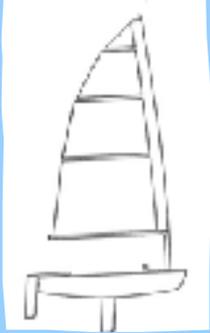


The Optimist Pram.

The "Opti" at a little less than 8 feet long is, quite simply, the dinghy in which the young people of the world learn to sail. Sailed in over 110 countries by over 150,000 young people, it is the ONLY dinghy approved by the International Sailing Federation exclusively for sailors under 16 years of age. In the 2008 Olympics over 85% of the medal winning boat skippers were former Optimist sailors.



The DeWitt Dinghy

The DeWitt, at 8 1/2 feet is a more performance oriented sailboat. Easy to right after a capsize, it gives the new sailor a chance to sense the power of a planing hull and more sail area. In place of the Opti's gaff-rigged Dacron mainsail, the DeWitt sports a high-tech, high-roach main on a tapered carbon fiber mast.

The 420 Class Dinghy is a double-handed (2 crew) monohull planing dinghy with centreboard, bermuda rig and centre sheeting. The 420 is equipped with spinnaker and optional trapeze, making teamwork necessary to sail it well. It has a large sail-area-to-weight ratio, and is designed to plane easily. It can be rigged to be sailed single-handed. Simple and safe for beginning sailors and yet challenging enough for collegiate champions, the C420 offers more learning opportunities than any other double-handed boat in North America. Over 7,000 Club 420s are sailed in youth programs all over the United States, Canada and the Caribbean.



"The FJ was built to serve as a training boat for the then Olympic-class Flying Dutchman. The FJ has a beam of 4'11" and an overall sail area of 100 square feet (9.3 m²). These dimensions make the FJ an ideal class to teach young sailors the skills of boat handling and racing. In the US, many high school sailing and Intercollegiate Sailing Association programs own fleets of FJs."

Benicia Yacht Club



Sail, SUP, Explore! At the Benicia YC 2018

Introduction to Sail (half day, 10a to 12p) June 18 - June 22

Learn to Sail June 25 - June 29 10am - 4p

Stand Up Paddle Board for TEENS June 18 - June 22 9a - 12p

One Day Yoga Paddle Board Adults June 20

Intermediate Sailing July 9 - July 13 10am - 4p

420 Sailing July 16 - June 20

More dates to be announced! See our website for more information.

Register now!



BENICIA YOUTH SAILING MISSION STATEMENT
Is to teach introductory sailing skills in a controlled, safe environment. To promote safety and maturity for a lifetime of boating enjoyment and demand the highest level of Corinthian spirit in all aspects of sailing.

Program information and registration:

www.beniciayachtclub.org

find us at the **PROGRAM** tab then **YOUTH**

Benicia Yacht Club Youth Sailing Program

**400 East Second Street
Benicia, CA. 94510**

707-746-6600 or 707-746-0739

Email inquiries to Derith Lutz at

youthsailing@beniciayachtclub.org

Contact Derith on her cell phone at (401) 258-7304

LEARN TO SAIL PROGRAMS

We offer half day and full day sailing camps. Our full day camp will be approximately 20 hours of sailing instruction and training. Some classroom time is required, most instruction takes place on the

water inside the Benicia Marina

in Vanguard Optimist and DeWitt Dinghies.

Depending on the skill level of the students and weather conditions, the Instructors may decide that instruction can take place out in the Carquinez Strait.

Please see complete details in Class Descriptions.

Our camps cover all types of sailors. Our student to Instructor ratio allow us to individualize classes so that each student will reach their personal goal and allowing each child to advance at their own pace.

We hope that your child will gain confidence, and learn the skill of sailing while having fun and making friends!



FAQ

Q. I have a concern or issue who should I talk to?

A. Serious concerns should be brought to the direct attention of the Director of Youth Sailing although the Lead Instructor should be able to resolve most issues as she or he has the day to day experience with the students and will usually have a resolution to most problems. The best time to speak the Lead Instructor (or and individual instructor) is at the end of class. If this is not convenient, please call (leave a message if needed) and speak to the Director of Youth Sailing at 707-747-1676 or cell 401-258-7304.

Q. It is raining!

A. Classes are held rain or shine. In the event that classes will be cancelled, students will be called at home and informed of a cancellation.

Q. My child is reluctant to continue with lessons.

A. Please bring them to the next class. With your coaxing and our Instructors experience with encouragement and motivation your child will be back on the water by the end of class and loving it!

Q. What if my child gets hurt?

A. Any time an instructor administers first aid for a cut, bruise or banged head they will complete a report on the injury. The report will be sent home with our child at the end of the day.

Q. What is in Start Sailing Right?

A. **Learn Sailing Right** is US Sailing's official learn-to-sail guide clearly demonstrates all key sailing concepts from safety to currents with simple graphics and instruction. A copy is yours to keep when registered in our program. There is required reading before classes beginning and each night, please encourage your child to finish each section on time.

