



CONANICUT YACHT CLUB
JUNIOR SAILING

2025 Junior Sailing Summer Dates:
June 23 – August 15

2-Week Session Dates:

June 23 – July 4
July 7 – 18
July 21 – August 1
August 4 - 15

4-Week Session Dates:

June 23 – July 18
July 21 – August 15

Jr Sailing classes are open and available to all, starting at age 8; First Mates: ages 5 – 7

Limited Member Fee – Those who are not year-round, dues paying CYC members need to pay a limited member fee for each child and for every 2-week session of participation. The fee is \$130/two-weeks per child.

Classes & Schedules

- o **Beginners**, ages 8-12; An introduction to sailing, Beginners will have fun with the basics of sailing – wind directions, parts of the boat, rigging, capsize 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 is taught in Prams (similar to Optimists). Students will sail double-handed (in pairs). (In order to move to Intermediates, sailors must demonstrate that they are comfortable sailing alone.)

Schedule & Cost: there are two participation options for Beginners:

- 1.) Participate M, W, F mornings from 9-12, 2-week sessions; \$320
- 2.) Participate every morning for two weeks, 2-week sessions; \$535

- o **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. 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. Children may experience windier conditions in the afternoon classes, and thus may intermittently sail larger boats with a junior instructor in the boat. Children must be comfortable sailing solo to participate.

***Schedule:** Monday through Friday, 1 – 4; 2-week sessions.

Cost: \$535/session

*If your child is on the CYC tennis team and will not be able to attend Wednesday afternoon Intermediate sailing, contact the Director of Sailing, Jessica@conanicutyachtclub.org



CONANICUT YACHT CLUB
JUNIOR SAILING

- o **Adventure Optimist**, ages 10-12; Ready for the next adventure after Intermediates? This class is perfect for sailors who have mastered tacking and gybing solo and are confident sailing on their own. Get ready to level up your skills with tons of “tiller time” in Optimists! You’ll expand on your seamanship and boat-handling while exploring the Bay, having a blast on the water, and learning how to sail smoothly in all kinds of conditions. (We’ll focus on nailing those points of sail!) Plus, you might even get a fun intro to racing in a relaxed, non-traditional way. Sailors will need their own Optimist or can charter one through CYC.

Schedule: Monday through Friday, 1 – 4; 2-week sessions.

Cost: \$535/session

Boat Charters: \$150/2 weeks

*If your child is on the CYC Tennis Team and will not be able to attend Wednesday afternoon Adventure Opti, please contact the Director of Sailing, Jessica@conanicutyachtclub.org

- o **Adventure Sailing**, ages 12 and older; **NEW** for 2025 this is a full week-long experience! Perfect for those who want to sail just for the fun of it! Adventure Sailing is all about exploring Narragansett Bay, cruising to exciting destinations, and enjoying the water with friends. You’ll sail a variety of boats—RS Quests + Fevas, Hunter 140s, O’Pen Bics, J/22s, and more—or bring your own boat to join the fun! Along the way, you’ll play games, swim, and fine-tune your sailing skills like wind awareness, rigging, knots, docking, capsized recovery, towing, and boat care. Every sailor will get hands-on experience with all the roles on board, from steering to trimming the sails. It’s a week of adventure, teamwork, and fun memories on the Bay!

Schedule: Monday - Friday, 9 -12; 2-week sessions.

Cost: \$535/session

- o **CYC Green Fleet Optimist Team:** This team is perfect for beginner Optimist racers and is the next step after Adventure Optimist. Whether you’ve sailed with us before, love a little competition, or are curious about starting to race, this is the class for you! Racing isn’t just exciting—it’s the best way to sharpen your skills and master the sport. We keep it fun with a mix of racing drills and recreational sailing, ensuring plenty of laughs on the water. Green Fleet sailors will also get to sail O’Pen Skiffs for half a day each week—because who doesn’t love a little variety and speed?

In this class, you’ll learn the basics of racing, including rules and strategies. By the end of the season, you’ll be ready to dive into local regattas on Narragansett Bay, like Junior Race Week, where races are short, close to shore, and designed to encourage new racers. Green Fleet welcomes sailors of all ages with entry-level racing skills. To race, sailors need to confidently sail upwind, tack, jibe, and handle different wind conditions. A CYC coach and motorboat will be at every scheduled regatta to guide and cheer on our team.

