

BAY ACCESS SUMMER PROGRAM



Parent Orientation

Parents please join us for short orientation meeting on Monday immediately after the drop off at 9am. We will have a brief welcome meeting and be available to answer your questions. On Friday from 2:30pm to 3:30pm we will have a short presentation at the Small Boat Harbor during which the parents will be able to meet the Sailing Staff and sailors will receive a small gift.

Class Objectives and Expectations

Sailing is a complex sport and mastering it takes years of practice. During the Beginning Sailing Program we will focus on its most fundamental aspects. The Sailors will learn basic sailing terms, safety and rigging. While sailing, the Instructors teach them about the wind, water, and encourage their comfort in sailboats. Daily team-building activities and games are played both on and off the water to further the children's knowledge and ability to have fun while sailing. Since the objective of the course is to get the students to feel comfortable sailing, the class will not sail on days with threatening weather, such as storms or high winds. Instead, the class will partake in land activities to improve their nautical knowledge. All sailors shall help one another in moving boats, dollies and with launching and returning to shore. Class will not be dismissed until all boats are clean and stored properly.

Daily Routine

On Monday morning, all students will meet at the Lakewood Yacht Club pool where parents/guardians will have to sign their children in. On all other days, you should drive to the LYC Seahorse Lounge to sign your sailor in and drop off. Upon arrival, sailors will check in and meet with their instructor on the back porch of the Seahorse Lounge. At the beginning and end of each day the group will review the days plan and discuss the skills to be learned. This is an essential component of an efficient, effective, and safe sailing class. After the briefing, the sailors will proceed with water activities. The class will take a break for lunch during which they will cool off in the classroom and have a chance to reapply sunscreen.

Inclement Weather Policy

Throughout the summer, storms can inhibit our practices and force us indoors. In an attempt to keep social distance in our groups, classes will be canceled for the day if the forecast calls for storms throughout the day. The decision to cancel practice for the day will be communicated through email the night before.

Lesson Plans for Beginning Sailors

Monday

- Welcome
- Meeting with instructors and sailors
- Safety brief
- Swim & strength test in pool
- Capsize and recovery in pool
- Steering
- Tying basic knots

Tuesday

- Rigging a boat
- Points of sail
- Avoiding collision
- Reaching

Wednesday

- Tacking
- Sailing upwind

Thursday

- Gybing
- Sailing downwind

Friday

- Sailing around a course including all points of sail

Being Prepared. All Sailors Should:

- All sailors must bring their own PFD (life jacket) that is designed specifically for watersports and has the sailor's name written visibly on it in permanent marker. Wear a Coast Guard approved PFD type III (personal flotation device) at all times when on the dock and on the water. The sailor's life jacket must fit properly and be in good condition. The straps should be tightened so that the life jacket doesn't float over their head and prohibit them from getting back in the boat.
- Bring a simple lunch and a healthy snack or two.
- Bring enough water for the day.
- Wear waterproof sunscreen (high SPF, with ability to reapply throughout the day as necessary).
- Wear sunglasses with both 100% UVA & UVB protection (polarized are best) on a lanyard.
- Wear a hat with a clip so it can be tied to the life jacket.
- Wear a bathing suit and a long-sleeved swim shirt, rash guard, and/or sun shirt.
- Wear closed-toe fast drying, soft, light soled shoes, water shoes, or sandals (**not flip-flops**).
- Bring a towel.
- Attach a whistle to their life jacket or PFD.
- Please advise the instructors in advance of any medical issues or medicines that your child requires.

CONTACTS

Waterfront Director Terry Flynn (832) 256-6865 waterfrontdirector@lakewoodyachtclub.com

