

JUNIOR SAILING PROGRAM



NANTUCKET YACHT CLUB
SUMMER 2024



Dear Sailing Parents:

This brochure outlines and summarizes the sailing lesson program offered at the Nantucket Yacht Club. Our mission is to teach sailing and seamanship in a fun, safe environment while inspiring a lifelong love for our Nantucket waters and the Corinthian spirit. Our world class instructors hold US Sailing Level 1 certification, and are First Aid / CPR / AED and SafeSport certified. This summer we are offering an nine-week lesson program beginning June 24th and ending August 22nd. We are pleased to keep our class tuition pricing at the same level as 2023. Please note that all students must wear a Coast Guard approved personal flotation device (PFD) and closed toe shoes at all times.

Please register prior to the May 31st deadline. Member registrations received after May 31st cannot be guaranteed space in the sailing program. Registrations received after May 31st will incur a \$50 late fee.

We ask that children sail with us for a minimum of two weeks, in order to get the most benefit from the program. These weeks do not need to be consecutive.

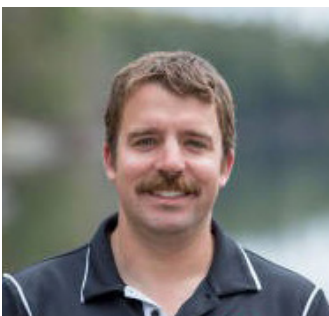
During Race Week (August 12-16) the Mates, Mariners, Whalers, Teen Green & 420 Blue students will have opportunities to experience a variety of boats from Rhodes 19's to 12 Meters.

From August 19-21, the 420 Race, 420D, and Opti Race teams will not meet, but team members are expected to help decommission their training boats during the week. All other classes will meet in the morning from 9 AM – 12 PM (class will not be held Friday, August 22nd). Other opportunities for sailing may be available.

Junior Sailing Guests are welcome at the Nantucket Yacht Club. In order for guests to register for the NYC Junior Sailing Program, they must be sponsored by a Nantucket Yacht Club member. See page 5 of this brochure for information on the Junior Sailing Guest program.

I look forward to seeing everyone out on the water,

Justin Assad
NYC Sailing Master
justin@nantucketyachtclub.org



JUNIOR SAILING CLASSES AND COURSE DESCRIPTIONS

MINI-MATES

AGE 4-6

TUES & THUR; 9:30 – 11:30
COST: \$205/WEEK

Mini-Mates is designed to give 4-6 year olds a taste of being on the water and the tradition of the Nantucket Yacht Club Junior Sailing experience! Our main goal will be to build confidence on the water while introducing key elements of safety and fun! Our little sailors will learn parts of the boat, fundamentals of points of sail and maneuvers, and will get to go sailing with our instructors in Prams, RS Quests, and Rhodes 19s. Additionally, we hope to teach them some of our classic NYC name games and lawn games! Four-year olds will need to be accompanied by a caregiver, but five and six-year olds will be able to attend on their own.

MATES

AGE 7-9

TUES & THUR; 9:00 – 12:00
COST: \$205/WEEK

A class designed to introduce young children to sailing. Students will sail in a 14-foot sailboat, with three to four other children and one instructor. The class is a fun introduction to sailing with the goal of having students become comfortable in small boats. Specific skills include basic concepts of sail trim, steering and overall safety. Children born in 2015 or earlier are eligible to enroll in Mates. Parents of children who are six years old (born in 2017 or earlier) are interested in Mates should contact Justin or Rebecca to see what options exist.

MARINERS

AGE 8-12

THREE OPTIONS:

1) MON, WED, FRI; 9:00 - 12:00
COST: \$250/WEEK

2) MON - FRI; 9:00 - 12:00
COST: \$360/WEEK

3) MON, WED, FRI; 1:00 - 4:00 (11-12 MARINERS*)
COST: \$250/WEEK

This class is taught in Rhodes 19's, RS Quest, and Optimists. Mariners is designed to give the sailor a strong fundamental base of sailing skills such as rigging, tacking, gybing, sail trim, hiking, and some advanced boat handling. The overall goal is to make the sailor comfortable on the water in varying conditions, while eventually becoming proficient sailing alone in the Opti. Inside the Mariners class, we typically divide into three color groups: Forest Green (Novice), Lime Green (Intermediate Mariner), and Army Green (Advanced Mariner). As the child improves, they will advance through the groups until they are ready for Whalers. **Please note that the 11-12 Mariners class is for those with a birthdate of 2012 or 2013.*

WHALERS

AGE 10-13

1) TUES, WED, THURS; 1:00 - 4:00
COST: \$250/WEEK

2) MON - FRI; 1:00 - 4:00
COST: \$360/WEEK

Whalers will focus on more advanced boat-handling skills and will also introduce sailors to racing. Specific skills include the basics of upwind sailing, performance boat-handling, and the introduction of some basic racing techniques. As with Mariners, students are broken up into 3 groups: Sky Blue, Burgee Blue, and Sky Quest. Sky Quest is for our adventure track sailors and focuses primarily around skills proficiency and point to point sailing around the harbor without instructors in the boat whenever possible. We will have an occasional "Quest Race Day" with all of our Whalers together! Our Burgee Blue students are encouraged to participate in All-Island racing such as the GHYC Jobson Cup, Nantucket Junior Race Week, and weekly All-Island afternoon racing.



