

## 2019 SUMMER SAILING PROGRAMS

### Learn to Sail- Level I (ages 7-11)

**Session I: June 17-28**

**Session II: July 1-12 (no class on July 4)**

**Session III: July 29- August 9**

An introduction to the sport of sailing, this course will teach the basics of rigging a boat, boat handling, sailing fundamentals and water safety. Instruction is done in club-owned Optimists and J/22s. Sailors are paired with one another and learn the basics of steering, trimming the sail, and balancing the boat in an exciting, hands-on way.

Day 1-2	Introductions Swim and Safety Test Parts of the Boat Points of Sail Knots (square, figure 8) J/22 Sailing	Day 6-7	Review Points of Sail, Rigging Upwind Sailing Concepts Tacking and Gybing Opti Sailing
Day 3-4	Intro to the Optimist Sailing Simulator Rigging an Opti Basic Maneuvers (tacking, gybing, launching, and docking) Opti Sailing	Day 8-9	Upwind and Downwind Concepts J/22 Sailing to Review Concepts as a Group Opti Sailing
Day 5	Fun Day: Poker Run on J/22s (Sess. I) 4th of July Boat Parade (Sess. II) Jr. Sail Olympics (Sess. III)	Day 10	Review/Weather Make Up Free Sail/Sailing Fun Day Certificates Awarded
Goals	<p>The main goal in our intro class is to become comfortable on the water in pairs and in a small boat. At the end of this course, these beginners should possess the following skills:</p> <ul style="list-style-type: none"> <li>● Understanding points of sail</li> <li>● Identify parts of the boat</li> <li>● Leave and return to the dock in an Opti</li> <li>● Upwind and downwind concepts</li> <li>● Tack and gybe an Opti around a reaching course</li> <li>● Figure 8 and square knots</li> </ul>		

### Learn to Sail- Level II (ages 7-11)

**Session I: June 17-28**

**Session II: July 1-12 (no class on July 4)**

**Session III: July 29- August 9**

For sailors who have mastered Level I, Level II sailors will build on what they've learned and become more independent in the boats. Instructors and sailors utilize the club's Optimis, J/22s,

and the sailing simulator to help sailors expand their understanding of sailing fundamentals with a focus on upwind and downwind sailing, boat handling and seamanship.

Day 1-2	<p>Introductions Swim and Safety Test Review Points of Sail and Parts of the Boat Rigging an Optimist Capsize Drill and Safety Test Opti Sailing</p>	Day 6-7	<p>Upwind and Downwind Sailing Review Telltales Pinching and Footing Sailing Simulator Parts of the Sail Sail Trim</p>
Day 3-4	<p>Upwind Sailing J/22 Sailing (Introduce Tell Tales) Tacking and Gybing Windward/Leeward Course Opti Sailing</p>	Day 8-9	<p>J/22 Sailing to Review Concepts as a Group “Long Distance” Sail to Practice Concepts, Tacking and Gybing Weather Concepts Learn to Tow Behind a Powerboat</p>
Day 5	<p>Fun Day: Poker Run on J/22s (Sess. I) 4th of July Boat Parade (Sess. II) Jr. Sail Olympics (Sess. III)</p>	Day 10	<p>Review/Weather Make Up Free Sail/Sailing Fun Day Certificates Awarded</p>
Goals	<p>The main goal in our intermediate class is for kids to be comfortable sailing by themselves around a windward/leeward course. Skills an intermediate sailor should acquire are:</p> <ul style="list-style-type: none"> <li>● Understanding points of sail and proper sail trim</li> <li>● Rig and unrig an opti properly</li> <li>● Upwind and downwind concepts</li> <li>● Understand how to use tell tales</li> <li>● Tack and gybe an opti around a windward/leeward course</li> <li>● Safely right a capsized boat</li> <li>● Safely tow behind a powerboat</li> </ul>		

**Learn to Race (ages 7-11)**

**Session I: June 17-28**

**Session II: July 1-12 (no class on July 4)**

**Session III: July 29- August 9**

A stepping stone between Learn to Sail and Opti Green Fleet, this course continues to expand young sailors’ understanding of sailing concepts and boat handling while introducing racing rules and fundamentals in a fun and exciting way.

