



Plymouth Yacht Club

2022 Junior Sailing Program

2022 PROGRAM – June 29, 2022 thru August 19, 2022

Two Week Programs:

Session 1: June 29th – July 9th
Session 2: July 12th – July 22rd
Session 3: July 25th – Aug 5th
Session 4: Aug 9th – Aug 19th

Four Week Programs

Begin at Session 1: June 29th – July 22rd
Begin at Session 3: July 25th – Aug 19th

Class Prices:

These vary by class; please see class details as well as registration documents. Discounts apply for members and for multi-class registrations. Opti classes require an extra fee if your sailor needs to use a club-owned boat.

Schedule Variations:

All sessions contain 6 classes during a 2-week period (3 classes per week). The days/times that classes meet during the first week are not always the same for the second week. Before registering, please check your session's class days and times in the Class Descriptions (below) so you can plan accordingly.

PLEASE NOTE: The first session is beginning 2 days later than usual, on Weds June 29, because the Plymouth schools extended the school year due to snow days. Additional dates/times will be scheduled to make up for the difference.

All Opti and 420 classes are encouraged to travel to regattas hosted by other yacht clubs. These are **all-day** events, and do not always occur on a regular class date. Check with your instructor for those additional race dates.

Special Dates/Events, all Sessions invited to participate:

June 22 nd 7pm	Orientation Meeting	<i>All sessions, Parents & sailors</i>
July 6 th 1pm	Fourth of July Races	<i>Opti classes & 420 classes</i>
*July 19 th 6pm/7:30pm	Past Commodores & Junior Dinner	<i>(cocktails/dinner) All sessions, Parents & sailors</i>
Aug 10 th 8am	Commodore's Cup Races	<i>Opti classes & 420 classes</i>
Aug 12 th <ALL DAY>	PYC Jr. Regatta Races	<i>Opti classes & 420 classes</i>
Aug 16 th 8am	Lynne Jewel Cup	<i>All Mate classes</i>
*Aug 21 nd 5pm/ 6pm	Awards Dinner	<i>(cocktails/dinner) All sessions, Parents & sailors</i>

** 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 that 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.

Plymouth Yacht Club 2022 Junior Sailing Classes

FIRST MATE – Introductory

Sailors, ages 7-10 (First Mate = 12 student maximum)

Prerequisites: *competent swimmer with life vest*

Member: From \$225 (2 weeks), multi-session discounts apply

Non-member: From \$280 (2 weeks), multi-session discounts apply

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.

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 29 – Jul 8)	Mon, Tues, Fri 8-12	Mon, Tues, Fri 8-12
Session 2 (Jul 11 – Jul 22)	Mon, Tues, Fri 8-12	Mon, Tues, Fri 8-12
Session 3 (Jul 25 – Aug 5)	Mon, Tues, Fri 8-12	Mon, Tues, Fri 8-12
Session 4 (Aug 8 – Aug 19)	Mon, Tues, Fri 8-12	Mon 1-5, Tues, Fri 8-12

ADVENTURE SAILING – Beginner

Sailors, ages 11–16 (6 student maximum per class)

Prerequisites: *competent swimmer*

Member: From \$225 (2 weeks), multi-session discounts apply

Non-member: From \$280 (2 weeks), multi-session discounts apply

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.

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 29 – Jul 8)	Mon 1-5; Wed, Thu 8-12	Mon, Wed 1-5; Thu 8-12
Session 2 (Jul 11 – Jul 22)	Mon 1-5; Wed, Thu 8-12	Mon, Wed 1-5; Thu 8-12
Session 3 (Jul 25 – Aug 5)	Mon 1-5; Wed, Thu 8-12	Mon, Wed 1-5; Thu 8-12
Session 4 (Aug 8 – Aug 19)	Mon 1-5; Wed, Thu 8-12	Mon, Wed 1-15; Thu 8-12

MATE 1 – Beginner

Sailors, ages 7 – 10 (12 student maximum per class)

Prerequisites: *competent swimmer*

Member: From \$225 (2 weeks), multi-session discounts apply

Non-member: From \$280 (2 weeks), multi-session discounts apply

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 1 – continued from previous page

PYC offers two separate Mate One classes: A & B, each enrolling 12 students. See the schedule below for details.

MATE 1– A

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 29 – Jul 8)	Mon, Wed, Fri 8-12	Mon 8-12; Wed 1-5; Fri 8-12
Session 2 (Jul 11 – Jul 22)	Mon, Wed, Fri 8-12	Mon 8-12; Wed 1-5; Fri 8-12
Session 3 (Jul 25 – Aug 5)	Mon, Wed, Fri 8-12	Mon 8-12; Wed 1-5; Fri 8-12
Session 4 (Aug 8 – Aug 19)	Mon, Wed, Fri 8-12	Mon 8-12; Wed 1-5; Fri 8-12

MATE 1– B

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 29 – Jul 8)	Mon 1-5; Tue, Thu 8-12	Mon 1-5; Tue, Thu 8-12
Session 2 (Jul 11 – Jul 22)	Mon 1-5; Tue, Thu 8-12	Mon 1-5; Tue, Thu 8-12
Session 3 (Jul 25 – Aug 5)	Mon 1-5; Tue, Thu 8-12	Mon 1-5; Tue, Thu 8-12
Session 4 (Aug 8 – Aug 19)	Mon 1-5; Thu 8-12; Fri 1-5	Mon, Tue, Thu 8-12

MATE 2 – Intermediate

Sailors, ages 7 – 10 (12 student maximum per class)

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

Member: From \$225 (2 weeks), multi-session discounts apply

Non-member: From \$280 (2 weeks), multi-session discounts apply

Mate 1 graduates progress to advanced skills 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.

