

CLASS	SCHEDULE	PRICE	AGES
Beginner A	M, W, F; 9 – 12 4-week session	\$450	8-12
Beginner B	M 1-4 pm, T/Th; 9 – 12 4-week session	\$450	8-12
Beginner 2-weeks	M – F; 9 – 12 2-week sessions	\$405	8-12
Intermediates	T, W, Th, F; 1 – 4 pm 4-week session	\$480	9 - 12
Intermediates Tennis Team	T, Th, F; 1 – 4 pm 4-week session	\$365	9 - 12
Adventure Optimist	M, T, W, Th; 1 – 4 pm 4-week session	\$430	10 - 12
Adventure Optimist Tennis Team	M, T, Th; 1 – 4 pm 4-week session	\$355	10 – 12
Adventure Sailing, 2-week sessions:	9 am – 12 pm		12 & older
- 2 days a week	- Mon/Friday	\$160	
- 3 days a week	- T, W, Th	\$230	
- 5 days a week	- M, T, W, Th, F	\$350	
O'Pen Bic Class, 2-week sessions:	1 – 4 pm		Skill prerequisites and at least age 10
- 2 days a week	- Mon/Friday	\$160	
- 3 days a week	- T, W, Th	\$230	
- 4 days a week	- M, T, W, Th	\$300	
Keel Boat	Mon & Fri, 1 – 4 pm, Wed 9 – 12 2-week sessions	\$290	12 & older
Lasers & Bytes, boats provided & BYOB	Mon & Friday, 1 – 4 pm 2, 2-week sessions: Session 1: July 13-24 Session 2: July 27- Aug. 7	\$225/2-week, boats provided \$200/2-week, BYOB	Skill prerequisite & must weigh at least 90 lbs
Green Fleet Optimist	M, W, F, 9 am – 4 pm	\$1,150	Skill & attitude ready
Optimist Racing Team	T, W, F, 9 am – 4 pm	\$1,150	After Green FI Opti
Green Fleet 420, 2 days	Mon & Fri, 9 am- 4pm	\$500	13 & older
3 days	M, Th, F, 9 am – 4 pm	\$745	
420 Racing Team	T, W, Th, 9 am – 4 pm	\$1,500	13 and older (generally)
Jr Big Boat Team	Wed., 5 – 8 pm; Sunday 1 – 5 pm	\$100	13 & older



2020 Class Descriptions, Schedule, Pricing, & Available Add-Ons

• Beginners – Ages 8-12

An introduction to sailing, Beginners will have fun with the basics of sailing – wind directions, parts of the boat, rigging, capsizes and recovery, bailing, knots, points of sail, tacking, jibing, towing, and docking, as well as basic boat care. Swimming, games, and knot tying will all be part of this fun-focused introduction to sailing class. This class will be taught primarily in Prams. Students will sail double-handed (in pairs) and hopefully solo by the end of the session, but that decision will be tailored to each student's comfort level.

There are 2 sections of beginner class - A and B. The classes have the same curriculum and skill level (new to sailing), they just meet at different times. Additionally, for those with a limited schedule, children can participate in a two-week session by attending every morning.

Class times: **Beginner 'A'** meets Monday, Wednesday and Friday from 9-12.

Beginner 'B' meets Monday, 1-4 pm; Tuesday & Thursday from 9-12.

2-wk option: Sailors attend class every morning, 9 am-12 pm for 2 wks

Prices: 4 weeks sessions: \$450

2 week sessions: \$405

Add A Day:

Children who want to sail more often can add a day or two days of class each week. Classes added must be for the entire session and must be the same day each week. Under the 'Additional Programs' part of registration, you will have the opportunity to add a class or two extra for your beginner. After registering for an extra day or two, please contact the program director to let her know which day or days your sailor will attend as 'add-on' day(s).

Price: \$100 for one day and \$200 for two days added to each 4-week session.

• Intermediates – Ages 9-12

Intermediate sailors will build upon the skills learned as beginners to sail solo in Prams. A combination of fun activities and skill-building drills will be incorporated into the class to develop a love of sailing and confidence in each child. Docking, sail trim, weight distribution, maneuvering, points of sail, getting into and out 'of irons' and sailing backwards will all be covered in class. Seamanship and basic racing will also be introduced. Since children will be exposed to windier conditions in this afternoon class, they may intermittently sail Hunter 140s with a junior instructor in the boat as part of the class.

