



BALBOA YACHT CLUB

2016 SUMMER

SAILING

PROGRAM

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This brochure outlines and summarizes the lesson programs at the Balboa Yacht Club. This summer we are offering a six week lesson program beginning June 27th and ending August 4th. All students will be expected to take a swim test during the first week of the program. Finally, **all students must wear a Coast Guard approved personal flotation device (PFD or lifejacket) at all times.**

It is the mission of the Balboa Yacht Club sailing department to promote fair sailing, instill a life-long love of our sport and, above all, to keep it fun. Please register prior to the June 1st deadline. Member and registrations received after June 1st cannot be guaranteed space in the sailing program.



Registrations received after June 1st will incur a \$100.00 late fee



Sea Urchins

6-7 years old

A class designed to introduce young children to sailing. Students will sail in a 20-foot sailboat, with four or five other children and one instructor. The class is a fun introduction to sailing with the goal of having students become comfortable in small boats. Specific skills include basic concepts of sail trim, steering and overall safety. There are two, 3 week sessions of this class one starting June 27th and the second starting July 18th. If there is space in this class, we will allow 5 year olds to participate given the following criteria: 1) There must be open slots in the class during the week prior to the class. The 5 year old student may not enroll prior to one week before to the start of the class. 2) The 5 year old student must take a minimum of 1 two-hour private lesson prior to enrolling in Sea Urchins. If you are interested in this option, please contact Becky directly (sailing@balboayachtclub.com).

SCHEDULE: MON-THURS 9:00-12:00
MEMBER COST: \$400 FOR THREE WEEKS



Beginner/Introductory Sabots

SCHEDULE: MON-THURS 9:00-12:00
MEMBER COST: \$700 FOR SIX WEEKS



This class is taught in Sabots. Beginner sailing is designed to give the sailor a strong fundamental base of sailing skills such as rigging, tacking, gybing, sail trim, hiking, and some advanced boat handling. The overall goal is to make the sailor comfortable on the water in varying conditions, while eventually becoming proficient in sailing the Sabot. As the child improves, they will advance through the group until they are ready for Intro to Racing. If you have any questions regarding your child's beginner sailing instruction or what class is appropriate please contact Becky in the sailing department (sailing@balboayachtclub.com).

Intermediate Sabots

8-12 years old

Intermediate Sabots will focus on more advanced boat handling skills and will introduce sailors to racing. Specific skills include the basics of upwind sailing, boat speed, performance boat handling, and the introduction of some basic racing techniques. As with Beginner Sailing, students are broken into two groups.

SCHEDULE: MON-THURS 9:00-12:00
MEMBER COST: \$750 FOR SIX WEEKS



Sabot Race C2 & C3 9-12 years old

This class is for sailors who want to move forward in the racing scene and want to build on the knowledge they have acquired. Sailors will learn more intermediate and advanced racing rules, skills and tactics. This class is designed to help sailors become better racers in the hopes of attending such events as Summer Gold Cup and the Naples Sabot National Championship Regatta. These sailors will attend Balboa Bay Fleet races as well as weekend regattas with their coaches. It is mandatory that sailors complete Intro to Racing prior to enrolling in this class. Juniors who are comfortable with their sailing skills and have a desire to start competing will enjoy this class. Sailors will continue learning the racing rules, racing tactics and develop skills to improve boat speed.

SCHEDULE: MON-THURS 1:00-4:30
MEMBER COST: \$850 FOR SIX WEEKS



Sabot Race A, B, C1 ★

9-15 years old

SCHEDULE: MON-THURS 1:00-4:30

MEMBER COST: \$850 FOR SIX WEEKS

The Sabot Race team is the most advanced program for young sailors. The team is reserved for those sailors who want to really improve their racing skills. Skills include performance boat handling, intricacies of rigging and tuning, and advanced racing topics such as starting, strategy, and tactics. Once on the Sabot Race team, sailors are strongly encouraged to continue in the Sabot until they outgrow the boat. Everyone on the race team will be encouraged to compete in the Sabot National Championship the final week of the summer program.



