

**OPTIMISTS**

**Commodores in Training: Ages 5-7**

- For our younger yacht club members, this class will emphasize safety on the water and on the docks, while introducing them to the exciting world of sailing fun! Children must be 5 years old as of 1/1/2011.

**Beginner & Advanced Beginners: Ages 8-11** For the 1<sup>st</sup> & 2<sup>nd</sup> year Beginner

- Emphasizes safety, the basics of boat handling and sailing skills
- Curriculum conducive to having fun and making friends
- Instruction builds upon and expands previously learned sailing skills

**Intermediate:** For 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> year sailors

- Emphasizes safety, more advanced level boat handling skills, increased sailing terminology, seamanship skills and racing skills introduced
- Participation in NBYA Optimist Green Fleet events is encouraged for those sailors who want to try racing

**Advanced Intermediate and Introduction to Opti Racing Techniques:**

- Emphasizes Optimist Dinghy handling and skills. Introduction to sailing fast techniques!
- Sailors are encouraged to participate in NBYA Optimist regattas
- Must have own boat

**Opti Advanced Racing: Brenton Cove Racing Program...** (Must have own boat)

**SEE BRENTON COVE REGISTRATION PACKAGE - Cooperation with Sail Newport**

- Curriculum designed for participants to achieve their sailing goals and jump to the next level of Advanced Sailing Racing Competition See info on website: [www.ilyc.org/brentoncove.html](http://www.ilyc.org/brentoncove.html)
- Sailors must have completed at least one season of Green Fleet

**420 - LASER**

**420 Introduction: Ages 13-18** (13 yrs old or entering 8<sup>th</sup> grade, minimum) This is an eight week session.

- Beginner and Intermediate sailing skills
- Have fun while learning racing tactics, team racing, sportsmanship, and boat handling proficiency
- Establish friendships, adventures on the bay.
- Coach and team will choose regattas to participate in (Narragansett Bay and Race Week.)

**ADVANCED 420/Laser: Brenton Cove Racing Program...** (Must have own boat)

**SEE BRENTON COVE REGISTRATION PACKAGE - Cooperation with Sail Newport**

- Curriculum designed for participants to achieve their sailing goals and jump to the next level of Advanced Sailing Racing Competition See info on website: [www.ilyc.org/brentoncove.html](http://www.ilyc.org/brentoncove.html)

**Adventures Class: Hunters, Lasers, 420's**

**Adventures: Ages: 11 - 15** On Registration Form, please indicate junior sailor's sailing experience level.

- For the sailor who enjoys sailing, but is not interested in competitive racing this summer
- Emphasize seamanship, cruising and sailing skills using a mainsail and a jib
- Sailors will enjoy making friends, as boat comfortably accommodates 3 sailors

**BIG BOAT SAILING TEAM**

**Keelboat: Ages 14 - 18** Limited to participants to be qualified upon application.

- Experience the thrill of steering, trimming and handling a bigger keelboat
- Try all positions (bow, mast, pit, trim, steering, navigate)

## IDA LEWIS YACHT CLUB JUNIOR SAILING PROGRAM

### IMPORTANT INFORMATION

*Summer 2011*

**Equipment:** Junior Sailors must wear a Coast Guard approved life jacket (PFD) when in any vessel or on any floating docks. In addition, they must have a hat, sunglasses, sunscreen, a water bottle and boating shoes (bare feet are not allowed at any time, closed toe shoes are recommended). A t-shirt must be worn while on the docks.

**Swim Test:** Beginner through Advanced sailors in the program must pass a swim test each year, which is given during the first week of classes. Your child must be able to swim 50 yards without a life jacket, tread water, and put on a life jacket while in the water. This is the *ONLY* time your child will be on the water without a PFD while in the program. No swim test will be given to Commodores-in-Training and they will never be without a life jacket on or near the water.

**Instructors:** Our instructors have extensive coaching experience. We are confident they are the most qualified on the bay. In addition, they are certified in Red Cross CPR/First Aid and have completed US Sailing Level One Certification or the international equivalent. Instructors will promote sailing in a safe and fun way and have been chosen to teach at Ida Lewis because of their love of the sport, their demonstrated proficiency and their commitment to being positive and caring role models for our Junior Sailors.

**Enrollment:** Members and non members sign up is open for all classes. Registrations will be prioritized by date of receipt. Members will receive priority on registrations received prior to March 15<sup>th</sup>. After March 15<sup>th</sup>, selection will be based on a first come, first serve basis.

**Application deadline is April 15<sup>th</sup>.** This deadline is necessary for planning and staffing purposes. Applications after this date will be taken, but will be subject to availability.

**ILYC Members:** \$200 non refundable deposit required for each sailor. Payment options on registration. Members deposit will be billed upon receipt of registration, balance will be billed April 1<sup>st</sup>.

**Non members:** Non members submit \$300 non refundable deposit for each sailor. Payment in full must be received by April 1<sup>st</sup>. Non members will need an Ida Lewis Yacht Club sponsor to enroll your child in Ida's junior sailing program. Please include sponsor member's name and email address. Non member fee includes special junior membership dues.

**Fees include:** Instruction, facility use, program costs, boat storage, awards dinner (student) and coaching at selected Regattas.

**Fees do not include:** Special coaching, travel, expenses, clinic and regatta fees, private lessons, etc.

**No program fee refunds:** After May 1<sup>st</sup>. (Deposits are non refundable.)

**Questions:** If you have any questions, please contact: Alice Sheerin at [alicesheerin@cox.net](mailto:alicesheerin@cox.net)