



## Junior Sailing Program -2017

### Welcome to the North Shore Yacht Club Junior Sailing Program

**Learn to Sail :** Ages 7-13 / 2 Week Sessions / Mon-Fri 9am-4pm / Starting July 10

The Junior Sailing Program is open to children of members, relatives of members, and on a limited basis, non-members' children who are sponsored by a Club member.

**Cost :** Members \$950 Non-Members \$1050

This program is for swimmers ages 7-13 with little or no sailing experience. This program provides an introduction to the elements of basic seamanship. Instruction covers the basics : rigging and un-rigging, capsizing, rules of the road, sailing, sail trim, tacking, jibing, knot tying and navigation with an emphasis on developing confidence on the water. The program trains on the Optimist Dinghy.

**What to Bring :** Lifejacket (no inflatable types), wear bathing suit, sailing clothes, water shoes (no open-toes or Crocs), towel, dry clothes, sunscreen, lunch, water, snack.

**Staff :** Instructor is US Sailing Level I instructor. He has been trained and tested both on-the-water and off as a sailing instructor. He has also been trained in US Powerboating Safe Powerboating and is certified in CPR and First Aid. He has extensive teaching, coaching and racing experience. The program director is Vice Commodore of the NSYC and comes with vast sailing experience in dinghies and larger keel boats and is the mother of an 8 year old daughter.

**Contact :** For more information please contact Vice Commodore Linda Kulla.

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