jul 16<sup>th</sup> 1pm-5:00pm "Commodores Cup"****All Sessions: EXTRA DAY: Tues July 30<sup>th</sup> 8:00a-4:00p "PYC Regatta"****All Sessions: EXTRA CLASS: Th Aug 15<sup>th</sup> 1pm-5:00p "The Great Race"**

**Sailors, ages 14+ (12 student maximum per class)**

**Prerequisites: competent swimmer, recommendation to advance from Opti Intro, Race, or Advent. Sail**

**Member: 4 weeks = \$465 / 8 weeks = \$825**

**Non-member: 4 weeks = \$670 / 8 weeks = \$1130**

The 420 courses teach sailors how to sail the double-handed 14-foot 420 sloop, including advanced skills like how to roll tack, use a trapeze, and how to set, fly and retrieve a spinnaker. Upon mastering these skills, 420 sailors can opt to join our 420 Race program, where they will focus on advanced racing tactics, strategy and fleet racing. All 420 students participate in the PYC racing series and club regatta. The 420 Race sailors travel to and compete in regattas hosted by other clubs, as part of PYC's Junior Sailing Team, accompanied by the PYC Race coach. The 420 Race program can help prepare sailors for high school or college team sailing.

Mon. 1:00pm - 5:00pm

Wed. alternates based on tides

Thurs: 1:00pm - 5:00pm

**Exceptions to standard schedule, listed by session:**

Session 1: Thurs July 4<sup>th</sup> NO CLASS

**All Sessions: EXTRA CLASS: Th Aug 15<sup>th</sup> 1pm-5:00p "The Great Race"**

**All Sessions: EXTRA CLASS Tue Jul 16<sup>th</sup> 1pm-5:00pm "Commodores Cup"**

**All Sessions: EXTRA DAY: Tues July 30<sup>th</sup> 8:00a-4:00p "PYC Regatta"**

**\*\* Please note that the Program Director retains the right for student placement within the classes. It is at his/her discretion that class levels are staffed appropriately based upon enrollment and each student's experience is appropriate for that class and/or type of boat. Some students may be moved to ensure that they are comfortable and confident at the level for which they are learning, or to ensure all students have adequate access and quality time on the water with the limited number of boats available in each class.**