Day 1-2	<p>Introductions Swim and Safety Test Review Capsize Recovery and Towing Safety</p>	Day 6-7	<p>Sailing Upwind: Telltales, Pinching and Footing Basic Right of Way Rules (Starboard/Port,</p>
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	Capsize and Towing Drill Rigging and Knots Opti Sailing (w/ Courses)		Windward/Leeward)
Day 3-4	Starting Concepts (3 min. Sound Sequences) Basic Boat Handling (Starting and stopping) Tacking and Gybing	Day 8-9	Review and Practice Starting Concepts and Right of Way Sail Trim and Basic Sail Shape Fun Races (With Prizes!)
Day 5	Fun Day: Poker Run on J/22s (Sess. I) 4th of July Boat Parade (Sess. II) Jr. Sail Olympics (Sess. III)	Day 10	Review/Weather Make Up Free Sail/Sailing Fun Day Certificates Awarded
Goals	<p>The main goal in our Learn to Race class is to start and finish a race and understand basic rules. Skills a learn to race sailor should acquire are:</p> <ul style="list-style-type: none"> <li>● Understanding proper sail trim and sprit tension</li> <li>● Rig and unrig an Opti properly without help</li> <li>● Use tell tales to sail upwind</li> <li>● Understand basic right of way</li> <li>● Tack and gybe around a mark</li> <li>● Start and finish a race without direction</li> </ul>		

### **Adventure Sailing (ages 12-18)**

**Session I: June 17-28**

**Session II: July 1-12 (no class on July 4)**

Adventure sailing is for the beginner to advanced teenaged sailor who wants to explore the water and improve their sailing in a fun and casual way. During this two-week session, sailors will get to sail the club's J/22s, O'pen Bics, 420s and windsurfers. This class focuses on water safety and seamanship while allowing sailors to experience the joys of being on the water.

Day 1-2	Introductions Swim and Safety Test Points of Sail and Parts of the Boat Rigging a 420, J/22 Capsize Drill and Safety Test Knots (Square, Figure 8, Bowline) 420 and J/22 Sailing	Day 6-7	Upwind and Downwind Sailing Review Telltales Pinching and Footing Parts of the Sail Sail Trim and Body Positioning
Day 3-4	Upwind Sailing J22 Sailing (Introduce tell tales) Tacking and Gybing Windward/Leeward Course Rigging Lasers and O'pen Bics	Day 8-9	J/22 Sailing to Review Concepts as a Group Weather Concepts Towing and Anchoring Windsurfing
Day 5	Fun day:	Day 10	Review/Weather Make Up

	Poker Run on J/22s (Sess. I) 4th of July Boat Parade (Sess. II) Jr. Sail Olympics (Sess. III)		Free Sail/Sailing Fun Day Certificates Awarded
Goals	<p>The main goal in our intermediate class is for kids to enjoy sailing a variety of boats while learning. Skills an adventure sailor should acquire are:</p> <ul style="list-style-type: none"> <li>• Understanding points of sail and proper sail trim</li> <li>• Rig and unrig different kinds of boats</li> <li>• Tying knots (square, bowline, half hitch, figure 8)</li> <li>• Upwind and downwind concepts</li> <li>• Understand how to use tell tales</li> <li>• Tack and gybe a sailboat around a windward/leeward course</li> <li>• Safely right a capsized boat</li> <li>• Safely tow behind a powerboat</li> </ul>		

### **STEM Sailing Camp (ages 10+)**

**July 29-August 9**

Middle and high school students will learn to sail while applying science and math concepts to explore the sport and the natural world around them. This two-week camp utilizes US Sailing's REACH curriculum, and covers topics like simple machines, water quality and testing, wind and weather, forces on a sail and water safety.