Class Times: Tuesday, Wednesday, Thursday and Friday 1-4 pm.

This class is 4 week or full 8 week summer sessions.

Price: 4 Weeks: \$480; 8 Weeks: \$960

***Intermediates Schedule for CYC Tennis Team members** - for those sailors who are also on the CYC Tennis team, they can participate in sailing 3 days a week in order to play in the Wednesday inter-club tennis matches.

Class times: Tuesday, Thursday, Friday 1 - 4pm.

Price: \$365

• **Adventure Optimist – Ages 10-12**

This class is intended for the sailor who has completed Intermediates (or the equivalent). Sailors must be comfortable sailing solo. The class will expand on the seamanship and boat handling they have previously learned with lots of “tiller time” in Optimists. Sailors will be on the water in their boats sailing for fun, exploring the Bay, learning how to sail well in a variety of conditions. Instructors may also introduce racing in a fun, non-traditional way.

Sailors are encouraged to join in the Monday evening fun races off the dock at CYC, which start at 4:30 and end at 6 pm. The first Monday night racing off the dock will be June 29.

Participants are strongly encouraged to bring their own boats, though it is not required. CYC has 10 available boats for charter, thus 10 places in the class for kids without their own boat. The charter fee is \$150/session. The ‘Additional Programs’ section of registration will allow you to reserve and pay for a CYC charter boat. You can charter a boat for one session or both, so please pay attention to which you choose when registering.

Class Times: Monday, Tuesday, Wednesday, & Thursday from 1-4 pm

This class is 4 week or full summer (8 weeks) sessions.

Price: 4 Weeks: \$430; 8 Weeks: \$860

- **Adventure Optimist - CYC Tennis Team Schedule:**

For those who are on the CYC Tennis Team, they will follow a three-day Adventure Optimist schedule allowing kids to be able to participate in Wednesday interclub tennis matches.

Class Times: Monday, Tuesday, Thursday from 1- 4 pm.

Price: \$355

• **Adventure Sailing – Ages 12+**

Adventure sailing is a class for children 12 years of age and older who:

- 1.) Enjoy sailing and just want to enjoy time on the water (but not race) and/or,
- 2.) Are new to sailing.

This class uses multiple platforms to cruise around Narragansett Bay- Hunter 140s, O’Pen Bics, Hartley 10’s, J/22s, and anything else that we can find to safely float and sail. Sailors are welcome to bring their own boat to class too!

The class will focus on fun on the water and using the power of the wind to go to various destinations around the Bay. They will play games at their destinations and swim in addition to learning sailing basics such as wind direction, parts of the boat, rigging, capsizing and recovery, knots, towing, docking, time and distance, as well as basic boat care.

Sailors will take turns doing all the jobs on the boat – steering, trimming the main and jib, and being the navigator.

2-week session Dates:

Session 1: June 22 - July 3

Session 2: July 6 - 17

Session 3: July 20 – July 31

Session 4: August 3 - 14

Available Class Times (prices are per 2 week session):

2 days a week, Monday & Friday, 9 am – 12 pm, \$160

3 days a week, Tuesday, Wednesday, Thursday, 9 am – 12 pm, \$230

5 days a week, Monday through Friday, 9 am – 12 pm, \$350

• **O'Pen Bic Class**

This class is intended for sailors who are in Green Fleet Optimist or higher class levels, or Adventure Sailing sailors who can sail by themselves in a variety of wind conditions. Sailors must know how to and be comfortable sailing solo. This class is geared for sailors who LOVE sailing O'Pen Bics and want to 'play' in them a few afternoons a week.

Additionally, for summer 2020, two RS Fevas will be added to this class for use. Fevas are double-handed boats with an asymmetrical spinnaker. They are SUPER fun!

O'Pen Bic class will run in two-week sessions. Sailors can choose to join 2, 3, or 4 afternoons a week.

Class Times: Monday through Thursday, 1 - 4 pm.

