

Junior Sailing Program

Overview



Arlington Yacht Club
6215 W. Arkansas Lane
Arlington, Texas 76016
www.arlingtonyachtclub.org

AYC Junior Sailing Program

The Junior Sailing Program at AYC is designed to teach the sport of sailing safely. There are different levels of our program based on the age and abilities of our junior sailors. The AYC Junior Sailing Program is open to the AYC membership youth between the ages of 5 to 18.

Our Junior Sailing Program hopes to provide fun, year-round activities on and off the water to build healthy relationships, camaraderie and a sense of belonging.

Goals

The goals of the AYC Junior Sailing Program are to:

- Provide opportunities to learn sailing and apply those skills by racing, crewing or cruising.
- Teach the sport of sailing with an emphasis on safety, responsibility and teamwork.
- Promote seamanship skills, water safety, life skills, and an appreciation for competition between peers.
- Develop a positive, family oriented club with year round activities for the entire family by active involvement and participation.

Program Levels

Introduction to Sailing:

This class will introduce kids to Lake Arlington, water safety and basic sailing. Activities include sailing with others, rowing, knot tying and water safety. There will not be any solo-sailing in the Intro to Sailing classes. This active introduction is fun and engaging for kids between the ages of 5 to 7 years old.

Learn to Sail: "Sail Camp":

This class will introduce juniors to the sport of sailing. This class has an emphasis on safe sailing, direct instruction and learning basic sailing skills. There will be opportunities for solo-sailing if desired. This class is for those with little to no experience in sailing. Sail Camp is for sailors between the ages of 8 through 18.

Cruising Classes:

These classes provide sailors who have completed Sail Camp with regular opportunities to continue learning and practice sailing or cruising. Adult supervision and a rescue boat will be launched for each class. Sailors are expected to rig, solo-sail, and return all equipment properly during Cruising Classes. Classes are worked in to the schedule and are typically Tue./Thur. evenings or Saturday's.

Racing Team:

This class is designed for Sail Camp completers who have a desire to enter the Racing Team. This class will cover racing tactics, strategy, boat speed, rigging and sailing rules. Regular mini-races will sharpen skills and provide immediate feedback. Digital video and experienced coaching included. There may be opportunities for local, limited travel to race with other junior sailing program in the DFW area. The Racing Team is for sailors 8 years old and older.

Crew Camp:

This class will cover all aspects of crewing responsibilities for racing and cruising demands. Small and larger boats will be used to provide the experiences and skills necessary to adequately crew for another sailor. This class is designed and recommended only for those with the physical strength and sailing experiences that would complement the demands of crewing.

Program Notes

Class schedules:

The classes are primarily held during the spring and summer months when it is safe to be in and around the water. Some classes may be held during the fall months dependent on the weather and conditions. Dates and times of all classes will be clearly and regularly communicated each sailing season.

Volunteer base:

The AYC Junior Sailing Program is a volunteer program coordinated by Rich Laffey. Rich holds current certifications in child/adult CPR, Texas Boater Certification as well as being a certified Sailing Instructor with American Sailing Association. The parent(s) of our juniors serve in the support role to make our program fun.

Cost / Expenses / Fee's:

Introduction to Sailing:	\$10.00
Sail Camp:	\$25.00
Cruising Classes:	\$10.00
Racing Team:	\$25.00
Crew Camp:	\$10.00

The AYC Junior Sailing Program is a self-funded program with limited financial demands on the member budget. Instructor receives no compensation. Registration fees cover costs of instructional items, repair and maintenance, and necessary program expenses.

Year Round Activities:

The Junior Sailor Program has a number of fun activities to provide continued contact as a group. We host several club-wide fundraiser dinners for the entire membership, have several non-sailing events that are just fun activities, as well as other events throughout the year.

Parent Participation:

The AYC Junior Sailing Program is a full family program. We view sailing as a life-time event with excellent opportunities for full family involvement. Parents are asked to be at the club and engaged during classes and events to make it the best program possible.

