

Peninsula Youth Sailing Foundation & Sequoia Yacht Club Announce: Summer Classes 2010



Learn to Sail & Learn to Race

Fun in depth classes for boys and girls to learn to sail and race in small boats.



A Lifetime of Fun

Eligibility: Classes are open to all boys and girls ages 7-12 years old. Director may make exceptions. Sailors must be able to swim 50 feet with clothes and a life jacket on.

Instructors: The classes will be taught by some of Northern California's top young sailors. These sailors are experienced and well qualified. Several hold Level 1 US Sailing Instructor Certificates. Level 1 Instructors are certified in First Aid and CPR. All Instructors have CPR First Aid Certification

Time: Classes will be one week long, 9 a.m. to 3 p.m. daily for the first 6 weeks and 9 am to 4 pm in weeks 7 & 8. Early drop off and/or late pick up can be arranged for a fee.

Cost: Camp 1-6: \$335 session, \$25 discount for PYSF and SYC members, and non-members bringing their own boat. Camp 7 & 8: These two weeks only is a special half day *or* full day class. See the schedule for cost for these last two weeks of classes.

Safety: All sailors must wear a life jacket. A safety motorboat is present for all classes.

Location: 1200 Chesapeake Dr, Redwood City - Port of Redwood City, Public Launch Area (take Seaport Drive from 101 and turn left at the 2nd light on Chesapeake Dr)

What to bring: Bring a life jacket, if you have one. All sailors will be expected to perform a swim test during the first class. Wear layers of clothing over a swimsuit. Footwear should be aqua shoes or rubber soled shoes. A towel, hat, sunglasses, and change of clothes are helpful. Apply sunscreen before arrival.

Lunch: Please bring a bag lunch and a refillable water bottle.

Boats: Beginning sailors usually start in JY trainers and progress to Optimists. Intermediate sailors will sail in Optimists. Intermediate sailors will also have the opportunity to sail or crew on a Racing FJ or Byte sailboat.

Information: Denise Larsen at 650-283-2643, or e-mail: opti@pysfopti.org

Print and Mail on-line form: www.pysfopti.org

Daily Program

Day 1: Swim test for everyone—no exceptions. Basic safety and sailing skills.

Day 2: Boat handling, proper upwind sailing and tacking.

Day 3: Sailing downwind with jibes, racing, and basic race rules.

Day 4: Boat speed, boat handling and more on racing.

Day 5: Review and small class Regatta.

FAQs

Q: Is this class only for sailors who want to compete?

A: No, but learning how to race makes you a safer and better sailor. You will learn how to handle adverse weather conditions. Also, sailors always do a little racing even if it is just two boats out for an afternoon sail. Someone will always say, "Beat you to the club!"

Q: What kind of boats are the kids sailing?

A: Optimists and JY trainers. An Optimist (Opti) is a small pram with a gaff type rig. It is the world's most popular boat with over 100,000 of them sold. One can go almost anywhere there is water and find a fleet of Optis. An Opti is smaller than an El Toro and easier for young children to handle and right, should it flip over. A JY trainer is almost like an Opti except it has a self-bailing cockpit. A JY is more stable and a little slower.

Q: How many sailors in a class? How many sailors per boat?

A: 8-10 ideal, but no more than 13. There will be one instructor for every three sailors. The Optimist is a single-handed boat. Each sailor will skipper his own boat.

Q: Will you have safety boats?

A: Yes, there will be three safety motorboats. This will give a ratio of one instructor for every three sailors. Safety and personal instruction are important.

Q: Are the instructors racing sailors?

A: Yes. They place in the top five in most area Youth Regattas. This keeps them current on new ideas and techniques. And they sail with some of the top sailing coaches in the country.





2010 Learn to Sail and Learn to Race Application
 Sponsored by Peninsula Youth Sailing Foundation and Sequoia Yacht Club
Class Registration Form
 Please circle the class sessions you want to attend.



| Camp # | Week | Time | Cost |
|--------|-----------------|------------------|--------|
| 1 | June 21-June 25 | 9 am to 3 pm | *Full* |
| 2 | June 28-July 2 | 9 am to 3 pm | *Full* |
| 3 | July 12-July 16 | 9 am to 3 pm | \$335 |
| 4 | July 19-July 23 | 9 am to 3 pm | \$335 |
| 5 | July 26-July 30 | 9 am to 3 pm | \$335 |
| 6 | Aug 2-Aug 6 | 9 am to 3 pm | \$335 |
| 7A | Aug 9-Aug 13 | 9 am to 12:30 pm | \$215 |
| 7B | Aug 9-Aug 13 | 12:30 pm to 4 pm | \$215 |
| 7C | Aug 9-Aug 13 | 9 am to 4 pm | \$385 |
| 8A | Aug 16-20 | 9 am to 12:30 pm | \$215 |
| 8B | Aug 16-20 | 12:30 pm to 4 pm | \$215 |
| 8C | Aug 16-20 | 9 am to 4 pm | \$385 |

Note: if you want to attend the last 2 weeks (Camp 7 or 8), please sign up for either A, B, or C.

\$25 discount for PYSF race team members, SYC members, or non-members bringing their own boat

Due to Budget and advanced planning we cannot give refunds unless we can fill your spot before the start of your session.

Amount enclosed: (# Sessions x \$) \$ _____

Sailor's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Parents EMail: _____

Parent(s) Name(s): _____

Emergency Phone: Mother: _____ Father: _____

Date of Birth: ____/____/____ Age: _____ Sex: _____

T-shirt size, please circle: child S, child M, child L, adult S, adult M

Previous Sailing Experience: _____

I learned about these classes through: _____

Can student swim? _____ Student is: (circle one) Beg Int Adv

Medical conditions that we should be aware of: _____

Insurance Co. /Policy #: _____

Name & Number of Pediatrician: _____

Waiver Exclusion Clause (please read carefully & sign below) I hereby authorize the staff of the PYSF/SYC/PRC to act for me according to their best judgment to any emergency requiring medical attention and I hereby waive and release PYSF/SYC/PRC from any and all liability for any injury or illness incurred while at Junior Sailing Classes. I have no knowledge of any physical impairment that would be affected by the above named student's participation in the program as outlined in the brochure. I also understand that PYSF retains the right to use for publicity and advertising purposes photographs of student taken in class.

Parent/Guardian's Signature: _____

Please print Parent/Guardian Name: _____

For questions, comments or more information please contact Denise Larsen, opti@pysfopti.org, 650-283-2643. **Make checks out to Peninsula Youth Sailing Foundation (PYSF). Please return completed form and check to: Denise Larsen 12 Big Tree Way, Woodside Ca. 94062. Thanks!**