2-week session Dates:

Session 1: June 22 - July 3

Session 2: July 6 - 17

Session 3: July 20 – July 31

Session 4: August 3 - 14

Price: 2 weeks, 2 days a week - \$160

2 weeks, 3 days a week - \$230

2 weeks, 4 days a week - \$300

• **Lasers/Byte's**

Laser and Byte sailing is a recreational class promoting the fun of sailing Lasers and Bytes. CYC has 2 Lasers with a variety of rig options (4.7, radial, and full rig), as well as a Byte. This is a non-racing class aimed at getting kids excited about sailing these boats by themselves and sometimes with a friend. **Kids must weigh at least 90 lbs** and be skillful enough to dock the boat without damaging it. Runs in 2 two-week sessions.

Offered on the following weeks only:

Session 1: July 13-24

Session 2: July 27 – August 7

Class Times: Monday and Friday 1-4 pm

Price: 2 weeks, boats provided: \$225/2-week session

2 weeks, BYOB: \$200/2-week session

- **Keel Boat Crew Training - Ages 12 +**

The goal of this class is to give young sailors a larger sailing platform to sail with friends and become confident and competent sailing a J/22 keel boat. This class is for sailors who are ages 11 or 12 and older. Ideally, children will have some sailing experience and understanding of sailing. For example – where the wind is coming from and points of sail. CYC's J/22s will be used in this class. There will be an instructor or junior instructor on board each boat. Sailors will learn how to sail a J/22 and become skilled in the different positions. (This is a recreational keel boat class, intended for students to have fun sailing with their friends while learning the different positions and skills on a J/22.)

2-week session Dates:

Session 1: June 22 - July 3

Session 2: July 6 - 17

Session 3: July 20 – July 31

Session 4: August 3 – 14

Class Times: Monday and Friday 1-4 pm, Wednesday 9 am-12 pm

Price: 2 weeks: \$290/2 week session

- **Green Fleet Optimist Team**

Green Fleet Opti is for beginning Optimist racers. Sailors who participated in Adventure Optimist in previous years, anyone who is competitive, and/or is interested in starting to race Optimists should join this group. Like any other sport, racing hones skills and mastership of the sport. Instruction encourages fun on the water with sessions that combine racing drills and recreational sailing. Green fleet sailors need to be able to go upwind, tack, jibe, and control their boats in varied wind conditions. The class will teach the fundamentals of racing and racing rules. Ideally, sailors will participate in local regattas on Narragansett Bay including Jr. Race Week as a part of the Green Fleet class. These races are typically short, close to shore, and are designed to encourage the beginning racer. The Green Fleet includes sailors of any age with entry-level racing skills. There will be a CYC coach and motorboat at each scheduled regatta. Regatta entry fees and NBYA membership expenses are additional, but necessary to compete in the NBYA regattas. Regatta registration must be done on the NBYA website: <http://nbya.org/juniors/>

Sailors must have their own boat for this class. If owning your own boat is a barrier to entry for this class for your sailor, please contact Meg Myles.

CYC has an eight boat Optimist trailer to help transport our Opti Racing sailors to regattas. Spots on the trailer can be purchased for \$150 for the season, or \$55 for one regatta. Parents will still be responsible for getting their sailors to the regattas and all the gear except for the hulls. A regatta parent, or the coach, will organize parents to car pool.

The week before the program begins, the coach/coaches will send parents an e-mail to schedule a time to bring your sailor's boat to CYC. Instructors will help sailors to rig their boats. Parents are encouraged to be present. The instructor(s) will explain NBYA regattas - how, where & when to register, as well as parent expectations in

terms of regattas and the general schedule.

Green Fleet sailors are also strongly encouraged to attend Monday evening 'Learn to Race off the Dock' sessions, which run from 4:30-6. These are free and open to all sailors participating in CYC's Jr. Sailing Program. Parents are encouraged to come and get involved. Monday evening sessions end with hot dogs and watermelon at 6 pm. **Pre-registration is NOT required. There is no fee. This is open to ALL CYC Junior Sailors.** (Parents are encouraged to come and watch their sailor. Parents, if you are a sailor, your help is always welcome! Grillers are always welcome as well.)

Recommended Equipment List & tools for Opti's: This is the time to start a toolbox for your sailor.