While regatta entry fees and NBYA memberships are additional, we’ll make it easy by sharing all the registration details at the start of the season. Parents, we’ll need your help transporting sailors and boats to events—but don’t worry, it’s all part of the adventure! For more information about NBYA



CONANICUT YACHT CLUB
JUNIOR SAILING

regattas and fees: <https://nbya.org/juniors/>.

Sailors should have their own Optimists, but CYC may have boats available for charter if needed.

Contact the Director of Sailing to discuss, Jessica@conanicutyachtclub.org

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

Schedule: Tuesday, Wednesday, Friday 9 am - 4 pm.

This racing class is an 8-week experience in two four-week sessions. Sailors are **strongly encouraged** to participate in all 8 weeks. **Sailors MAY NOT join for only the second session without approval from the Director of Sailing**, Jessica@conanicutyachtclub.org

Costs: 4-week fee - \$800; 8-week fee - \$1,575

CYC Optimist Racing Team: Take your racing to the next level with the CYC Optimist Racing Team! Designed for sailors who've completed at least one full season in Green Fleet, this team is all about building on your racing foundation and pushing your skills to new heights. With a focus on advanced boat handling, racing drills, rules, and strategy, you'll gain the confidence to dominate the racecourse.

To keep things fresh and exciting, you'll spend half a day each week sailing O'Pen Skiffs—because mixing it up makes it even more fun and helps sharpen your skills!

As part of the team, you'll compete in NBYA regattas and Jr. Race Week, with a CYC coach and motorboat by your side at every event. At the start of the season, your coach will provide all the details on how and where to register, so you're ready to hit the water and show off your skills. For more information about NBYA regattas and fees: <https://nbya.org/juniors/>. Sailors must have their own boats.

Join us for an unforgettable season of competition, camaraderie, and serious fun on the water!

(Please note, sailors in the CYC Optimist Racing class can choose to race in Green Fleet at regattas. This is ideal for a sailor who is more timid or new to racing.)

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

Schedule: Tuesday, Wednesday, Friday 9 am - 4 pm.

This racing class is an 8-week experience in two four-week sessions. Sailors are **strongly encouraged** to participate in all 8 weeks. Ideally a sailor who can participate for only 4-weeks will participate in the first 4-weeks.

Costs: 4-week fee - \$800; 8-week fee - \$1,575



CONANICUT YACHT CLUB
JUNIOR SAILING

- o **Green Fleet 420**, ages 13 and older; This class is your gateway to mastering Club 420s and diving into the exciting world of sailing and racing! Perfect for sailors who dream of competing in high school or college sailing, this program covers everything you need to become a skilled 420 sailor. You'll learn the ropes of skippering and crewing, take on long-distance sails, and build your seamanship skills—like docking, rules of the road, and even getting hands-on with the spinnaker and trapeze! From sharpening your basic boat-handling to tackling more advanced techniques, this class is all about growing your confidence on the water. We'll make sure everyone gets a turn at both skippering and crewing so you'll know what it takes to handle every role on board.

This class or similar is a prerequisite to joining 420 racing.

Schedule: M & Th 9 am - 4 pm, Tues. 1-4 pm & Fr 9 am - 12 pm; 2-wk sessions

Cost: \$535/session

- o **420 Racing Team:** For sailors with a passion for racing and solid boat-handling skills in 420s or similar boats, this is your next big step. Practices focus on advanced techniques, including mastering the trapeze and spinnaker, racing drills, rules, and strategy. Teams will be formed by the coach, though requests will be considered, and sailors will switch between skipper and crew roles during practice to build versatility and teamwork. There may be additional sailing opportunities for sailors to casually race against Sail Newport and other local clubs. These opportunities will be scheduled in advance. Get ready to have fun and elevate your sailing game!

