



***Mission and Purpose:** The purpose of the Stone Horse Yacht Club sailing school is to create a positive and fun learning environment so that sailing school students will attain a lifelong love of sailing and appreciate the water around them. Our mission is to enable students to step into, sail and maintain any size sailboat and teach them to conduct themselves in a sportsmanlike manner at all times.*

**Ballast- (Beginner, ages 4-6)** for our youngest children, and its purpose is to introduce water safety and sailing through fun group activities on and off the water. Class meets one day a week. Sailboats used: Hunters and Waterbugs.

**Seaman- (Beginner, ages 7 and older)** for our young sailors with an emphasis placed on safety, learning, and fun! Students are introduced to water safety, boat controls (main sheet and tiller), basic sailing maneuvers (tacking and jibing), and wind, through classroom and on-the-water activities. Our goal is to create a positive learning environment. Sailboats used: Hunters and Waterbugs. Class meets 3x a week.

**Mates- (ages 8-13 who have completed Seamen or any Opti level)** t for those sailors who have completed Seamen or any Opti level, but do not wish to competitively race Optimists. It will be geared to students ages 8 to 13 years of age grouped by skill level. The class will be an alternative for our beginner Opti through advanced Opti programs. Most learning will be on-the-water group lessons with in-boat instructors. The ultimate intention is to prepare these sailors to move comfortably and confidently into our 420 sailing class or into an Optimist when appropriate and, like all of our programs, to become lifelong lovers of sailing. The primary boat will be Flying Scots and secondary boat will be the Hunter.

**Beginner Opti-** for first year Opti sailors. Students sail independently in Optimist dinghies under the close supervision of instructors and participate in classroom lessons and land-based activities. The curriculum emphasizes terminology, basic seamanship (knot tying, rigging), basic boat handling (steering, sail trim, capsize recovery) and course sailing. Class meets 3x a week.

**Opti B-** for sailors who have successfully completed at least one year of beginner opti sailing and want to learn how to race the opti. Students sail independently in the Optimist and learn basic course sailing, mark rounding, weight placement, and an introduction to racing. Students may be asked to participate in area Optimist regattas under parental supervision with Club supported coaches. Class meets 3x a week.

**Opti Racing-** This class is for sailors who have completed a minimum of 2 years of opti sailing. The class will teach opti racing tactics, racing rules and rules of navigation. The class will also emphasize terminology, wind and water theory, water safety, boat controls, sailing maneuvers, upwind and downwind sailing, and right-of-way rules through on land and on-

the-water activities. Students are expected to participate in area regattas and weekend junior racing. Class meets 3x a week.

**420 Sailing-** This class is for sailors aged 13 and above, and is geared towards sailors who do not see themselves on the racecourse but who would like to further their sailing skills. The curriculum includes an introduction to 420, Hunter and Flying Scot sailing, review of wind terminology, wind and water theory, water safety, boat controls, sailing maneuvers, navigation, trapezes and spinnakers. Class will meet 3x a week.

**420 Racing-** This class is for skilled sailors 13 and above who want to experience the fun challenges of racing 420s. Sailors participate in weekly team racing matches against other area clubs. 420 Racing tactics, rules and seamanship are emphasized. Class meets 3x a week with team races on Friday afternoons. Students are expected to participate in regattas and race in weekend senior racing.

*Last updated June 2011*