Q. What is the Little Red Certificate Book?

A. This is a record book of the skills of each students accomplishments. The book will be presented to the student at the award dinner. Returning students should bring the *Little Red Book* with them to the first day of class and it will be updated and returned to them.



INSTRUCTORS

A U. S. Sailing Association Certified Instructor will be present during all activities. Safety personnel who are certified in basic First Aid and CPR will also be present. Safety boats and crew will be on the water whatever participants are sailing.

ENROLLMENT

Introduction to Sailing, a HALF DAY camp. Tuition \$300.00

All other FULL DAY Camp tuition is \$400.00.

SUP Teen ~ \$350.00 Adult Yoga \$35.00 for one hour.

420 Sailing \$250.00

Each participant and / or a parent or guardian must complete and sign the enrollment form and medical release form.

Class sizes are limited.

Each session will enroll on a first enrollment / first to pay basis. Students will be placed on a Waitlist once the class is full.

BYC offers discounts for those taking multiple sailing sessions and when multiple siblings learn during the same season.

One Scholarship per session is available. Please fill out the Scholarship Application found on the website and send in with your application.

What does the schedule look like?

Sign In and exercise 15 minutes before class begins, exercises!

On land lesson, chalk talk, discussion of the days plan.

Rig boats and sail or Board your SUP!

Full Day session will have lunch

Discussion of the mornings sail / Explain plan for the afternoon

Sail practice

De Rig

Wrap up

Sign Out!

Expectations for ALL participants in Benicia Yacht Clubs land and water programs.

Benicia YC has established the following guidelines and rules of behavior to help ensure a controlled and safe environment. It is important that the parents and or guardians review the rules and guidelines. BYC instructors reserve the right to dismiss any student if any of the following rules are broken.

- Classes begin promptly, students should arrive early enough to signed in, store their gear and be ready for an on-time start. Students should be dropped off water side of the Benicia Yacht Clubs closest to **A Dock**.
- Each participants parent or guardian must sign in and sign out each day, please plan your time accordingly. Students should not be left at the BYC without signing in.
- The students are expected to listen to and respect the word of the instructors always.
- Be aware of the boundaries, on the shore and on the water, as established by the instructors.
- There will be no running in the learning area or on the docks, there will be no horseplay and students must use caution on the boat floatation barge.
- Proper shoes and a PFD are required at all times while on or around the water. **NO FIIP FLOPS!**
- Students will show respect for their peers, the instructor and other individuals.
- There is a no tolerance rule for profanity or violent behavior.



Parents and Students,

Please use the following check list for a successful week at camp!

- Please arrive well rested and have a good breakfast.
- Arrive at class on time! Please leave enough time to sign in and store your belongings before the class begins.
- Come prepared with a healthy snack. Water is always available, bring a healthy drink if that is preferable. Please, non-caffeine drinks would be best, no glass!
- Bring your Coast Guard approved III life vest to each class.
- Wear appropriate clothing. Remember the weather may be different from the weather at your house and it is always changing on the water.
- NO FLIP FLOPS, NO OPEN TOED SHOES for SAILING!** Water shoes or footwear that can get wet are great!
- FLIP FLOPS are OK for SUP!**
- Have sunglasses with a leash, a hat (one that has a cord or a leash is great), and sun block to reapply when needed.
- Bring a change of clothing and a towel each day.
- For SUP you should wear a swimsuit under exercise pants, board shorts or yoga pants (you'll get wet mid calf) Long sleeve top, sun shirt or rash guard are good tops to wear!
- Be prepared to have fun!

Benicia Yacht Club

CLASS DESCRIPTIONS

Introduction to Sailing

This as an introductory, hands-on class. We will focus on making young children comfortable in and around boats. Each child will sail their own vessel on the first day of class! Geared to ages 8 - 10.

Learn to Sail

A full day camp, that is geared toward ages 12 and up. We will cover parts of the boat, rigging, boat handling and seamanship. Participants completing this class will be able to rig and sail a dinghy on a protected body of water in light to moderate winds.

There will be required (easy) reading each night. Students will work toward completing the US Sailing Small Boat Certification.

INTERMEDIATE SAILING

Is for students who have attended Learn to Sail, can rig a boat by themselves, have a true understanding and skill to sail in light to moderate wind. Fine tuning sail trim, with advanced boat handling with regard to tacking and gybing and an emphasis is on Rules of the Road and completing the US Sailing Small Boat Certification are the goals for this class.

420 and more... Sailing

Students continue their sail education on a High School/College level boat. On this two person boat, students alternate between skipper and crew, developing skipper presence, crew anticipation and communication skills. More adjustments are available to refine efficient sailing on longer courses"

Only Students that are selected by the team of Instructors will be able to join the 420 Sailing Class.

STAND UP PADDLE BOARD

Learn to paddle, be safe on the water and have fun! You will begin with dry-land introduction to paddling, then you'll learn to develop paddling skills, balance and coordination and paddling endurance. You'll take paddle adventures out of the protected waters of the Benicia Marina along the waterfront on to the Carquinez Strait. There will be a one day SUP yoga session and also practice SUP rescues and play challenging water games. Come and enjoy the outdoors with us!