Fees include the use of CYC boats and equipment during practices and at NBYA regattas, with additional costs for regatta participation. Sailors will need an NBYA Junior Membership (\$35) to compete in NBYA events. CYC will provide trailers or arrange for boats to be towed on the water to NBYA regattas. Parents are expected to assist with towing trailers and/or transporting boats by water to and from regattas. Regatta participation is expected for all sailors, except for those in their first year of racing. For those unable to attend NBYA regattas, they can join Adventure Sailing Class (M, T, W, Th 9-12) during regatta days.

Class size is limited to a maximum of 12 sailors (6 boats). This racing class is an 8-week experience in two four-week sessions. Sailors are **strongly encouraged** to participate in all 8 weeks.

***Class prerequisite:** sailors must have completed CYC's 420 Green Fleet class or an equivalent from another club. Sailors may also join this racing class if they have raced Optimists for two-three years. Contact the Director of Sailing with any questions.

Schedule: T, W, Th 9 am - 4 pm.

Costs: 4-week fee - \$1,050; 8-week fee - \$2,050

\$1,200 for 8 weeks if you bring your own boat.



CONANICUT YACHT CLUB
JUNIOR SAILING

- o **ILCA Clinics:** Clinics will be offered periodically throughout the summer. Check the box to receive updates when clinics are scheduled. Clinics will be announced at least a week in advance. Please also indicate whether the parent, sailor, or both are interested in participating.

Schedule & Cost: TBA, \$55/clinic

- o **29ers:** Stay tuned for beginner's 29er sailing clinics to help launch your venture into high-performance sailing. Led by a seasoned and enthusiastic instructor, participants will receive hands-on guidance for a thorough grasp of the 29er, a two-person, high-speed skiff celebrated for its agility, thrilling maneuvers, and strong ties to Olympic-class vessels.

Veteran racers transitioning from Optimists and 420s will delve into rigging techniques, essential boat handling, and crucial safety protocols.

Schedule & Costs: TBA

Please email Director of Sailing with your clinic interest jessica@conanicutyachtclub.org

Add-Ons and Extras

- o **Lunch Account:**
CYC Junior Sailors may sign up to have a lunch account and order lunch. This is for children who are in class all day **only**. (Year-round, dues paying members do not need to sign up for a lunch account.) Lunch orders are taken by a sailing instructor each morning. There is no lunch on Monday's though as the kitchen is closed. Sign-up for a lunch account requires a \$50 deposit. Any remaining funds will be refunded at the end of the summer or the fall.
- o **Optimist Trailer Spots:**
CYC has an eight boat Optimist trailer to help transport our Green Fleet and Opti Racing sailors to regattas. The eight spots are available for purchase for the season for \$175, or \$55/event. Parents are still responsible for getting their sailors to the regattas and all the gear except for the hulls.
Cost: \$55/regatta or \$175 for the season
- o **Optimist Boat Charters:**
CYC has Optimists available for charter. Charter priority is given to those participating in Adventure Optimist, however there are usually 1-2 Optimists available for those who are in a racing class and do not yet own their own boat.
Cost: \$150/2-week session

Refund Policy

Cancellations before June 1 will be granted a refund minus a \$35 administrative fee. Cancellations made after June 1 will not receive a refund. Thank you.



CONANICUT YACHT CLUB
JUNIOR SAILING

Equipment To Bring

All Junior Sailors must bring their own life jacket. Life jackets are to be worn at all times when on a boat, on the water, on the pier, and on the docks. Fit is important, so please choose the appropriate size for THIS summer. Please review the recommended list below and make sure to label gear with your name.

ADDITIONALLY, CHILDREN SHOULD HAVE THE FOLLOWING:

- A life jacket
- Hat
- Sunglasses
- Sunscreen
- Closed-toed boating shoes (bare feet not allowed)
- A snack (no food is provided)
- A Towel
- A change of clothes
- Layers in case it is cold or raining. (It is always cooler on the water, and sailors will sail in the rain. Children will NOT sail if there are thunderstorms or thunderstorms are within a 20 mile radius. Classes will be held, regardless of the weather.)
- A water bottle. In order to reduce the number of plastic cups used for water, sailors are required to bring their own water bottles. Refill stations are available by the junior room.

For information please contact the Director of Sailing, jessica@conanicutyachtclub.org