

Summer Youth Sailing - CYSP - Daily Schedule - 2017

| Full Day: Mixed Boat Sailing | | | | | | |
|------------------------------|---|--|---|---|---|-------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | |
| Week One June 26-30 | 26-Jun | 27-Jun | 28-Jun | 29-Jun | 30-Jun | Cost: \$325 |
| 8:30am-3:30pm | Our new Full Day / Mixed Boat / 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 boats other than Optimists and CJs. | | | | | |
| Class Components | Swim test / rigging / wind direction/ steering | Points of sail/ trimming & easing / tacking / Sailing around marks | Review: Upwind sailing / Boat handling / Points of sail | Individual Needs & Assessment / Skill Improvement | Fun Day: Friday! Racing & Destination Sailing | |
| Mix Camp Week | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | |
| Week Two July 3 - 7 | 3-Jul | 4-Jul | 5-Jul | 6-Jul | 7-Jul | Cost: \$150 |
| 8:30am-3:30pm | No Camp! | No Camp! | Mix Camp: JSLA & CYSP Combo | Mix Camp: JSLA & CYSP Combo | Squam Olympics | |
| Class Components | | | Sailing, paddling, swimming and camp life: all wrapped up in a day! | Sailing, paddling, swimming and camp life: all wrapped up in a day! | End of week Debrief & connection | |
| | | | SLA | SLA | SLA - Pick up at 3:30pm | |
| Optimist 1: | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | |
| Week Three July 10-14 | 10-Jul | 11-Jul | 12-Jul | 13-Jul | 14-Jul | Cost: \$235 |
| 8:30-11:30am | This is a beginner sailing class for ages 7-10. This class is designed for those who have never sailed before or have only one year of prior experience. 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: Upwind sailing / Boat handling / Points of sail | Individual Needs & Assessment / Skill Improvement | Fun Day: Friday! Racing & Destination Sailing | |
| Club Junior 1: | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | |
| Week Three July 10-14 | 10-Jul | 11-Jul | 12-Jul | 13-Jul | 14-Jul | Cost: \$275 |
| 12:30-3:30pm | CJ 1 is a beginner sailing class for ages 11-14. This class is designed for older sailors who are new to sailing or new to the CJ class. Kids will learn the basics of sailing a typical 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: Upwind sailing / Boat handling / Points of sail | Individual Needs & Assessment / Skill Improvement | Fun Day: Friday! Racing & Destination Sailing | |

| Optimist 2: | Monday | Tuesday | Wednesday | Thursday | Friday | |
|-------------------------|---|--|---|--|--|-------------|
| Week Four July 17-21 | 17-Jul | 18-Jul | 19-Jul | 20-Jul | 21-Jul | Cost: \$235 |
| 8:30-11:30am | An intermediate sailing class for ages 7-10. This class is designed for young sailors with at least one year of prior sailing experience. Kids will review the basics of sailing learned in Opti 1 and take their knowledge of the Optimist Dinghy to the next level by exploring advanced boat-handling and the technical aspects of the boat. | | | | | |
| Class Components | Swim test / rigging / wind direction/ steering | Points of sail/ trimming & easing / tacking / Sailing around marks | Boat Speed / Positioning/ Roll Tacking | Downwind Speed: Center boar up, windward heel/ wing and wing, etc. | Roll Tacking Practice, races with downwind leg / Whistle Drill | |
| Club Junior 2: | Monday | Tuesday | Wednesday | Thursday | Friday | |
| Week Four July 17-21 | 17-Jul | 18-Jul | 19-Jul | 20-Jul | 21-Jul | Cost: \$275 |
| 12:30-3:30pm | CJ 2 is an intermediate sailing class for ages 11-14. This class is designed for older sailors with plenty of prior experience. Kids will review the basics of sailing while learning simple sailboat racing skills including rights of way, straight-line speed, and the starting sequence. | | | | | |
| Class Components | Swim Test / Rights of way / Course Diagrams / Box & Starting Drills | Boat Speed / Positioning/ Roll Tacking | Racing Tactics / Upwind and Downwind Speed tactics | Racing Rules: Mark room/penalties/ avoiding contact / barging | Mini Regatta Race Day | |
| Optimist 1: | Monday | Tuesday | Wednesday | Thursday | Friday | |
| Week Five July 24-28 | 24-Jul | 25-Jul | 26-Jul | 27-Jul | 28-Jul | Cost: \$235 |
| 8:30-11:30am | This is a beginner sailing class for ages 7-10. This class is designed for those who have never sailed before or have only one year of prior experience. 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: Upwind sailing / Boat handling / Points of sail | Individual Needs & Assessment / Skill Improvement | Fun Day: Friday! Racing & Destination Sailing | |
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| Week Five July 24-28 | 24-Jul | 25-Jul | 26-Jul | 27-Jul | 28-Jul | Cost: \$275 |
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| Class Components | Swim test / rigging / wind direction/ steering | Points of sail/ trimming & easing / tacking / Sailing around marks | Review: Upwind sailing / Boat handling / Points of sail | Individual Needs & Assessment / Skill Improvement | Fun Day: Friday! Racing & Destination Sailing | |
| Optimist 2: | Monday | Tuesday | Wednesday | Thursday | Friday | |
| Week six July 31-Aug. 4 | 31-Jul | 1-Aug | 2-Aug | 3-Aug | 4-Aug | Cost: \$235 |
| 8:30-11:30am | An intermediate sailing class for ages 7-10. This class is designed for young sailors with at least one year of prior sailing experience. Kids will review the basics of sailing learned in Opti 1 and take their knowledge of the Optimist Dinghy to the next level by exploring advanced boat-handling and the technical aspects of the boat. | | | | | |
| Class Components | Swim test / rigging / wind direction/ steering | Points of sail/ trimming & easing / tacking / Sailing around marks | Boat Speed / Positioning/ Roll Tacking | Downwind Speed: Center boar up, windward heel/ wing and wing, etc. | Roll Tacking Practice, races with downwind leg / Whistle Drill | |

| Club Junior 2: | | Monday | Tuesday | Wednesday | Thursday | Friday | |
|------------------------------|--|--|---|---|-----------------------|-------------|--|
| Week six July 31-Aug. 4 | 31-Jul | 1-Aug | 2-Aug | 3-Aug | 4-Aug | Cost: \$275 | |
| 12:30-3:30pm | CJ 2 is an intermediate sailing class for ages 11-14. This class is designed for older sailors with plenty of prior experience. Kids will review the basics of sailing while learning simple sailboat racing skills including rights of way, straight-line speed, and the starting sequence. | | | | | | |
| Class Components | Swim Test / Rights of way / Course Diagrams / Box & Starting Drills | Boat Speed / Positioning/ Roll Tacking | Racing Tactics / Upwind and Downwind Speed tactics | Racing Rules: Mark room/penalties/ avoiding contact / barging | Mini Regatta Race Day | | |
| Full Day: Mixed Boat Sailing | | Monday | Tuesday | Wednesday | Thursday | Friday | |
| Week Seven: Aug. 7-10 | 7-Aug | 8-Aug | 9-Aug | 10-Aug | No Camp! | Cost: \$295 | |
| 8:30am-3:30pm | Our new Full Day / Mixed Boat/ 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 boats other than Optimists and CJs. | | | | | | |
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