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 29 – Jul 8)	Tues, Thu, Fri 1-5	Tues, Thu, Fri 1-5
Session 2 (Jul 11 – Jul 22)	Tues, Thu, Fri 1-5	Tues, Thu, Fri 1-5
Session 3 (Jul 25 – Aug 5)	Tues, Thu, Fri 1-5	Tues, Thu, Fri 1-5
Session 4 (Aug 8 – Aug 19)	Mon, Thu, Fri 1-5	Mon 8-12; Thu, Fri 1-5

OPTI Intro - Intermediate

Sailors, ages 9 – 14 (12 student maximum per class)

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

Member: From \$275 (2 weeks), multi-session discounts apply

Non-member: From \$340 (2 weeks), multi-session discounts apply

* **Additional fee 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.

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 29 – Jul 8)	Tues 8-12; Wed 1-5; Thu 8-12	Tues Wed, Thu 8-12
Session 2 (Jul 11 – Jul 22)	Tues 8-12; Wed 1-5; Thu 8-12	Tues, Wed, Thu 8-12
Session 3 (Jul 25 – Aug 5)	Tues 8-12; Wed 1-5; Thu 8-12	Tues, Wed, Thu 8-12
Session 4 (Aug 8 – Aug 19)	Tues 8-12; Wed 1-5; Thu 8-12	Tues, Wed, Thu 8-12

* Any Opti Intro sailor may participate in the PYC Regatta on Friday, August 12th, even if they are not enrolled in Session 4. If chartering, please confirm that a boat can be available for you on that date.

OPTI Race – Advanced

Sailors, ages 9-14 (12 student maximum per class)

Prerequisites: *competent swimmer; completion of Opti Intro*

Member: From \$430 (4 weeks), multi-session discounts apply

Non-member: From \$540 (4 weeks) multi-session discounts apply

* **Additional fee** 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 are encouraged to 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.

NOTE: These are 4-week classes, starting at the beginning of Sessions 1 and 3 only.

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 29 – Jul 22)	Mon, Wed, Fri 1-5	Mon 1-5; Wed 8-12; Fri 1-5
Session 3 (Jul 25 – Aug 19)	Mon, Wed, Fri 1-5	Mon 1-5; Wed 8-12; Fri 1-5

* Any Opti Race sailor may participate in the PYC Regatta on Friday, August 12th, even if they are not enrolled in Session 4. If chartering, please confirm that a boat can be available for you on that date.

420 Intro – Intermediate

Sailors, ages 14+ (6 student maximum per class, sailing as 3 pairs)

Prerequisites: *competent swimmer; completion of Opti Intro, Opti Race or Adventure*

Member: From \$590 (4 weeks), multi-session discounts apply

Non-member: From \$740 (4 weeks), multi-session discounts apply

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

NOTE: These are 4-week classes, starting at the beginning of Sessions 1 and 3 only.

The 420 Intro course is for sailors with some previous experience, introducing them to a popular 14-foot racing boat, the double-handed 420 sloop. Pairs of sailors learn to work as a skipper and crew team, each mastering separate responsibilities in the boat’s operation as they sail to different locations around Plymouth Harbor and beaches. After becoming comfortable as a team, sailors tackle more advanced skills, like roll tacking, using a trapeze, and how to set, fly and retrieve a spinnaker. Upon mastering these skills, 420 Intro sailors can opt to join our 420 Race program.

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 29 – Jul 22)	Mon 8-12; Wed 1-5; Fri 8-12	Mon, Wed, Fri 8-12
Session 3 (Jul 25 – Aug 19)	Mon 8-12; Wed 1-5; Fri 8-12	Mon, Wed, Fri 8-12

* Any 420 Intro sailor may participate in the PYC Regatta on Friday, August 12th, even if they are not enrolled in Session 4. If chartering, please confirm that a boat can be available for you on that date.

420 Race – Advanced

Sailors, ages 14+ (6 student maximum per class, sailing as 3 pairs)

Prerequisites: *competent swimmer; completion of Opti Race or 420 Intro*

Member: From \$590 (4 weeks), multi-session discounts apply

Non-member: From \$740 (4 weeks), multi-session discounts apply

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

NOTE: These are 4-week classes, starting at the beginning of Sessions 1 and 3 only.

The 420 Race course is for graduates of 420 Intro. Sailors will continue working in teams to master more advanced skills, like roll tacking, using a trapeze, and efficient spinnaker work. They also will practice advanced racing tactics and develop course strategies for fleet racing. In addition to the PYC Regatta, 420 Race sailors represent the Club by

traveling to and competing in regattas hosted by other clubs, accompanied by the PYC Race coach. The 420 Race program can help prepare sailors for high school or college team sailing.

	<u>Week 1</u>
Session 1 (Jun 29 – Jul 22)	Tues, Wed, Thu 1-5
Session 3 (Jul 25 – Aug 19)	Tues, Wed, Thu 1-5

<u>Week 2</u>
Tues 1-5; Wed 8-12; Thu 1-5
Tues 1-5; Wed 8-12; Thu 1-5

* Any 420 Race sailor may participate in the PYC Regatta on Friday, August 12th, even if they are not enrolled in Session 4. Please confirm that a boat can be available for you on that date.