

# KITTERY POINT YACHT CLUB

# SAILING

# SCHOOL

## 2011 SCHEDULE

### Youth Program

Monday through Friday for 2 weeks

#### BEGINNER AND YOUNG RACER

9:00am - 12:00pm

- Session 1: June 27 - July 8
- Session 2: July 11 - July 22
- Session 3: July 25 - August 5
- Session 4: August 8 - August 19

#### SEAMANSHIP AND RACING

1:00pm - 4:00pm

- Session 1: June 27 - July 8
- Session 2: July 11 - July 22
- Session 3: July 25 - August 5
- Session 4: August 8 - August 19

### Adult Program

Mondays and Wednesdays for 2 weeks

5:30pm - 8:30pm

- Session 1: June 27, 29, July 4, 6
- Session 2: July 11, 13, 18, 20
- Session 3: July 25, 27, August 1, 3
- Session 4: August 8, 10, 15, 17

Adult Programs are \$195 per session.  
All other sessions will be \$275 for members  
and \$325 for non-members.

All classes will be held as scheduled regardless of weather conditions and holidays. Minimum age is 8 years. The first half hour of first day of each session is Orientation for parents and children.

Contact: Bruno Paciulli or Bill Pope at  
sailingschoolkpyc@gmail.com or 603.319.4524



## Things Students and Parents Need to Know

### SAFETY

- ➔ All students must pass a swim test to be held at the beginning of each session.
- ➔ Life jackets must be worn and fastened at all times out on the water and on the docks.
- ➔ All instructors are certified by U.S. Sailing and the U.S. Coast Guard and have completed basic first aid and CPR training.
- ➔ All on-the-water activity will be postponed in the event of any sudden or unexpected weather changes, high winds, lightning, etc.
- ➔ We encourage use of protection from the sun: clothing, hat and sun block.

### WHAT TO BRING

- ➔ Coast Guard approved Type III life jacket (vest style).
- ➔ Sneakers or closed toe boat shoes. No flip-flops or open-toed sandals allowed.
- ➔ Adequate and appropriate clothing, including a change of clothes, jacket, hat, sunglasses, sun block, and towel.
- ➔ Snack and water bottle (no glass containers). (Snacks may be eaten out on the water or on land.)

- ➔ Please label all personal items with your child's name and leave valuables at home.

### WEATHER

- ➔ Classes will be held in inclement weather.
- ➔ On-the-water instructions may take place in the rain so dress appropriately.
- ➔ In case of severe weather, land-based instruction will take place.

### CLUB HOUSE

- ➔ Please make sure your child arrives on time and is picked up promptly at the end of the class session.
- ➔ When students arrive they are to wait for the beginning of class on the clubhouse porch or on the grass near the boat racks.
- ➔ Students may not pass through the gate to the dock ramp without being accompanied by an instructor.
- ➔ Bags can be stored inside the clubhouse on top of the sailing school table when class is in session.
- ➔ Youth students should be accompanied by an instructor while in the clubhouse.

The Kittery Point Yacht Club Sailing School has been teaching students the art and science of sailing for over 30 years. No matter what your experience level, you will leave the school with a better understanding of sailing. We are looking forward to an exciting and fun-filled summer!

The curriculum reinforces all basic skills taught in Beginner and progresses to more technical sailing skills and improved boat handling. Sailors will learn how to crew and skipper a double-handed dinghy. They will hone their seamanship skills to perfection.

## ➔ RACING

Designed to refine the skills developed in either the Young Racer or Seamanship Courses. Fundamental and advanced racing skills and strategies will be taught and practiced, including Team Racing rules and tactics. Students must have completed the Seamanship Course or show proficiency in the Young Racer Program.



## YOUTH PROGRAM

### BEGINNER AND YOUNG RACER

Monday through Friday for 2 weeks, 9:00am - 12:00pm

#### ➔ BEGINNER

Designed for sailors ages eight and older who are ready to learn and practice fundamental sailing skills while gaining greater confidence skippering Turnabouts and Optimists. Sailors generally spend two to three years mastering the fundamentals in the Beginner Program before advancing to the Seamanship Level. Students are taught in the sailing school boats with one to three students per boat depending on skill level. The goal is to teach each sailor how to confidently control the tiller and sail simultaneously in order to handle the boats independently.