<http://conanicutyachtclub.org/Juniors/Junior-Sailing/JS-Forms.aspx>

Here is some great info for parents about Opti's on the USODA Class website:

<https://usoda.org/faq>

Class Times: Monday, Wednesday & Friday from 9 am – 4 pm

This class is full summer (8 weeks) only.

Price: 8 Weeks - \$1,150.

Regatta Schedule: Calendar *tbd*

• **CYC Optimist Racing Team**

The CYC Opti Racing Team is for Optimist sailors who have completed at least one season in Green Fleet Optimist and enjoy racing. Racing is also the best way to master the sport of sailing and hone your skills. Sailors should have basic racing skills. Practices will focus on racing drills, advanced boat handling, racing rules, and strategy. Optimist racers are expected to attend NBYA regattas and Jr. Race Week. There will be a CYC coach and motorboat at each scheduled regatta. Sailors must have their own boats. Sailors are encouraged to bring their own lunch to class as the timing of lunch may vary due to weather conditions.

At regattas, sailors are put into three different divisions based on age. The fleets are known as Red, White, & Blue:

White fleet is for skippers who are 10 and under.

Blue fleet is for skippers who are 11 or 12.

Red fleet is for skippers who are 13, 14, or 15.

In all fleets, the determining date is the skipper's age on the first day of the regatta, not the skipper's age at the end of the current year. Skippers move up to blue fleet on their 11th birthday and red fleet on their 13th birthday. At most regattas, the red, blue, and white fleets all start at the same time and race on the same course.

Trophies are typically awarded to the top skippers in each age group, or fleet.

(Please note, sailors can race in Green Fleet for as long as they want to. Sailors in CYC's Opti class are encouraged to race in the red, white, and blue fleets, but may remain racing in Green Fleet if they prefer.)

CYC has an eight boat Optimist trailer to help transport our Opti Racing sailors to regattas. Spots on the trailer can be purchased for \$150 for all regattas, or \$55 for

one regatta. Parents will still be responsible for getting their sailors to the regattas and all the gear except for the hulls. A regatta parent, or the coach, will organize parents to car pool.

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The week before the program begins, the coach will send parents an e-mail to schedule a time to bring your sailor's boat to CYC. Instructors will help sailors to rig their boats. Parents are encouraged to be present. The instructor(s) will explain NBYA regattas - how, where & when to register, as well as parent expectations in terms of regattas and the general schedule.

Here is some great info for parents about Opti's on the USODA Class website:
<https://usoda.org/faq>

Class Times: Tuesday, Wednesday, & Friday 9 am – 4 pm. This class is 8 weeks.
Price: 8 Weeks: \$1,150

Regatta Schedule: *tbd*

• **Green Fleet 420 – Age 13+**

This class is an introduction to sailing and racing Club 420's. Sailors who are interested in progressing to racing, and those who may be interested in high school and college sailing, should join this class. The class will focus on all aspects of becoming a competent 420 sailor: skippering and crewing, long distance sails, seamanship skills, docking, rules of the road, and introduction to spinnaker and trapeze will be covered in class. Basic boat-handling and more advanced boat handling will be stressed. Ideally, each sailor will become competent as a skipper and a crew.

All students in this class MUST view this safety video prior to the first day of class: <https://youtu.be/gZT-IT0Hb0Q>

Add a day of class! Sailors can add Thursday's 9 am - 4 pm to their schedules. Sailors may be integrated into the 420 Racing class to be exposed to other sailors with higher skill levels. Green Fleet 420 sailors will sail with the racing class as well as have the chance to watch from the motorboat as well.

*Note: this class is a preparation class for Racing 420s. Sailors will switch skippering and crewing to get the experience of doing all the different jobs of sailing the boat.

** Sailors are encouraged to bring their own lunch. The timing of lunch may vary due to weather/sailing conditions.

Class Times: Monday and Friday from 9 am- 4 pm. Add-on Thursday's, 9am - 4pm
This class is 4 week or full summer (8 weeks) sessions.