Beginning CFJ 11-16 years old

SCHEDULE: MON-THURS 9:00-12:00

MEMBER COST: \$900 FOR SIX WEEKS

This class is for sailors who have outgrown the Sabot in either Intermediate Sabots or Sabot Race, or for older sailors who are learning how to sail. This class uses the Club FJ, a 14 foot boat sailed by a two-person team. Novice CFJ focuses on boat handling, including roll tacking, acceleration, spinnaker basics, and general sail trim on all points of sail. Sailors will be introduced to basic concepts for racing, but the primary focus will be to establish the fundamentals of boat handling



Sailing Adventures 12-18 years old

SCHEDULE: MON-THURS 1:00-4:30

MEMBER COST: \$400 FOR THREE WEEKS

Sailing Adventures is for people who are not interested in racing but still want to enjoy spending time on the water. Sailors are taught the fundamentals of sailboat rigging, seamanship, navigation, and cruising. People enrolled in this class will go on a few quick ocean adventures as well. Some light fishing will round out the activities for this group. This class is divided into two 3 weeks sessions with the first starting on June 27th and the second starting on July 18th.

CFJ Race 12-18 years old

SCHEDULE: MON-THURS 1:00-4:30

MEMBER COST: \$900 FOR SIX WEEKS

This class is for dedicated sailors only who really want to take their CFJ sailing to the next level. They will be expected to compete in regattas throughout the summer and will set the example for everyone else in the program. Racers will learn sailing techniques pertaining to the CFJ.

★ Advanced Racing/Crossover Class

SCHEDULE: TBD

COST: TBD

This group will be expected to compete in high level regattas throughout the summer and will set the example for everyone else in the program. Competitive sailing is highly stressed. Racers will learn advanced sailing techniques pertaining to the FJ and 420 along with the specifics of tuning and setting up their boat for maximum performance. They will also spending some time in the Harbor 20's and Gov Cup boats for keelboat and match racing training. *Those interested must contact the Head Coach for approval before registering.*

Junior Program Quick Guide and Regatta Schedule

Sea Urchins M-Thu (ages 6+)

Beginner Sabots M-Thu (ages 8-10)

Intermediate Sabots M-Thu (ages 8-12)

Sabot C2 & C3 M-Thu (ages 9-12)

Sabot Race Team (ages 9-18)

Novice CFJ (ages 11-16)

Sailing Adventures (ages 12-18)

Advanced Race Team (ages 12-18)



Balboa Bay Fleet

All racing sailors (Sabot and CFJ) will be required to register with the Balboa Bay Fleet. Summer dues are \$10. Link to registration will be provided in June.

Awards Banquet

The Awards Banquet for the end of the summer will be on August 5th at 6:00pm. Tickets are available with your online registration.



Sailing Program Guest Information

Junior Sailing Guest

- ★ Sailing guests must include full payment of all class and guest membership fees with their application.
- ★ All fees will be refunded if space is not available to guests.
- ★ Fees will be refunded for withdrawal due to medical or other emergencies. Requests must be made in writing.



Guest Membership Fee \$250 per season, per family

Regatta Schedule (*regatta fees not included in program costs)

Jr. Commodore's Cup June 18 @ LIYC

Summer Gold Cup July 9-10 @ NHYC

INSA Membership Deadline July 10

Sabot II North July 13 @ LBYC

*Junior Olympics July 15-17 @ CalYC

Flight of the Lasers July 17 @NHYC



*Governor's Cup July 18-23 @ BYC

Sabot II Champs July 20 @ BCYC

Dutch Shoe Marathon July 22 @SDYC

Mid-Summer Regatta July 23-24 @ LIYC

CFJ Nationals July 28-31 @ NHYC

Sabot Nationals August 1-3 @ MBYC