

## **NFYC Junior Sailing Program**

The Junior Program this year will offer a variety of basic beginner, intermediate, advance sailing. New to our program will be the introduction of our Junior Race Team. Students in the Junior Sailing Program must be at least 8 years old on the first day of class.

Our beginner sailing program will focus on the teachings of basic sailing skills and principles. The curriculum involves learning basic nautical terms, boat parts, the rigging/derigging and sailing of an 8 foot Optimist sailboat or a larger boat for the teenagers, basic knot tying, boat handling, boat safety, docking, points of sails, finding wind direction, practicing tacking/gybing, upward/downward sailing and basic capsizing/turtling recovery.

Our Intermediate Sailing program is for students who have either successfully completed the beginner program with NFYC or has demonstrated success in basic beginner knowledge required above and is ready to advance to the Intermediate program. This curriculum builds on the sailing fundamentals learned in the beginner program. Focusing on sailing theory, sail trim, right of ways rules, sailing in varied conditions and understanding all points of sail and using different capsize recovery methods. Briefly touching into race tactics. This program allows students to gain experience in single-handed and double-handed boats.

Our Advanced sailing program is for sailors who have participated and successfully completed our beginner and intermediate program. Students advancing into this program should be able to identify starboard, port, windward, leeward; skipper a boat on all points of sail and in breezes up to 15 knots; tack and gybe correctly, passing the tiller extension behind their back while sailing single-handed.

The curriculum for this program involves basic race rules, race tactics, race rigging, spinnakers, drills for boat handling and mark rounding, roll tacks and gybes, race signals(flags & horns). Students will learn how to recognize and use weather and wind conditions to learn how to make the boats sail faster.

Our Race Team Sailing Program provides youths 8-18 years old the opportunity to reach competitive success at all levels while developing athletic skills, leadership, sportsmanship and a lifelong love for sailing. All practices will develop the necessary skills and knowledge to enjoy racing in local and out of state regattas. Program fees do not include regatta fees or associated costs. If interested please contact April Russell.

Classes will begin the week of June 18th for Beginners at 12:30pm and Intermediate at 8:30am. June 19th for advanced at 8:30am-BE ON TIME to each lesson.

**\*NO CLASSES July 4-6\* Enjoy your holiday weekend.**

The Junior Sailing Regatta will be held July 28th. The Regatta will include races and games. It will begin at 9am (sailors to be there at 8:30am to rig boats) afterward at 11am there will be a Picnic for parents and sailors. Please put this date on your calendar.

**Enrollment:** To enroll, complete the attached application and enclose full payment. Due to class size and boat availability, enrollment may be limited. NFYC members have until April 10<sup>th</sup> to turn in enrollment. After April 10<sup>th</sup> enrollment is open to public, preference will be given by the date of application for junior membership

**Fee:** The junior sailing lessons for NFYC member is 50.00 per membership  
The Fee for non yacht club members is \$225.00 each additional child is 200.00.

**Cancellation Policy:** Refund is available until 14 calendar day prior to the start of the designated session, minus a \$25.00 nonrefundable cancellation fee charge

**Attire:** US Coast Guard approved PFD (life jacket), swimsuit, shorts, t-shirt, sweatshirt, water shoes or close-toe shoes (no flip flops) and a towel, expect to get wet daily.

**Swim Test:** Conducted with a life jacket on. All participants will be required to swim 50 yards unaided and tread water for 1 minute on the first day of class, no matter the weather.

**Discipline:** Behavioral problems will not be tolerated. Repeat offenders will be expelled.

Please send application and fee (if applying for junior membership) to: April Russell  
526 5<sup>th</sup> Ave W  
Kalispell, MT 59901