Price: 4 Weeks, 2 days a week: \$500; 8 Weeks: \$1,000.
4 Weeks, 3 days a week: \$745/session

• **CYC 420 Racing Team**

420 sailors who have a strong desire for racing and have demonstrated good, solid boat-handling skills in 420s or other boats, are ready for the CYC 420 Racing Team. Practices will focus on advanced boat handling with trapezes and spinnakers, racing drills, racing rules, and strategy. Skipper/crew teams will be formed by the coach, though requests will be considered. Fees include the use of CYC boats and equipment in class and at NBYA regattas. 420 sailors are encouraged to own their own boats if they are interested in participating in events outside NBYA. (There is also a discount if you bring your own boat.)

* **2020 Changes to 420 Racing Team:**

- Newer, first year 420 racers - class for newer racing sailors will be Tuesday, Wednesday, and Thursday from 9 am – 4 pm. Sailors who are new to racing (first year of 420 racing class), are NOT required or expected to attend NBYA regattas. Those sailors may attend CYC recreational classes (Adventure Sailing, O'Pen Bic Sailing, and/or Keel Boat class) during regatta days.

- Returning racers will have class at the following times: Tuesday, Wednesday and Thursday from 1 – 5 pm. Additional Monday evening classes may be added as the summer progresses.

- **** Please consult the Program Director regarding which group of 420 racing your sailor should be in.**

CYC will provide trailers to transport 420s to NBYA regattas. Parents are needed to help tow the trailers and/or tow boats by water to regattas. Every parent will be asked to be responsible for the logistics of one 420 regatta (be a regatta parent).

All students in this class MUST view this safety video prior to the first day of class: <https://youtu.be/gZT-IT0Hb0Q>

Parents must register sailors for the NBYA regattas on the NBYA website: <http://nbya.org/juniors/>.

Fees associated with NBYA regattas are not included in the CYC Program fees, but include an NBYA membership, which is usually about \$25, and a fee per regatta which is typically about \$30/event.

420 practices include the discipline of team racing. Team racing is not only an excellent way of practicing boat-handling, but is a discipline in college sailing and throughout the world. CYC sailors will practice as a team and participate in inter-club team races with local clubs.

Sailors are encouraged to bring their own lunch. The timing of lunch may vary due to weather/sailing conditions.

420 Equipment & Tools List

Class Times: Tuesday – Thursday 9 am – 4 pm.

This class is full summer (8 weeks) only.

Price: 8 Weeks: \$1,500; \$900 if you bring your own boat.

Regatta Schedule: tbd

- **Junior Big Boat Sailing Team**

The JBBT program is aimed at sailors ages 13/14-17 who ideally have some racing experience. The goal is to introduce these sailors to the fun of racing as a team on a big boat, and the new learning curve that big boat sailing offers.

The program will run during the Jr. Sailing sessions – from late June to mid-August. A meeting with parents will be held before the first session.

The Grimes's One Design 35 will be used for this program. The Wednesday evening NYC series will be used for practice races. There will be one other evening or weekend practice session each week, most likely on Sunday afternoons.

There is limited space available (8-10 sailors maximum). The cost is \$100/sailor, and sailors may be asked to buy some sailing gear for themselves to ensure safety and comfort.

Sailors are expected to make a strong commitment to the team, but we understand that other sailing/racing commitments may get in the way occasionally.

On board coaching will be provided. In the event that the weather is inclement, the group will still plan to meet to go over the boat's systems, different sails, tactics, etc...

Interested junior sailors are encouraged to apply. The contact for the program is Meg Myles; Paul Grimes will be the Program Coordinator. Please sign up online and reach out to Meg Myles for the application that accompanies this program. All applications need to be returned to Meg Myles: Meg@ConanicutYachtClub.org.

Available Add-On's and Extras:

• One week add on of a class:

If your child is participating in a full session of one of the following classes, one week may be added. (A full session is defined as two weeks for a two-week session class and 4 weeks for classes that run in 4 week session.)

Eligible classes include:

- Beginners
- Intermediates
- Adventure Optimist
- Adventure Sailing
- Keel Boat Crew Training
- O'Pen Bic Class
- Green Fleet 420
- Laser/Byte Class

It is assumed that the week being added-on directly precedes or follows the week the sailor has participated in. If that is not the case, please contact the Program Director to discuss which week your sailor would like to add on.

