



# 2014 Summer Classes

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## Morning (AM) Classes

- **Sea Otter Class: Monday - Friday | 9:00 am – 12:00 pm**

*Sessions/Dates/Fees:*

Session 1 – June 16 to July 11, \$450

Session 2 – July 14 to August 1, \$400

Full Session – June 16 to August 1, \$750

**Pre-requisite:** Ages 5 - 7

The Sea Otter class teaches young sailors basic terms, concepts and on-water experience in a safe and fun environment. The class will be split into three subgroups that will rotate from classroom, to swim lessons and sailing time. Swim lessons will only be Tuesday thru Friday. This class helps kids become familiar with water safety, experience the feel of sailing and get comfortable around the Yacht Club.

- **Novice Sailing Class: Monday - Friday | 9:00 am – 12:00 pm**

*Sessions/Dates/Fees:*

Session 1 – June 16 to July 11, \$450

Session 2 – July 14 to August 1, \$400

Full Session – June 16 to August 1, \$750

**Pre-requisite:** Ages 7 - 12

The Novice class is designed for first time sailors. Novices will learn to sail solo while learning the fundamentals of rigging, boat handling, points of sail, safety and seamanship. By the end of each session sailors will be able to sail around a set course demonstrating upwind, reach and downwind abilities. **Each child must provide a Sabot or Opti ready to sail on the first day of class.** Limited charters are available.

- **Returning Novice Class: Monday – Friday | 9:00 am – 12:00 pm**

*Sessions/Dates/Fees:*

Session 1 – June 16 to July 11, \$450

Session 2 – July 14 to August 1, \$400

Full Session – June 16 to August 1, \$750

**Pre-requisite:** must have completed Novice class or obtain Directors approval

This Returning Novice Class is otherwise known as Pre-C3 or Advanced Beginner. This class is ideal for the sailor who has not been on the water since last summer and wants to build confidence before being introduced to the competitive sailing scene. Sailors will learn the racing rules, as well as basic sail trim and boat handling. This class is also great for Novice Graduates who have moved on to C3's, but still prefer to sail in the morning session. **Each child must provide a Sabot or Opti ready to sail on the first day of class.** Limited charters are available.

- **CFJ Cruiser's Class: Monday – Friday | 9:00 am – 12:00 pm**

*Sessions/Dates/Fees:*

Session 1 – June 16 to July 11, \$475

Session 2 – July 14 to August 1, \$425

Full Session – June 16 to August 1, \$800

➤ **\$50 Charter fee for use of Club owned CFJ's included**

**Pre-requisite:** Ages 12 - 17

➤ **Minimum of 4 sailors must register in order to have a class!!**

This class is designed to teach young adults the basics of sailing in a non-competitive, social setting. This can serve as the perfect class of younger sailors to experience double-handed sailing while still participating in afternoon sabot sailing. The class will cover basic boat handling, sailing terminology, cruising safety, sailing tactics and the basic rules of racing.



# 2014 Summer Classes

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## Afternoon (PM) Classes

- **Sabot A, B, C1 Racing: Monday – Friday | 1:00 PM – 4:00 PM**

*Dates/Fees:*

Full Session – June 16 to August 1, \$850

**Pre-requisite:** Must be A, B or C1 sailor who plans to attend Sabot Nationals

This class is designed for sailors who want to focus on a strong performance at Sabot Nationals. Sailors are introduced to the physics of racing sailboats. Practice will focus on using sail controls, body weight, teamwork and sail theory to make their boat go faster through drills. Sailors will participate in weekly Tuesday Night Twilights and Alamitos Bay Fleet (ABF) races. Sailors are also expected to travel to regattas outside of class to prepare for a strong finish at Jr. Sabot Nationals.

- **Sabot C2 & C3 Racing Monday– Friday | 1:00 PM – 4:00 PM**

*Dates/Fees:*

Full Session – June 16 to August 1, \$750

**Pre-requisite:** Novice and/or Returning Novices graduates who want to race

This class is designed for those sailors who want to race. These sailors should be novice graduates who are big enough to handle the breezier Long Beach afternoons. Sailors will work on adjusting to sailing in moderate to heavy breeze, which is typical of afternoon sailing in our area. This class will be divided into two groups (C3's and C2's) after the first two days. This class will cover race tactics, sail trim, boat handling skills and the Racing Rules of Sailing. All sailors in this class will be encouraged to participate in the Tuesday Night Twilights, Wednesday Alamitos Bay Fleet (ABF) races and all recommended travel regattas.

- **Optimist Racing Monday– Friday | 1:00 PM – 4:00 PM**

*Dates/Fees:*

Full Session – June 16 to August 1, \$750

**Pre-requisite:** Novice and/or Returning Novices graduates who want to race

We will be teaming up with ABYC to form this class. These sailors should be AM graduates who are big enough to handle the breezier Long Beach afternoons. Sailors will work on adjusting to sailing in moderate to heavy breeze, which is typical of afternoon sailing in our area. This class must be prepared to sail in the ocean. This class will cover race tactics, sail trim, boat handling skills and the Racing Rules of Sailing. All sailors in this class will be encouraged to participate in the Tuesday Night Twilights, Wednesday ABF (Alamitos Bay Fleet) races and all recommended travel regattas.

- **PM CFJ Racing Class: Monday – Friday | 1:00 PM – 4:00 PM**

*Sessions/Dates/Fees:*

Session 1 – June 16 to July 11, \$450

Session 2 – July 14 to August 1, 425

Full Session – June 16 to August 1, \$ 850

➤ **\$50 Charter fee for use of Club owned CFJ's included**

**Pre-requisite:** Must be a C1 or higher (or obtain Director Approval) ages 13 and up

➤ **Minimum of 6 sailors must register in order to have a class!!**

This program is designed to teach young adults everything from the basics to advance racing in a double-handed dinghy. This class will focus on sailing techniques in the windy afternoon breezes of Long Beach. LBYC club owned CFJ's will be provided for this class (Charter fee included). More inexperienced sailors will likely spend much of their time in the crewing position. A big consideration is coming to class with a set sailing partner! A minimum of 6 sailors is required to have a class.