



## **2025 NFYC Junior Sailing Program**

The 2025 **NFYC Junior Sailing Program** will offer a variety of 1 week, 2 week and 4 week sailing lessons. We are excited to also offer private lessons for all age sailors this year as well.

**Students in the Junior Sailing Program must be at least 8 years old on the first day of class.**

### **Enrollment:**

To enroll, follow the link indicated. Due to class size and boat availability, enrollment will be limited. NFYC members are given priority enrollment and have until April 18<sup>th</sup> to turn in enrollment for their priority to be honored.

On April 19<sup>th</sup> enrollment is open to the public, enrollment will be first come first served.

### **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 without 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:**

All junior sailors are expected to;

- follow the NFYC rules and those set forth by the instructors.
- be respectful of NFYC property and junior sailing equipment. NFYC is a non-profit volunteer based organization.
- be respectful to both their peers and the instructor.
- to participate in all class activities.

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

The **Junior Sailing Regatta** will be held August 1st. All junior sailors with at least 1 session of past sailing experience are welcome to register. Details will be available on RegattaNetwork.

**Cancellation Policy:**

Due to the limited class size any cancellations would be difficult for our program to weather. Please make sure you are properly planning for your scheduled session. We are unable to offer refunds for any missed classes or sessions.

**Parent Involvement:**

Parents/guardians are welcome to stay at the club while their child is in class but are not required to.

Application, payment of fees and signing of waivers will all be on Regatta Network. [CLICK HERE](#) for the full list of club events.

## 2025 Junior Sailing Camps for Beginner Sailors

### 2 Week Beginner Sailing Camp:

Monday - Thursday  
12:30PM - 4:30PM  
June 30 - July 10

Public: \$500 per child  
NFYC Member: \$300 per child

**NO CLASSES July 4 Enjoy your holiday weekend.**

[REGISTER HERE](#)



### 1 Week Beginner Sailing Camps:

Monday - Friday  
12:30PM-4:30PM

Public: \$250 per child  
NFYC Member: \$150 per child

July 28 - August 1  
RACE WEEK\*

August 11 - August 15

August 18 - August 22

\*MT Cup Junior Regatta is Friday  
MORNING 8/1

[REGISTER HERE](#)



[REGISTER HERE](#)



[REGISTER HERE](#)



The beginner program is designed for youth ages 8-17 with little or no sailing experience. During the program, participants will learn basic sailing skills, water safety, seamanship, and team building with the help of our exceptional staff of trained and accredited coaches and instructors. The emphasis will be on safe and fun sailing education. The program will use Optimist dinghies, FJs, Lasers, and RS Fevas that provide a solid platform for quick learning. Classes will run from 12:30 p.m. to 4:30 p.m. at North Flathead Yacht Club in Somers, MT.

\*The RACE WEEK will include 4 days of basic sailing with a significant focus on beginning racing and will end on Friday MORNING with the Junior Montana Cup Regatta.

To move on from the beginner program you must master level 1 as follows:

- o NFYC Junior Sailing Rules
- o Anatomy of a Sailboat
- o Knots 8 knot, square knot, cleat knot, and bowline
- o Take care of an Opti (storage, washing, and proper sail care)
- o Rig and de-rig an Opti
- o Understand wind direction (points of sail)
- o Sit in correct position in the boat and hold the tiller and main sheet correctly or jib sheet
- o Tacking and jibing
- o Steering, and trimming the mainsail and/or jib
- o Basic sailing safety maneuvers capsize recovery, safety position, respond to a storm warning, and avoid collision
- o Docking, leaving and returning
- o General water precautions safety whistle, sun protection, hydration, correctly wear a PFD, put on and take off a PFD in the water

- o Understand towing how to safely attach the Opti and steering

## 2025 Junior Sailing Camps for Intermediate & Advanced Sailors

### 4 Week Intermediate & Advanced Sailing Camp:

Monday - Thursday

7:30AM - 11:30AM

June 16 - July 10

**NO CLASSES July 4 Enjoy your holiday weekend.**

Public: \$1,000 per child

NFYC Member: \$600 per child

[REGISTER HERE](#)



### 1 Week Intermediate & Advanced Sailing Camps:

Monday - Friday

7:30AM - 11:30AM

Public: \$250 per child

NFYC Member: \$150 per child

July 28 - August 1

**RACE WEEK\***

\*MT Cup Junior Regatta is Friday

**MORNING 8/1**

August 11 - August 15

August 18 - August 22

[REGISTER HERE](#)



[REGISTER HERE](#)



[REGISTER HERE](#)



The intermediate & advanced program is designed for youth ages 8-17 who have mastered "level 1" (see below) of our program. During the program, participants will learn intermediate & advanced sailing skills, rules of racing, seamanship, and team building with the help of our exceptional staff of trained and accredited coaches and instructors. The emphasis will be on safe and fun sailing education. The program will use Optimist dinghies, FJs, Lasers, and RS Fevas that provide a solid platform for quick learning. Classes will run from 7:30 a.m. to 11:30 a.m. at North Flathead Yacht Club in Somers, MT.

#### Level 1:

- o NFYC Junior Sailing Rules
- o Anatomy of a Sailboat
- o Knots 8 knot, square knot, cleat knot, and bowline
- o Take care of an Opti (storage, washing, and proper sail care)
- o Rig and de-rig an Opti
- o Understand wind direction (points of sail)
- o Sit in correct position in the boat and hold the tiller and main sheet correctly or jib sheet
- o Tacking and jibing
- o Steering, and trimming the mainsail and/or jib
- o Basic sailing safety maneuvers capsize recovery, safety position, respond to a storm warning, and avoid collision
- o Docking, leaving and returning
- o General water precautions safety whistle, sun protection, hydration, correctly wear a PFD, put on and take off a PFD in the water
- o Understand towing how to safely attach the Opti and steering