

**Peninsula Youth Sailing Foundation & Sequoia Yacht Club Announce:  
Summer Classes 2011**



**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 8-13 years old. Usually sailors should be at least 50 pounds. 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. All Instructors have CPR First Aid Certification

**Time:** Classes will be one week long, 9 a.m. to 3 p.m. daily, Monday through Friday. Early drop off and/or late pick up can be arranged for a fee.

**Cost:** \$350 per session, \$25 discount for PYSF and SYC members, and non-members bringing their own boat.

**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 2<sup>nd</sup> light on Chesapeake Dr)

**What to bring:** Bring a life-jacket, if you have one, if not they will be provided. 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 may also have the opportunity to sail or crew on a FJ, a 2-person boat or Byte sailboat.

**Information:** Denise Larsen at 650-283-2643, or e-mail: [opti@pysfopti.org](mailto:opti@pysfopti.org)

**Print and Mail on-line form:** [www.pysfopti.org](http://www.pysfopti.org) (click on Summer Class form)

## Daily Program

- Day 1:** Swim test for everyone—no exceptions. Capsizing and righting a boat.  
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 safety motorboats. Safety and personal instruction are important.

Q: Are the instructors racing sailors?

A: Yes. They often place in the top ten 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.





**2011 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
Full <sup>1</sup>	June 20-June 24	9 am to 3 pm	\$350
Full <sup>2</sup>	June 27-July 1	9 am to 3 pm	\$350
3	July 11-July 15	9 am to 3 pm	\$350
4	July 18-July 22	9 am to 3 pm	\$350
5	July 25-29	9 am to 3 pm	\$350
6	Aug 1-Aug 5	9 am to 3 pm	\$350
7	Aug 8-Aug 12	9 am to 3 pm	\$350

**\$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 \$350) \$ \_\_\_\_\_

Sailor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Parents E-Mail: \_\_\_\_\_

Parent(s) Name(s): \_\_\_\_\_

Emergency Phone: Mother: \_\_\_\_\_ Father: \_\_\_\_\_

Sailor 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](mailto:opti@pysfopti.org), 650-283-2643. **Make checks out to PYSF. Please return completed form and check to: Denise Larsen 12 Big Tree Way, Woodside, Ca. 94062.**  
**Thanks!**



PYSF is located at: 1200 Chesapeake Dr, Redwood City (take the Seaport exit from 101). See [www.pysfopti.org](http://www.pysfopti.org) for application and more information.