



# Plymouth Yacht Club

2020 Junior Sailing Program - Hayley Reifeiss, Program Director

## 2020 PROGRAM – June 29, 2020 thru August 23, 2020

### Two Week Programs:

Session 1: June 29<sup>th</sup> – July 10<sup>th</sup>  
 Session 2: July 13<sup>th</sup> – July 24<sup>th</sup>  
 Session 3: July 27<sup>th</sup> – Aug 7<sup>th</sup>  
 Session 4: Aug 10<sup>th</sup> – Aug 21<sup>st</sup>

### Four Week Programs

Session 1: June 29<sup>th</sup> – July 24<sup>th</sup>  
 Session 2: July 27<sup>th</sup> – Aug 21<sup>st</sup>

Eight Week Programs June 29<sup>th</sup> – Aug 21<sup>st</sup>

### Class Prices:

These vary by class, please see class details as well as registration documents. \$25 sibling discount. Some classes, like Opti and 420, require an **extra fee if your sailor needs to charter a boat.**

### Schedule Variations:

Occasionally one class might have been moved to a different date or time than when it would normally be scheduled to occur. Before registering, please check your session's calendar or the descriptions (below) to see if any classes have an adjusted time, so you can plan accordingly. All Opti and 420 classes are encouraged to travel to regattas. These are **all-day** events, not always occurring on a regular class date. Check with your instructor for those additional race dates, which you can also find listed in our 2020 Program Calendar. (Note: Due to health regulations, many regattas have been cancelled for Summer 2020.)

## CLASS DESCRIPTION & FEES

**CANCELLED for 2020:** ~~FIRST MATE~~ — Introductory Level

*Sailors, ages 5-7 — (First Mate = 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. After some land-based fun practicing how to rig, bail and steer a Pram dinghy, First Mate students sail with instructors on our 14-foot RS Quests around Plymouth Harbor. During these group sails, students will practice steering and trimming sails, and learning to watch the wind, tide and currents. In week 2, sailors pair up in Prams for their first taste of hands-on sailing. 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.

## ADVENTURE SAILING – Beginner / Intermediate Level

*Sailors, ages 11–16 (4 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 together in one 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. Sailors often opt for more sessions and bigger adventures as skills increase.

## MATE 1 – Beginner Level

*Sailors, ages 7 – 10 (10 student maximum per class)*

*Prerequisites: competent swimmer; previous sailing experience if age 7*

**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 for sailors who started in First Mate, or can be a first class for older beginner sailors, 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 Jewell Cup, named for PYC's beloved Olympic Gold Medalist and junior program graduate.

## MATE 2 – Beginner / Intermediate Level

*Sailors, ages 7 – 10 (10 student maximum per class)*

*Prerequisites: competent swimmer; completion of Mate 1 or other approved experience*

**Member: 2 weeks = \$205 / 4 weeks = \$385 / 8 weeks = \$670**

**Non-member: 2 weeks = \$255 / 4 weeks = \$435 / 8 weeks = \$720**

Mate 1 graduates progress to advanced skills and solo sailing in this class, such as mastering points of sail, learning tricks of upwind sailing, and even 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 Jewell Cup, named for PYC's beloved Olympic Gold Medalist and junior program graduate.

## **OPTi Intro - Intermediate Level**

*Sailors, ages 9 – 14 (10 student maximum per class)*

*Prerequisites: competent swimmer; completion of Mate 1, 2 or Adventure Sailing*

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

**Non-member:** 2 weeks = \$255 / 4 weeks = \$490 / 8 weeks = \$875

*\* If chartering an OPTi: 2 weeks = \$65 / 4 weeks = \$150 / 8 weeks = \$250*

This program introduces sailors to solo sailing in the Optimist dinghy, from rigging to navigation. Classes focus on Opti boat-handling skills, selecting and navigating a course, starting races, trimming sails and basic racing tactics. The tuning, course selection and proximity to other boats can affect their performance. Sailors are encouraged to travel to regattas with the PYC Team, and all participate in the PYC regatta.

## **OPTi Race – Advanced Level**

*Sailors, ages 9-14, who have completed Opti Intro (12 student maximum per class)*

*Prerequisites: competent swimmer; completion of Opti Intro*

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

**Non-member:** 4 weeks = \$490 / 8 weeks = \$875

*\* If chartering an OPTi: 2 weeks = \$65 / 4 weeks = \$150 / 8 weeks = \$250*

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 sails, spars and adjust 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.

## **420s, 420 Race - Intermediate, Advanced Level**

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

*Prerequisites: competent swimmer; completion of Opti Intro, Race, or Advent. Sail*

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

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

*\*course price includes boat charter fee for a Club 420.*

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.

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**\*\* 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.**