



## Quassapaug Sailing Center Junior Sailing Program 2008

### *Session Dates:*

*Session One: June 24 – July 3 (Tues – Fri week one; Mon, Tues, Wed, Thurs, week two)*

*Session Two: July 8 – 18 (Tuesday – Friday each week)*

*Session Three: July 22 – August 1 (Tuesday – Friday each week)*

*Session Four: August 5 – 15 (Tuesday – Friday each week)*

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

Classes will be held Tuesday through Friday 9:00-12noon for ages 9-11 and 1:00PM – 4:00PM ages 12-17.

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.

QSC Sponsors: \$175 per child per session

Non QSC Sponsors: \$250 per child per session

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

Classes will be held Tuesday through Friday 9:00-4:00PM (bring a lunch)

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.

QSC Sponsors: \$350 per child per session

Non QSC Sponsors: \$500 per child per session