The curriculum includes nomenclature and knot tying, fundamentals of boat rigging and boat handling, wind direction, water safety and boat maintenance. More advanced students will gain confidence to skipper their boats in a range of wind conditions.

#### ➔ YOUNG RACER

A course structured to provide a framework for racing practice. It is aimed toward young people who have already completed our Beginner course and are competent sailors. We will concentrate on one-design racing using our new Optimists and occasionally our Turnabouts. While focusing on racing we will inject a good deal of fun and friendly competition in the mix. Our Young Racers will be invited and encouraged to attend local area events.

### SEAMANSHIP AND RACING

Monday through Friday for 2 weeks, 1:00pm - 4:00pm

#### ➔ SEAMANSHIP

Designed for the more experienced sailor who demonstrates ability and confidence in skippering solo in Turnabouts and Optimists through all points of sail. When fully capable, students will transition to Laser Radials or Club 420 sailboats.

The curriculum includes boat preparation and tuning, on the water pre-start preparation, starting sequences and strategies, advanced boat handling skills, use of spinnakers and trapezes, upwind and downwind tactics, understanding wind shifts, and effects of current. Students will have an opportunity to race outside KPYC in both local Team Racing events and other outside regattas.

## ADULT PROGRAM

Mondays and Wednesdays for 2 week, 5:30pm - 8:30pm

Catered toward the adult beginning sailor, although intermediate sailors are welcome. This course will develop fundamental sailing skills while giving students the confidence to skipper a sailboat alone. Students who progress quickly will have the opportunity to sail Lasers and Club 420s. Students will learn knot tying, basic boat handling, tacking, jibing, the points of sail, rules of the road and how to rig a sailboat. In the past some adults have taken multiple classes to hone their skills.

### Thomas Tarbell Memorial Scholarship

The KPYC Sailing School for the first time in its history makes available scholarships to its programs through the Thomas Tarbell Memorial Scholarship Fund to provide free lessons for children in need. The scholarships are administered through the Portsmouth Family YMCA. If interested, please indicate it on our application form and an administrator at the YMCA will contact you. You may also contact them at [www.seacoastymca.org](http://www.seacoastymca.org) or call 431-2334 for further information.

Grand End of Season Regatta date  
will be announced at a later date

# KPYC Sailing School Student Application

# 2011

If you are enrolling more than one student, each student must have his/her own application.

Student's Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Parent Name(s) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_ E-Mail \_\_\_\_\_

Please rate student's sailing ability.  Beginner  Intermediate  Advanced

Can student complete required 50 yard swimming test?  Yes  No

Contact in case of emergency \_\_\_\_\_

Medical records kept at \_\_\_\_\_

List all medical conditions, medicine allergies & food allergies. \_\_\_\_\_

Does the student have a history of any medical conditions that might prevent full participation in this program?  Yes  No

If yes, please describe. \_\_\_\_\_

## YOUTH PROGRAM

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Yes, I would like to apply for the Thomas Tarbell Scholarship Fund.

Classes often fill to capacity and are offered on a first-come first-serve basis. Return Form(s) with check made out to KPYP Sailing School. Mail to: Attn: Sailing School, KPYP, PO Box 373, New Castle, NH 03854-0373. Contact: Bruno Paciulli or Bill Pope at sailingschoolkpyc@gmail.com or 603 319-4524 with any questions. TUITION IS NON-REFUNDABLE.

## Waiver Agreement

Adult students or parents of minor students must read and sign

I agree on behalf of my child and/or myself to make no claims against the Kittery Point Yacht Club or any of its Officers, Directors, Members, Agents, or employees, for any loss of, and/or damage or injury to, any persons and/or property resulting from participation in the KPYP Sailing School's educational programs. Furthermore, I agree to protect and hold harmless the aforementioned against any liability for any loss, damage or injury caused by my child or myself. My signature on this form authorizes the KPYP Sailing School, its Organizers and/or its Employees to sanction emergency medical treatment for my child or myself in the event of an emergency.

ADULT STUDENT OR PARENT SIGNATURE \_\_\_\_\_

PRINT NAME \_\_\_\_\_

DATE \_\_\_\_\_

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