One-week Add-on prices:

Beginners	150
Intermediates	140
Intermediates - Tennis Team	100
Adv Opti	120
Adv Opti - Tennis Team	95
Adv Sail 5 days	200
Adv Sail 3 days	120
Adv Sail 2 days	90
O'Pen Bic, 2 days, 2 wks ('19)	90
O'Pen Bic, 3 days, 2 wks ('19)	120
O'Pen Bic, 4 days, 2 wks ('20)	160
Green Fleet 420, 2 days	140
Green Fleet 420, 3 days	220
Keel Boat Rec	160
Laser - 2 afternoons, boats provided	125
Laser - 2 afternoons, BYOB	110

- **Beginners – Add one Day to one 4-week session, \$100**

Children in Beginner A or B Class who want to sail more often can add two days of class each week. Add-on classes must be for the entire session and must be the same day each week. Please let the Program Director, Meg Myles, know what day(s) you will be adding by e-mailing her at - Meg@ConanicutYachtClub.org.

- **Beginners – Add one day to full summer Beginner A or B, \$200**

Children in Beginner A or B Class who want to sail more often can add a day of class each week. Add-on classes must be for the entire session and must be the same day each week. Please let the Program Director, Meg Myles, know what day(s) you will be adding by e-mailing her at - Meg@ConanicutYachtClub.org.

- **Beginners – Add 2 days to a 4-week session, \$200**

Children in Beginner A or B Class who want to sail more often can add two days of class each week. Add-on classes must be for the entire session and must be the same day each week. Please let the Program Director, Meg Myles, know what day(s) you will be adding by e-mailing her at - Meg@ConanicutYachtClub.org.

- **Beginners – Add 2 days to full summer Beginner A or B, \$400**

Children in Beginner A or B Class who want to sail more often can add two days of class each week. Add-on classes must be for the entire session and must be the same day each week. Please let the Program Director, Meg Myles, know what day(s) you will be adding by e-mailing her at - Meg@ConanicutYachtClub.org.

- **Optimist Charter - \$200/4 weeks**

For those entering Adventure Optimist who do not have their own boat, a CYC Optimist is available for charter. Charters are \$200/session and are available on a first come, first serve basis.

For those entering a racing class, contact Meg Myles if you need to charter a boat.

- **Optimist Trailer Spot - \$150 for the summer**

(or \$55/event, reserved and paid before the event)

CYC has an eight boat Optimist trailer to help get boats to NBYA regattas. The eight spots are available for purchase for the season for \$150. If you'd like your sailor's boat included on the trailer for the season, you may purchase your spot now.

If you'd like your sailor's boat to be transported on the trailer for only one of the regattas, please contact Meg Myles at Meg@ConanicutYachtClub.org to indicate which regatta.

Parents are responsible for getting their kids, spars, blades, sails and all sailing gear to each regatta. However, a regatta parent, or the coaches, will help to organize car pools to minimize the burden on parents.

CYC coaches will most likely tow to regattas that are in Newport. Sailors are responsible for having a tow line that is free of knots and is in good working condition. Any tow line that has previously broken must be replaced and not tied back together.

- **Racing Pinny - \$30**

- **Junior Sailing Lunch Account - \$50 deposit**

For Limited Junior Members - those who are interested in having their kids order lunch at CYC can do so by leaving a deposit of \$50/child. Junior sailors will be given a summer member number and will be able to order lunch, which will be debited from the \$50 deposit. Parents will be billed to show account activity and to let you know when the account needs to be replenished. Any balance left on the account at the end of the summer will be refunded to you or applied to the following year's junior sailing classes.

Lunch accounts are only to be used by junior sailors on days when their classes are in session. Lunch orders will be taken by the instructors at the start of each class and brought to the kitchen by 10 am. Lunch will be ready between 12:00 and 12:15 for junior sailors. At no point will sailors be allowed to eat lunch on the deck of the yacht club.

Summer member numbers are kept in the junior sailing office with the Program Director in case kids don't know, or forget, their summer member number.

Junior Sailors are not allowed off club property for lunch for various reasons. If your child is in an all-day class and does not sign up for a lunch account, please plan on sending them with their lunch.

If you are a year-round, dues paying member of CYC, you do NOT need to sign your child up for a lunch account.