



Plymouth Yacht Club

2023 Junior Sailing Program

2023 PROGRAM – June 26, 2023 thru August 18, 2023

Two Week Programs:

Session 1: June 26th – July 7th
 Session 2: July 10th – July 21rd
 Session 3: July 24th – Aug 4th
 Session 4: Aug 7th – Aug 18th

Four Week Programs

Begin at Session 1: June 26th – July 21st
 Begin at Session 3: July 24th – Aug 18th

Class Prices:

These vary by class; please see class details as well as registration documents. Discounts apply for members, for registering an additional child in the program, and for multi-session registrations. Opti classes require an extra fee if your sailor needs to use a club-owned boat. (See information on Charter Opti's.)

Schedule Variations:

All sessions contain 6 classes during a 2-week period (usually 3 classes per week). The days/times that classes meet during the first week **are not always the same** for the second week, or even the next session. The schedule irregularities are due to the need to adjust our “regular” class schedule pattern, accommodating for our harbor’s especially low tides or special program events. Before registering, please check your session’s class days and times in the Class Descriptions (below) so you can plan accordingly.

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 (Sailors & their families from all Sessions invited to participate):

June 17 th	10am-12p	Boat Take Out	<i>All sessions, Parents & sailors</i>
June 21 st	7pm	Orientation Meeting	<i>All sessions, Parents & sailors</i>
July 5 th	1pm	Fourth of July Races	<i>Opti classes & 420 classes</i>
July 18 th	5pm/ 6pm	Past Commodores & Junior Dinner	<i>(cocktails/dinner) All sessions, Parents & sailors</i>
Aug 2 nd & Aug 3 rd	<ALL DAY>	PYC Jr. Regatta Races	<i>Opti classes & 420 classes</i>
Aug 9 th	8am	Commodore’s Cup Races	<i>Opti classes & 420 classes</i>
Aug 15 th	8:30am	Lynne Jewel Cup	<i>All Mate classes</i>
Aug 20 th	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 (12 student maximum per class)

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, 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. 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 26 – Jul 7)	Mon, Tues, Thu 8:30-12, Fri 1-4:30	Mon, Thu 8:30-12
Session 2 (Jul 10 – Jul 21)	Mon, Tues 8-12, Fri 1-4:30	Mon, Tues 8:30-12, Fri 1-4:30
Session 3 (Jul 24 – Aug 4)	Mon, Tues, Thu 8:30-12, Fri 1-4:30	Mon 8:30-12, Fri 1-4:30
Session 4 (Aug 7 – Aug 18)	Mon, Tues, Thu 8:30-12	Mon 8:30-12, Tues 1-4:30, Thu 8:30-12

ADVENTURE SAILING – Beginner

Sailors, ages 11–16 (8 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. Adventure sailors will also learn a little bit of chart navigation!

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 26 – Jul 7)	Mon, Wed 1-5, Fri 8-12	Mon 1-5, Wed, Fri 8-12
Session 2 (Jul 10 – Jul 21)	Tues, Wed, Fri 1-5	Mon 1-5, Wed, Fri 8-12
Session 3 (Jul 24 – Aug 4)	Mon 1-5, Wed, Fri 8-12	Mon 1-5, Thu, Fri 8-12
Session 4 (Aug 7 – Aug 18)	Mon 1-5, Wed, Fri 8-12	Mon 1-5, Wed, Fri 8-12

MATE 1 – Beginner

Sailors, ages 7 – 10 (6-8 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 6-8 students. See the schedule below for details. Mate 1A is for new sailors. Mate 1B is for returning sailors, usually those who have taken our First Mate class.

MATE 1– A - New Sailors

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 26 – Jul 7)	Mon, Tues, Thu 8:30-12, Fri 1-4:30	Mon, Thu 8:30-12
Session 2 (Jul 10 – Jul 21)	Mon, Tues, Thu 8:30-12	Mon, Tues, Thu 8:30-12
Session 3 (Jul 24 – Aug 4)	Mon, Tues, Thu 8:30-12, Fri 1-4:30	Mon, Thu 8:30-12
Session 4 (Aug 7 – Aug 18)	Tues, Wed 8:30-12, Fri 1-4:30	Mon, Tues, Thu 8:30-12

MATE 1– B - Returning Sailors

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 26 – Jul 7)	Mon, Tues, Thu 8:30-12, Fri 1-4:30	Mon, Thu 8:30-12
Session 2 (Jul 10 – Jul 21)	Mon, Tues, Thu 8:30-12	Mon, Tues, Thu 8:30-12
Session 3 (Jul 24 – Aug 4)	Mon, Tues, Thu 8:30-12, Fri 1-4:30	Mon, Thu 8:30-12
Session 4 (Aug 7 – Aug 18)	Mon, Thu 8:30-12; Fri 1-4:30	Mon, Tue, Thu 8:30-12

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 PYC junior program graduate.

