



### ***Junior Sailing Program 2009***

#### **Rowing/Pram Sailing 9:00-11:45am Mon-Friday Ages 6-8**

Geared toward the youngest age group with a minimum 6 years of age (or entering 1st grade in fall). This class will offer basic fun oriented activities teaching parts of the boat, rowing, knots and pram rigging. Students will be encouraged to board a sailing pram close to the waterfront with an instructor aboard. A Bullseye group sail with instructors skippering may also be offered.

#### **Beginner Optimist/Bullseye 9:00-11:45am Mon-Fri Ages 8-10**

We will cover more detail on rigging, wind direction identification, steering a sailboat, tacking and gybing, safety position, rules of the road, parts of the sailboat, knots. Geared toward students who have only basic skills and would need coaching support to navigate a windward leeward course in light winds. A Bullseye group sail with instructors on board may also be offered.

#### **Optimist Basics/Bullseye 12:45-3:45pm Mon-Fri Ages 10-12**

Geared for students who have previously participated in our morning Optimist classes and are still just "getting comfortable" under sail. Students will be further introduced to sailing an Optimist by themselves in light to moderate wind conditions and learn to navigate a windward leeward course. These sailors will be offered basic instruction while also learning the concepts of sailboat racing. Students may also steer and crew aboard a Bullseye.

#### **420/Bullseye Beginner 12:30-3:30 (Mon-Fri) Ages 12 and Up**

This group is for older beginners and intermediate sailors with the required skills and size/weight to sail/crew independently aboard a 420 dinghy and or a Cape Cod Bullseye.

#### **Optimist Team 12:45-3:45 (M-Fri)**

Students will focus on racing Optimists and have the opportunity to compete in local and regional regattas. The rules of racing will be covered and fleet racing tactics. This group will sail in a wide range of wind conditions. Participants must meet the Race coach's approval.

#### **420 Team 12:45-3:45 (M-Fri) 12 up**

Students will receive coaching and refine their boat handling skills. The rules of sailboat racing and spinnaker and trapeze work will be covered. Both fleet racing and team racing will be offered with opportunities to compete in local and regional regattas offered.