TEEN & RACE SAILING COURSE DESCRIPTIONS

TEEN GREEN AGE 13-16

MON, WED, FRI; 9:00 – 12:00
COST: \$250/WEEK

This class is for sailors who have outgrown the Opti in either Whalers or Opti Race, or for older sailors who are learning how to sail. This class is primarily in RS Quests and Club 420s, but Rhodes 19s may also be used based on the skill level of the participants, the weather on any given day, with the goal of maximizing learning in the most advantageous platform. Teen Green focuses on boat handling, including tacking, acceleration, trapeze basics, and general sail trim on all points of sail. Sailors will be introduced to basic concepts for racing, but the primary focus will be to establish the fundamentals of boat handling, seamanship, and general proficiency on the water – and to have fun!

420 BLUE AGE 13-16

MON, WED, FRI; 9:00 – 12:00
COST: \$250/WEEK

420 Blue is the first step in our 420 Racing track. Participation in this class is by invitation only, and participants are typically invited from Teen Green, Whalers, and Opti Race. 420 Blue is a great option for kids who are beginning their journey in racing, or for older kids who want to keep developing their racing skills but only want to sail three days a week, only want to sail in the mornings, or would prefer not to race off-island. The skills taught are similar to those in 420 Race Development and 420 Race, but the pace of learning is a little less rapid and the commitment is much more flexible.



OPTI RACE TEAM AGE 9-15

MON - FRI; 1:00 – 5:00
JUNE 24 - AUGUST 16
COST: \$2,200/8 WEEKS OR \$360/WEEK (4 WEEK MINIMUM)

The Opti Race team is the most advanced program for young optimist sailors. Members are selected by the race team coaches. The team is reserved for those sailors who want to really improve their racing skills. Skills include performance boat handling, intricacies of rigging and tuning, and advanced racing topics such as starting, strategy, and tactics. Once on the Opti Race team, sailors are strongly encouraged to continue in the Opti until they “age out” or “weight out,” meaning they either turn 16 or weigh over 125 pounds. **Costs listed above do not include regatta expenses.*

420 DEVELOPMENT AGE 13-16 (RACE DEVELOPMENT TEAM)

MON-FRI; 1:00 – 5:00
COST: \$360/WEEK

420 Race Development Team, or “420 D,” is a class for our most committed 420 Blue sailors who are interested in moving to the 420 Race Team. Enrollment in this class is by invitation only, and sailors are picked directly from 420 Blue and Opti Race. 420 D practices during the afternoon, while the 420 Race Team is also practicing, and the two groups will train together on occasion. 420 D sailors are considered to be part of the racing program, so we expect them to attend every practice while they are on island.

420 RACE TEAM AGE 13-18

MON - FRI; 1:00 – 5:00
JUNE 24 - AUGUST 16
COST: \$2,200/8 WEEKS OR \$360/WEEK (4 WEEK MINIMUM)

The 420 Race Team is the most advanced program for junior sailors. Sailors are taught the fundamentals of sailboat racing, including but not limited to boat speed, boat handling, strategy and tactics, and team racing. Training as a team is strongly stressed. The team is reserved for those sailors who want to really improve their racing skills, and are selected by the race team coaches. **Costs listed above do not include regatta expenses.*



2024 SCHEDULE:

Week #1 June 24 - June 28

Week #2 July 1 - July 5

Week #3 July 8 - July 12

Week #4 July 15 - July 19

Week #5 July 22 - July 26

Week #6 July 29 - August 2

Week #7 August 5 - August 9

Week #8¹ August 12 - August 16

Week #9² August 19 - August 22

1 Nantucket Race Week

2 All classes meet in the AM. Race teams do not meet. No classes Friday.

REGISTRATION:

Registrations must be made on the Nantucket Yacht Club website (requires login). All class fees must be charged to an audit number.

We welcome Junior Sailing Guests at the NYC, as long as they are sponsored by a NYC member. Applications are accepted beginning April 15th and classes will be confirmed June 1st. Guests must submit membership fees (\$700 per child per season) along with the Member / Sponsor form, before a guest will be confirmed in a class. Once confirmed, payment for the balance of the class will be charged to the Guest audit number on a monthly basis. The Member sponsor should contact Rebecca Vaughan for information on the Guest program.

For questions regarding class placement, please contact Justin Assad at justin@nantucketyachtclub.org or Rebecca Vaughan at rebecca@nantucketyachtclub.org

www.nantucketyachtclub.org