	<u>Week 1</u>	<u>Week 2</u>
Session 1 (Jun 26 – Jul 7)	Tues, Wed, Fri 1-5	Wed 8-12, Thu, Fri 1-5
Session 2 (Jul 10 – Jul 21)	Tues, Wed, Fri 1-5	Tues 1-5, Wed 8-12, Thu 1-5
Session 3 (Jul 24 – Aug 4)	Tues 1-5, Wed 8-12, Thu 1-5	Mon, Thu, Fri 1-5
Session 4 (Aug 7 – Aug 18)	Tues 1-5, Wed 8-12, Thu 1-5	Mon 1-5, Wed 8-12, Thu 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

To reserve and pay for a Charter OPTi, you must register for one separately, for the same session(s) as your class.

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 26 – Jul 7)	Mon 1-5, Wed, Fri 8-12	Mon, Wed 1-5, Fri 8-12
Session 2 (Jul 10 – Jul 21)	Tues 1-5, Wed, Fri 8-12	Tues, Wed 1-5, Fri 8-12
Session 3 (Jul 24 – Aug 4)	Mon, Wed 1-5, Fri 8-12	Tues, Wed ALL DAY , Fri 8-12
Session 4 (Aug 7 – Aug 18)	Mon, Wed 1-5, Fri 8-12	Mon, Wed 1-5, Fri 8-12

* Any Opti Intro sailor may participate in the PYC Regatta on Tues Aug 2nd and Wed Aug 3rd, even if they are not enrolled in Session 4. 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: 4 weeks = \$150 / 8 weeks = \$250

To reserve and pay for a Charter OPTi, you must register for one separately, for the same session(s) as your class.

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

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 the following schedule does not include exceptions for away regattas. Please see your Coach for those travel dates.

	<u>Week 1</u>	<u>Week 2</u>
Session 1/2 (Jun 26 – Jul 21) (July 10- July 21)	Tues 1-5, Wed 8-12, Thu 1-5 Mon 1-5, Wed, Fri 8-12	Wed, Thu, Fri 1-5 Mon, Wed, Thu 1-5
Session 3/4 (Jul 24 – Aug 18) (Aug 7- Aug 18)	Tues, Wed, Thu 1-5 Tues, Wed, Thu 1-5	Tues, Wed ALL DAY , Thu 1-5 Tues, Wed, Thu 1-5

* Any Opti Race sailor may participate in the PYC Regatta on Tues Aug 2nd and Wed Aug 3rd, even if they are not enrolled in Session 4. Please confirm that a boat can be available for you on that date.

420 Intro – Intermediate

Sailors, ages 14+ (10 student maximum per class, sailing as 5 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.*

PLEASE 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 1/2 (Jun 26 – Jul 7) (July 10- July 21)	Mon 1-5, Wed, Fri 8-12 Tues 1-5, Wed, Fri 8-12	Mon, Wed 1-5, Fri 8-12 Mon, Wed 1-5, Fri 8-12
Session 3/4 (Jul 24 – Aug 4) (Aug 7- Aug 18)	Mon, Wed 1-5, Fri 8-12 Mon, Wed 1-5, Fri 8-12	Tues, Wed ALL DAY , Fri 8-12 Mon, Wed 1-5, Fri 8-12

* Any 420 Intro sailors may participate in the PYC Regatta on Tues Aug 2nd and Wed Aug 3rd, even if they are not enrolled in Session 4. Please confirm that a boat can be available for you on that date.

420 Race – Advanced

Sailors, ages 14+ (10 student maximum per class, sailing as 5 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.*

PLEASE 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.

Note the following schedule does not include exceptions for away regattas. Please see your Coach for those travel dates.

	<u>Week 1</u>	<u>Week 2</u>
Session 1/2 (Jun 26 – Jul 7)	Tues 1-5, Wed 8-12, Thu 1-5	Wed, Thu, Fri 1-5
(July 10- July 21)	Mon 1-5, Wed 8-12, Thu 1-5	Tues, Wed, Thu 1-5
Session 3/4 (Jul 24 – Aug 4)	Tues, Wed, Thu 1-5	Tues, Wed ALL DAY , Thu 1-5
(Aug 7- Aug 18)	Tues, Wed, Thu 1-5	Tues, Wed, Thu 1-5

* Any 420 Race sailor may participate in the PYC Regatta on Tues Aug 2nd and Wed Aug 3rd, even if they are not enrolled in Session 4. Please confirm that a boat can be available for you on that date.