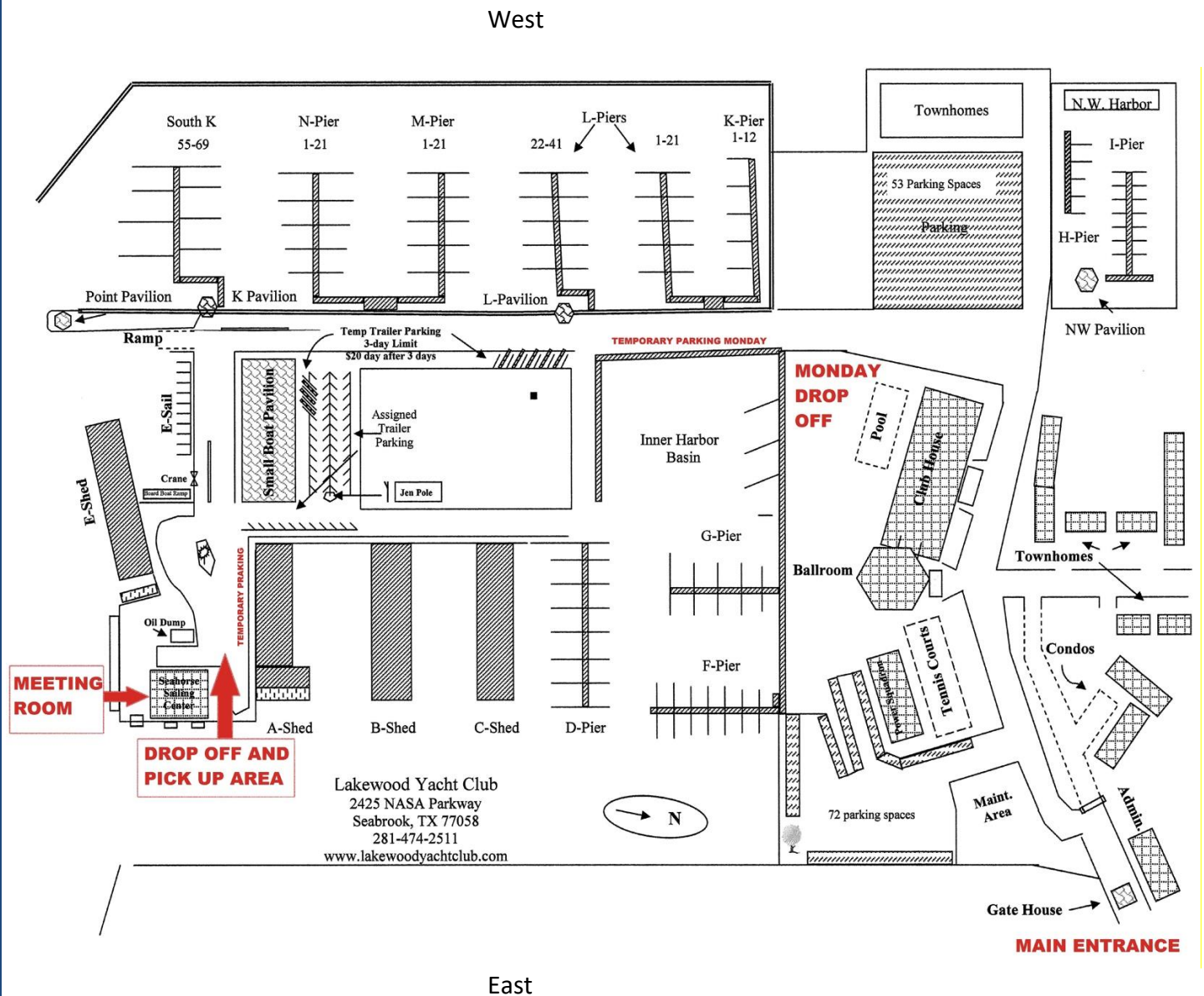
LYC Main Office / Security (281) 474-2511

Lakewood YC 2322 Lakewood Yacht Club Drive
Seabrook, TX 77586

Our coaches are on the water with the sailors during the days, so they may not be able to immediately respond to your call.

WHERE TO GO AT THE CLUB

Bay Access Youth Sailing Program is hosted at the Lakewood Yacht Club “Seahorse” facility that is located at the far southern end of the Club. Upon arrival please check with the security guards. We have designated specific areas for drop off and pick up. The balance of the Club is reserved for member use only. The speed limit at the club is 10 mph and is strictly enforced for the safety of everyone!



Schedule

CLASS	SCHEDULED TIME	DON'T FORGET...
Learn-to-Sail	9am – 4pm	A Healthy Lunch and Snack