



## **Junior Sailing Program – 2022**

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

**Learn to Sail** : Ages 6-16 / 2 Week Sessions / Mon-Fri 9am-4pm /Starting June 24

The Junior Sailing Program is open to children of members, relatives of members, and on a limited basis, non-members.

**Cost** : Members \$1150 Non-Members \$1350

This program is for swimmers ages 6-16 with little or no sailing experience as well as advanced beginners interested in honing their skills or learning to race. 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 advanced and racing classes include racing skills like starting line tactics and more advanced skills. The program trains on Optimist Dinghies and Laser Picos.

**What to Bring** : Lifejacket (no inflatable types), wear bathing suit, sailing clothes, water shoes (no open-toes or Crocs), hat that will stay on head, sunglasses with croakie, beach towel, dry clothes, sunscreen, lunch, water, snack.

**Staff** : Our Certified Sailing Instructor has exceptional sailing knowledge and teaching experience. (S)he is certified in CPR and First Aid. (S)he has extensive teaching, coaching and racing experience.

**SESSION(S): Monday – Fridays only (with one exception in Session 1)**  
**9:00 a.m. - 4:00 p.m. - Limited space per session on first come basis.**

Session 1 - June 27-Saturday July 9  
(no class on July 4)

Session 2 - July 11-July 22

Session 3 - July 25-August 5

Session 4 - August 8-August 19

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

**[jrsailing@nsrc.net](mailto:jrsailing@nsrc.net) / 917-750-8763**