



Sailing Camp Course Description

Little Skippers:

- Ages 5-7
- Intro into being on the water.
- Instructor/volunteer to student ratio of 1:3. Class is limited to 6
- ½ day from 9-12pm (campers go home for lunch)
- Activities include Hobie sailing, kayaks, intro to steering/sailing in Oppis; games, nautical-themed arts & crafts and local adventure sailing trips around the river

Opti Basic:

- Ages 7-12
- First experience on a small sailboat
- Includes swim test/comfort
- Rigging/de-rigging & put away
- Capsize & recovery practice
- Steering (being towed) in Oppi
- Dry land sail trim practice
- Intro to wind direction
- Sailing (reaching) two in a boat
- Intro to sailing alone (point to point)
- Intro to upwind and downwind sailing
- Intro to knot tying
- Lunch together. Other activities include games (foosball, volleyball, soccer), Kayaks, Paddleboards, Hobie Cat sailing.

Opti Intermediate/Advanced:

- Ages 8-12
- Advanced sailing & racing techniques in fiberglass optimist prams
- Rigging, de-rigging and put away
- Advanced sail trim, body position, boat speed & efficiency techniques
- Intro to course racing, High wind sailing, rudderless sailing, etc.
- Some sailing in other craft such as Open Bic, an windsurfing
- Other activities include games (foosball, volleyball, soccer), Kayaks, Paddleboards, Hobie Cat sailing

Dinghy Basic:

- Ages 12-17
- First experience sailing a small sailboat
- Rigging/de-rigging & put away
- Hartley 14's. Double handed (2 people in the boat)
- Capsize & recovery practice
- Intro to wind direction
- Sail trim, boat trim, crew and skipper positions
- Steering (being towed)
- Dry land sail trim practice
- Intro to sailing (reaching), intro to sailing point to point, intro to upwind and downwind sailing. Alternating skipper and crew positions. Intro to knot tying. Other activities include games (foosball, volleyball, soccer), Kayaks, Paddleboards, Hobie Cat sailing

Dinghy Intermediate/Advanced:

- Ages 12-17, at least 2nd/3rd week of dinghy sailing experience.
- Rig/De-rig and put away Flying Juniors
- Working on more advanced sailing including skipper & crew skills, responsibilities and positioning. Switching positions throughout the week
- Intro and practice of higher level techniques including racing & possibly team racing
- Other activities include games (foosball, volleyball, soccer), Kayaks, Paddleboards, Hobie Cat sailing