**Class Curriculums**

2023 Season

**Introduction to Sailing**

* Description: Learn the fundamentals of sailing.
* Prerequisite: No experience necessary
* Duration: 1 week
* Skills Taught: (read materials, chalk talks, land drills, water drills)
	+ Water safety
	+ Basic boat parts
	+ Wind identification – speed and direction
	+ Rigging and de-rigging with instructors
	+ Points of sail
	+ Basics of steering and sail trim
* Boats Utilized: Optimist (younger students), X Boat (older students)

**Intermediate Sailing / Boat Handlers / Intro to Racers**

* Description: Gain confidence and independence as a sailor.
* Prerequisite: Mastery of Introduction to Sailing, or equivalent experience
* Duration: 1 week
* Skills Taught: (read materials, chalk talks, land drills, water drills)
	+ Reinforce skills from Introduction to Sailing
	+ All boat parts
	+ Rigging and de-rigging independently
	+ Steering to a destination
	+ Sail trim as related to the points of sail
	+ Starting and stopping the boat
	+ Tacking and gybing safely
	+ Docking with instructor assistance
	+ Capsize recovery with instructor assistance
	+ Knots
* Boats Utilized: Optimist, X Boat, O’pen BIC, Hobie Wave
* Intermediate Sailing is for all ages
* Boat Handlers & Intro to Racing (typically 12 yo and up)

**Advanced Sailing**

* Description: Become a fully independent sailor.
* Prerequisite: Mastery of Intermediate Sailing, or equivalent experience
* Duration: 1 week
* Skills Taught: (read materials, chalk talks, land drills, water drills)
	+ All skills from Intermediate Sailing executed without instructor assistance
	+ Students master all aspects to sail a boat independently
	+ Person overboard recovery
	+ Towing
* Boats Utilized: X Boat, O’pen BIC, Hobie Wave

**Optimist Racing**

* Description: Learn the fundamentals of sailboat racing.
* Prerequisite: Mastery of Intermediate Sailing, or equivalent experience
* Duration: 1 week
* Skills Taught: (read materials, chalk talks, land drills, water drills)
	+ Basic boat handing for speed – focus on body position, steering and sail trim
	+ Courses – W/L, Trapezoid, or others used by Optimists
	+ Basic starting – being on the line, avoiding collisions
	+ Basic strategy - sailing for puffs and on the tack with better angle to mark
	+ Basic right of way rules
	+ Sportsmanship and fair play
* Boats Utilized: Optimist. Students may use their own boats or sailing school boats.

**X Boat and O’pen BIC Racing**

* Description: Sharpen your skills to compete in CLYC club and ILYA races.
* Prerequisite: Mastery of Advanced Sailing or Optimist Racing, or equivalent experience
* Duration: 1 week, includes option to sail in CLYC weekend races (see schedule)
* Skills Taught: (read materials, chalk talks, land drills, water drills)
	+ Fine tuning boat handling skills to maximize speed.
	+ Courses – W/L, or others used by X Boats and O’pen BICs
	+ Advanced starting – position related to line favor and other boats
	+ Advanced strategy – focus on awareness of the changing wind and fleet
	+ Advanced right of way rules – review the US Sailing Racing Rules and discuss scenarios
	+ Preparation for large fleet racing
	+ Sportsmanship and fair play
* Boats Utilized: X Boat, O’pen BIC. Students may use their own boats or sailing school boats.

**Adult Sailing**

* Description: Adult sailing.
* Prerequisite: No experience necessary
* Skills Taught: Tailored to each adult’s experience.
* Boats Utilized: X Boat