

## Quassapaug Sailing Center Junior Sailing Program 2011

### Junior Sailing Classes for **Beginners**

Participants will be taught how to rig and sail Sunfish and Optimist dinghies, with a focus on fun and sailing games. Participants **MUST** know how to swim. (A swim test will be given). Participants must supply their own Coast Guard approved Personal Floatation Device. (PFD type 111 USCG approved non-inflating life jacket) Participants do not have to supply their own Sunfish or Optimist dinghies, but participants will receive much greater sailing time with their own boats. US Sailing's "Start Sailing Right" book is included with the course. Please note this is a two week class.

*Classes will be held:*

**Session One:** June 27- July 8 Mon- Fri, 9 AM - 12 noon, ages 8-17  
or Mon- Fri, 1 PM - 4 PM, ages 8-17  
**Session Two:** July 11- 22 Mon- Fri, 9 AM - 12 noon, ages 8-17  
**Session Three:** July 25- Aug 5 Mon- Fri, 9 AM -12 noon, ages 8-17  
**Session Four:** August 8-19 Mon- Fri, 9 AM - 12 noon, ages 8-17

Students will be placed by age and skill level

QSC Sponsors: \$175 per child per session

Non QSC Sponsors: \$250 per child per session

### Junior Sailing Classes for **Advanced Optimist**

Participants who have completed the beginner optimist two week classes and wish to develop their Opti sailing skills further, will be given an opportunity to enhance their basic sailing skills. Emphasis in boat handling, safety, seamanship, sportsmanship and racing will be taught. Please note this is a one week class.

*Classes will be held:*

<b>Session One:</b>	<b>Week 1</b>	June 27- July 1	Mon - Fri, 1 - 4 PM, ages 8-17
	<b>Week 2</b>	July 4 – 8	Mon - Fri, 1 - 4 PM, ages 8-17
<b>Session Two:</b>	<b>Week 1</b>	July 11-15	Mon - Fri, 1 - 4 PM, ages 8-17
	<b>Week 2</b>	July 18- 22	Mon - Fri, 1 – 4 PM, ages 8-17
<b>Session Three:</b>	<b>Week 1</b>	July 25- 29	Mon - Fri, 1 - 4 PM, ages 8-17
	<b>Week 2</b>	August 1- 5	Mon - Fri, 1 - 4 PM, ages 8-17
<b>Session Four:</b>	<b>Week 1</b>	August 8-12	Mon - Fri, 1 - 4 PM, ages 8-17
	<b>Week 2</b>	August 15-19	Mon - Fri, 1 - 4 PM, ages 8-17

Students will be placed by age and skill level

QSC Sponsors: \$125 per child per week

Non QSC Sponsors: 175 per child per week.

## Junior Sailing Classes for **Intermediates**:

Participants will be taught how to rig and sail Sunfish, Optimists and 420's with a focus on fun and sailing skills taught with sailing games and drills. Participants **MUST** know how to swim. (A swim test will be given). Participants must supply their own Coast Guard approved Personal Floatation Device. (PFD type 111 USCG approved non-inflating life jacket) Participants do not have to supply their own Sunfish, Optimist or 420's, but participants will receive much greater sailing time with their own boats. US Sailing's "Start Sailing Right" book is included with the course. Advanced skills will be taught for intermediate students. Please note this is a two week class.

Classes will be held:

<b>Session One:</b>	June 27- July 8	Mon- Fri, 9 AM - 4 PM, for ages 8-17
<b>Session Two:</b>	July 11- 22	Mon- Fri, 9 AM - 4 PM, for ages 8-17
<b>Session Three:</b>	July 25- Aug 5	Mon- Fri, 9 AM - 4 PM, for ages 8-17
<b>Session Four:</b>	August 8-19	Mon- Fri, 9 AM - 4 PM, for ages 8-17

Students will be placed by age and skill level

QSC Sponsors: \$350 per child per session

Non QSC Sponsors: \$500 per child per session

## Junior Sailing Classes for **Advanced Sailing**

This course will focus on racing skills, especially boat handling, sail trim and racing tactics. Classes will use drills and games to isolate skills, which may be practiced and improved. Advanced sailing skills with regards to safety, wind sailing, navigation, seamanship and sportsmanship will be emphasised. This course is for experienced sailors who have completed both the beginner and intermediate courses and want to captain their own boat. A Junior Racing Team will be formed and some competitive racing in Regattas, will be done, at no additional charge. Weekend participation with the Snipe fleet and Committee boat is being offered but not required. Please note this is a one week class.

Classes will be held:

<b>Session One:</b>	<b>Week 1</b>	June 27-July 1	Mon- Fri, 1- 4PM
	<b>Week 2</b>	July 4-8	Mon- Fri, 1- 4PM
<b>Session Two:</b>	<b>Week 1</b>	July 11-15	Mon- Fri, 1- 4PM
	<b>Week 2</b>	July 18-22	Mon- Fri, 1- 4PM
<b>Session Three:</b>	<b>Week 1</b>	July 25-29	Mon- Fri, 1- 4PM
	<b>Week 2</b>	Aug 1-5	Mon- Fri, 1- 4PM
<b>Session Four:</b>	<b>Week 1</b>	Aug 8-12	Mon- Fri, 1- 4PM
	<b>Week 2</b>	Aug 15-19	Mon- Fri, 1- 4PM

Students will be placed by age and skill level

QSC Sponsors: \$175 per child per week

Non QSC Sponsors: \$275 per child per week

