

# Summer 2020 Class Descriptions

## Little Skippers (Age 6-7)

This class focuses on getting young sailor's feet wet and introducing a love of sailing. The goal of this class is to focus on being comfortable on the water and learning about the ocean. Sailors will explore the basics of a sailboat, teamwork, and seamanship all while learning at their own pace in a variety of keelboats and dinghy's. Upon completion, sailors who are eight may move to Level 1 per instructor recommendation. Little Skippers is available mornings or afternoons but there is no full-day option.

## Level 1 (Age 8+)

Setting a foundation of safety, seamanship, and sportsmanship, this class focuses on building core sailing skills. Sailors who are eight and older will work on boat control and wind direction through a variety of practices and games both on and off the water. Once a sailor has demonstrated proficiency in all Level 1 skills, they are able to move to Level 2. Level 1 is offered in the mornings only.

## Level 2

Building on the foundational skills learned in Level 1, Level 2 focuses on building confidence alone in the boat, as well as improving steering and sail control. Sailors will also become more comfortable recognizing surroundings and capsizing recovery. It is common for sailors to spend two summers in Level 2 before moving to Level 3. Level 2 is offered in the mornings only.

## Level 3

Level 3 is an intermediate class that focuses on building sailor confidence and competence in a variety of boats. In this class, sailors will learn a multitude of skills including basic rules, maneuverability, and speed. Some racing will be introduced to help grow the students' love of sailing, and is meant to help build skills and confidence. Sailors in Level 3 may participate in SMSA Opti Green Fleet regattas with permission from the instructor and are encouraged to participate in Tuesday Night Racing at BYC. Level 3 will be offered in both mornings and afternoons for scheduling flexibility and to allow sailors to experience different wind speeds or sail a full-day.

## Level 4

This course is for students who have mastered Level 3 and are ready to try the challenge of double-handed sailing. The goal of this class is to become confident in a 420, while learning the safety components of sailing in a bigger boat. Level 4 will help introduce sailors to the new skills that come with sailing a double-handed boat including: skipper/ crew relationship, sail trim, and weight placement. For the safety of the sailors, Level 4 is limited to students who are at least 12 years old and weigh at least 110 pounds. Sailors who do not meet these requirements will be moved to Level 3. Level 4 is offered in the mornings only, but sailors who would like to sail a full day are encouraged to take Level 4 concurrently with Level 3 or Opti Race.

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## Level 5- Traps and Spinnakers

This course is for sailors who have completed Level 4 and wish to continue building their double-handed sailing skills. This class will help sailors improve their boat handling skills, and introduce racing tactics as both skipper and crew. This course will introduce sailors to trapezes and spinnakers, which are necessary tools if sailors wish to start racing. Sailors may travel to select 420 introduction regattas with the permission of the instructor. Level 5 is offered in the afternoons only.

## Level 5- Jr. Big Boat

This class is for sailors who have completed the program up to Level 4, and are looking to focus their skills on bigger boats. Sailors will have the opportunity to learn new skills that big boat sailing requires, such as navigation and race tactics. This class highlights different types of big boat sailing including racing, teamwork, and the social aspects of sailing. Learning on a wide range of bigger boats, sailors will have the option to participate in Wednesday and Thursday night racing at BYC, as well as the junior cruise.

## Opti Race Team

This is an advanced Opti class for sailors who are eager to compete. An experienced and certified racing coach trains the racers in racing tactics/strategies, boat handling drills, tuning techniques and the basics of racing. Sailors on the Opti Race team compete throughout the season at Green and Champ fleet events depending on sailor skill level. 4 weeks required 8 weeks recommended.

## 420 Race Team

This is an advanced 420 class for sailors who are eager to compete. An experienced and certified racing coach trains the racers in racing tactics/strategies, boat handling drills, tuning techniques and the basics of racing. Sailors are selected for the 420 race team by the coaches and sailing director. The team travel and compete at regattas and team races in the region. 4 weeks required 8 weeks recommended.

For additional information please visit us online at:

<https://beverlyyachtclub.org/juniorsailingprogram>