2020 CYSP Schedule

Week 1

<table>
<thead>
<tr>
<th>Opti Full Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>

**Full day: 8:30am-3:30pm**

Our full day Opti sailing class is open to campers ranging in age from 7-10. In this class we will cover everything from the basics of sailing to intermediate material tailored to each sailor. Access to a full day on the water will allow opportunities such as destination sailing on Squam and the use of boats other than Optimists.

**Class Components**
- Swim test, rigging, wind direction, steering
- Points of sail, trimming & easing, tacking, sailing around marks
- Upwind sailing, boat handling, points of sail
- Individual needs & assessment, skill improvement
- Fun Friday! Racing & destination sailing

Week 2

<table>
<thead>
<tr>
<th>Mixed Boat</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6/29</td>
<td>6/30</td>
<td>7/1</td>
<td>7/2</td>
<td>7/3</td>
</tr>
</tbody>
</table>

**Full day: 8:30am-3:30pm**

Our Multi-Age sailing class is open to campers ranging in age from 8-14. In this class we will cover everything from the basics of sailing to intermediate material tailored to each sailor. Access to a full day on the water will allow opportunities such as destination sailing on Squam and the use of a variety of boats that might include Optis, CJs, JYs, Lightnings, Sunfish, and/or Capri.

**Class Components**
- Swim test, rigging, wind direction, steering
- Points of sail, trimming & easing, tacking, sailing around marks
- Upwind sailing, boat handling, points of sail
- Individual needs & assessment, skill improvement
- Pirate Day! Dress like a pirate, search for treasure, and sail to an island.

Week 3: Two Week Camp (first week)

<table>
<thead>
<tr>
<th>Optimist</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
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<td>7/6</td>
<td>7/7</td>
<td>7/8</td>
<td>7/9</td>
<td>7/10</td>
</tr>
</tbody>
</table>

**Half day: 8:30am-11:30am**

This is a mixed ability sailing class for ages 7-10. This two-week class is designed to give children more time to explore the sport of sailing. Kids will learn the basics of the Optimist Dinghy and skills including righting a capsized boat, basic boat-handling, and the points of sail.

**Class Components**
- Swim test, rigging, wind direction, steering
- Points of sail, trimming & easing, tacking, sailing around marks
- Review & Practice: Tacking & sailing around marks
- Upwind sailing, boat handling, and points of sail
- Fun Friday! Games & destination sailing

<table>
<thead>
<tr>
<th>Junior Sailor</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
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<td>7/6</td>
<td>7/7</td>
<td>7/8</td>
<td>7/9</td>
<td>7/10</td>
</tr>
</tbody>
</table>

**Half day: 12:30pm-3:30pm**

Junior Sailor is a mixed ability class for ages 11-14. This two-week class is designed for older sailors who want more time to explore the sport of sailing. Kids will learn the basics of sailing a sunfish or two person dingy and skills including righting a capsized boat, basic boat-handling, and the points of sail.

**Class Components**
- Swim test, rigging, wind direction, steering
- Points of sail, trimming & easing, tacking, sailing around marks
- Review & Practice: Tacking & sailing around marks
- Upwind sailing, boat handling, and points of sail
- Fun Friday! Games & destination sailing

Week 4: Two Week Camp (second week)

<table>
<thead>
<tr>
<th>Optimist</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
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<td>7/13</td>
<td>7/14</td>
<td>7/15</td>
<td>7/16</td>
<td>7/17</td>
</tr>
</tbody>
</table>

**Half day: 8:30am-11:30am**

This is a mixed ability sailing class for ages 7-10. This two-week class is designed to give children more time to explore the sport of sailing. Kids will learn the basics of the Optimist Dinghy and skills including righting a capsized boat, basic boat-handling, and the points of sail.

**Class Components**
- Individual needs & assessment, skill improvement
- SAIL & Practice skills
- Racing Basics
- Races & Games
- Pirate Day! Dress like a pirate, search for treasure, and sail to an island.

<table>
<thead>
<tr>
<th>Junior Sailor</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
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<td>7/13</td>
<td>7/14</td>
<td>7/15</td>
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<td>7/17</td>
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**Half day: 12:30pm-3:30pm**

Junior Sailor is a mixed ability class for ages 11-14. This two-week class is designed for older sailors who want more time to explore the sport of sailing. Kids will learn the basics of sailing a sunfish and/or two person dingy. Skills include: righting a capsized boat, basic boat-handling, and the points of sail.

**Class Components**
- Individual needs & assessment, skill improvement
- SAIL & Practice skills
- Racing Basics
- Races & Games
- Pirate Day! Dress like a pirate, search for treasure, and sail to an island.
### 2020 CYSP Schedule

#### Week 5

<table>
<thead>
<tr>
<th>Opti Full Day &amp; Campout</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Overnight</th>
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**Full day: 8:30am-3:30pm**

Our full day Opti sailing class is open to campers ranging in age from 7-10. In this class we will cover everything from the basics of sailing to intermediate material tailored to each sailor. Access to a full day on the water will allow opportunities such as destination sailing on Squam and the use of boats other than Optimists.

**Class Components**

- Swim test, rigging, wind direction, steering
- Points of sail, trimming & easing, tacking, sailing around marks
- Upwind sailing, boat handling, points of sail
- **Overnight** packing skills, destination sailing, camp set up and fireside safety
- Fun FRIDAY! Clean camp, Leave No Trace, destination sailing

#### Week 6

<table>
<thead>
<tr>
<th>Junior Sailor &amp; Campout</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Overnight</th>
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<tbody>
<tr>
<td>7/27</td>
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**Full day: 8:30am-3:30pm**

Our full day Junior Sailor class is open to campers ranging in age from 11-14 interested in learning about destination sailing. In this class we will cover everything from the basics of sailing to intermediate material tailored to each sailor. Access to a full day on the water will allow opportunities to sail a variety of boats and to sail to an island for a campout!

**Class Components**

- Swim test, rigging, wind direction, steering, individual needs & assessment
- Points of sail, trimming & easing, tacking, sailing around marks
- Upwind sailing, boat handling, points of sail
- **Overnight** packing skills, destination sailing, camp set up and fireside safety
- Fun FRIDAY! Clean camp, Leave No Trace, destination sailing

#### Week 7

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<tr>
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**Full day: 8:30am-3:30pm**

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**Class Components**

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- Points of sail, trimming & easing, tacking, sailing around marks
- Upwind sailing, boat handling, points of sail
- Individual needs & assessment, skill improvement
- **Pirate Day!** Dress like a pirate, search for treasure, and sail to an island.

*Schedule subject to change due to weather, camper ability, or other unforeseen issues at discretion of the SLA*