Day 1-2	Introductions Swim and Safety Test Points of Sail and Parts of the Boat Rigging a 420 WIND- What is It Measuring Wind Build Your Own Anemometer	Day 6-7	Water Quality and Water Testing Marine Debris Sailing Scavenger Hunt Weather and Marine Debris Sail Area and Perimeter
Day 3-4	Simple Machines Scavenger Hunt Load and Effort Purchase System Tug-of-ar Sailing on 420s Wind Measurements	Day 8-9	Wind Power How is a Boat Powered by the Wind Turning Wind into Energy Water Quality Analysis
Day 5	Fun Day: Poker Run on J/22s (Sess. I) 4th of July Boat Parade (Sess. II) Jr. Sail Olympics (Sess. III)	Day 10	Review/Weather Make Up Free Sail/Sailing Fun Day Certificates Awarded
Goals	<p>The main goal in our STEM class is for kids to use the sport of sailing to learn about the world around them, and to create stewards of our waterways. Skills a STEM sailor should acquire are:</p> <ul style="list-style-type: none"> <li>• Understanding points of sail and proper sail trim</li> <li>• Rig and unrig a 420 properly</li> </ul>		

	<ul style="list-style-type: none"> <li>● Upwind and downwind concepts</li> <li>● What wind is, how to measure it, and how it powers a boat</li> <li>● How to collect samples and analyze water quality</li> <li>● Understand simple machines and how they help us sail</li> <li>● Basic water and weather safety</li> </ul>
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**Drop-in Sailing (all ages)**

**July 15-19**

In between sessions but looking for more time on the water? Our coaches will be available for a week of sailing and fun on the water. Sailors can sail the clubs J/22s, O’pen Bics, 420s, Optis, and windsurfers for an extra week of fun.

**Kindersailing (ages 5-6)**

**July 15-19 (half day only)**

This new week-long session is a perfect sailing introduction for those who love the water but aren’t old enough yet for our Learn to Sail program. Our instructors will use the sailing simulator and the club’s J/22s to get our smallest sailors comfortable on the water. This session will cover basic sailing concepts and water safety.

Day 1	Introductions Swim and Safety Test Points of Sail and Parts of the Boat	Day 3-4	Different Positions on the Boat How to Hold a tTiller Basic Sail Trim
Day 2-3	Knots (Figure 8 and Square) J22 sailing Basic Maneuvers (Tacking and Gybing)	Day 5	“Long Distance” Sail to Channel Marker and Back Graduation/Certificates
Goals	The main goal in our kindersailing class is for kids to be comfortable on a sailboat and to enjoy the sport of sailing. Skills a kindersailor should acquire are: <ul style="list-style-type: none"> <li>● Basic understanding of points of sail</li> <li>● Basic knowledge of positions on a sailboat</li> <li>● Proper steering technique</li> <li>● Basic water safety</li> </ul>		

**GPYC Racing Team (ages 8+)**

**Session I: June 17- July 12**

**Session II: July 8- August 9**

**Full Summer: June 17- August 9**

**No Sailing: July 22-26**

GPYC’s racing team is a fun but intensive program for intermediate-advanced sailors who are ready to compete in local and regional regattas. Our racing team competes in weekly local

events with additional opportunities to compete on a regional and national level. Sailors have the opportunity to compete in the clubs Optis, Lasers, and 420s.

**420 High School Camp (ages 14-18)**

**August 19-23**

This two week session is designed for 8th-12th grade sailors interested on sailing for their high school team. This class will teach fundamental sailing concepts, boat handling, racing basics and rules.

Day 1	<p>Introductions          Swim and Safety Test          Capsize Recovery and Towing Safety          Capsize and Towing Drill          Rigging and Knots          420 Sailing Around w/l Course</p>	Day 4	<p>Basic Right of Way Rules (Starboard/Port, Windward/Leeward)          Starting Concepts (3 min. Sound Sequences)          Rounding Marks</p>
Day 2-3	<p>Sailing Upwind: Telltales, Pinching and Footing          Basic Boat Handling (Starting and Stopping, Tacking and Gybing)          Sailing Downwind: Gybing, Sailing Wing on Wing, and Body Positioning</p>	Day 5	<p>Review Concepts          Fun Regatta with Prizes</p>
Goals	<p>The main goal in our school 420 camp is to get sailors confidently sailing a 420, and starting and finishing a race. Skills a Learn to Race sailor should acquire are:</p> <ul style="list-style-type: none"> <li>● Understanding points of sail and proper sail trim</li> <li>● Rig and unrig a 420 properly</li> <li>● Understand basic right of way</li> <li>● Start and finish a race without direction</li> <li>● Understand racing rules and procedures</li> <li>● Know proper sail trim and body positioning</li> <li>● Use tell tales to sail upwind</li> </ul>		