



CONANICUT YACHT CLUB
JUNIOR SAILING

Junior Sailing Classes, June 20 – 24

A “pre-week” of sailing classes

• **BEGINNERS:** An introduction to sailing, Beginners will have fun with the basics of sailing – wind directions, parts of the boat, rigging, capsizing and recovery, bailing, knots, points of sail, tacking, jibing, towing, and docking, as well as basic boat care. This class will be taught primarily in Prams. Students will sail double-handed (in pairs). *The older Beginners class may use different boats to learn in to accommodate the generally larger size of children in the 11+ age group.

- Ages 8-10, Monday through Friday 9 – 12, \$200

- *Ages 11-17, Monday through Friday, 1 - 4 pm, \$200

• **OPTI GREEN FLEET TEAM & OPTIMIST RACING TEAM PRE-SEASON FUN!:** Opti Green Fleet and Opti Racing will be combined in this pre-season week of sailing. Sailors will meet Monday - Friday, 9 am - 4 pm though the schedule may be modified a bit during the week. Rigging basics along with some more advanced ideas for those who are ready will be covered plus lots of sailing. Sailors will shake off the winter rust and dive into Optimist sailing. Fun adventures and activities will be woven into each day.

- Opti Racing and Green Fleet Opti, Monday - Friday, 9 am – 4 pm, \$250

• **LASERS:** Hone your skills sailing a Laser! CYC has 5 Lasers with a variety of rig options (4.7, radial, and full rig), as well as a Byte. **Kids must weigh at least 90 lbs** and be skillful enough to dock the boat without damaging it. (If you need a Laser, there is a \$50 charter fee.) Morning classes will be tailored to those who are new to Lasers. They will learn how to rig, de-rig, and nuances to sailing a Laser vs other small boats or double-handed boats. *The afternoon group will focus on sailing a Laser better and faster, using racing marks and short courses to improve boat-handling skills.

- Ages 12 and older, those new to Lasers (but with sailing experience), Monday - Friday, 9 am - 12 pm, \$200

- *Ages 12 and older, those with previous Laser experience, Monday - Friday, 1pm – 4 pm, \$200

• **KEEL BOAT SAILING:** A recreational keel boat class intended for students to have fun sailing with their friends (and make new friends) while learning a variety of skills on a J/22. This class is for sailors age 12 and older. Ideally, participants will have some sailing experience and understanding of sailing. For example – where the wind is coming from and points of sail. There will be an instructor on board each boat.

- Ages 12 and older, 1 - 4 pm, \$200

Limited Member Fee: \$20

Registration Link: <https://form.jotform.com/221026856317151>