



Mission Bay Yacht Club Summer Sailing Program



Welcome!

To Mission Bay Yacht Club's 2011 Summer Program. The goal of our program is to provide young sailors with a rich experience on the water. It is intended to enhance the sailors' skills, provide a fun sailing environment, and to instill a lifelong love of sailing. Our program offers developmental opportunities in both single and double-handed boats at all levels. Whether its introducing your children to sailing or advancing your sailing skills, MBYC is the best summer sailing program value in town.

Don't miss out on all the summer fun!

Chris Wright . Junior Sailing Director
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Morning Classes

(9am-12pm Monday-Friday)



Rock Stars

The Rock Stars class is a course designed for kids that are between the ages of 5-7 and are in their first or second year of sailing. This class focuses on getting the kids comfortable on a boat and having fun on the water. The class teaches the very beginning parts of sailing, for example, the parts of the boat, how to dock a boat, learning how to pull and let the sail out, and potentially driving the boat off and on. The class is set up where an instructor will accompany anywhere from 3-6 kids in a boat and sail around Mission Bay. This is a great class for introducing kids to sailing.



Lil' Puffs

The Lil' Puffs class is a course designed to teach kids 6-8 years old how to sail a small boat. In this class the students will be sailing a small boat called a Sabot, which is an 8 foot dinghy, around Mission Bay. Often times the students will double up in a boat in order to feel comfortable and ease the responsibility aspect of sailing. This is a great class for first time sailors and students that are interested in racing at a young age.

Beginning Sabots

The Beginning Sabots class is a course designed for kids that are between the ages of 8-12 and are first time or former summer sailors. This class is focused on fun and learning and is intended to introduce the kids to racing at the end of the course.



Beginning Double-Handed Sailing

The Beginning Double-Handed Sailing course is designed for kids between the ages of 12-17. This is a course designed to teach students how to sail a double-handed boat, which has two sails and is 15 feet long. The class is focused on teaching the students how to sail and generally incorporates racing at the end of the class.

Recreational Program

The Recreational Program is designed for kids that are not focused on the sailing aspect, but more into having fun on land. This class is often occupied by students who need to be at the club in the morning and are waiting for the afternoon classes to start or students in the morning class and waiting to be picked up after the sailing program. The Recreation Program will provide games and movies, as well as kayak and swimming times throughout the duration of each class.



Afternoon Classes

(1pm-4pm Monday-Friday)



Beginning Sabot Racing

The Beginning Sabot Racing course is designed for students that have sailed and feel comfortable in a Sabot. They will learn how to sail around a course and learn about how to tack and jibe correctly, as well as learn more about the wind and how it shifts. This is a great course for all kids that have an interest in racing and becoming an official Mission Bay Yacht Club Team Member.



Advanced Double-Handed Racing

The Advanced Double-Handed Racing course is designed for our racing team members unless otherwise accepted. This class focuses on the most advanced areas of racing and is taught by one of our most advanced coaches. This class is designed for racers (including High School sailors) and is a challenging course.

C Fleet Racing

The C fleet racing class is designed for students that have already competed in regattas or are ready to compete. This class will teach the kids how to become a competitive racer. They will learn the more advanced skills and tactics of racing as well as doing drills and practice races. Students are expected to compete in some regattas as well as weekend clinics.



A & B Fleet Racing

The A and B fleet racing class is for the A and B fleet sailors only. This class is the most advanced Sabot class that we have to offer. In this class students will learn the technical aspects of sailing along with doing video work. There will be classroom talks about strategy and mechanics prior to going on the water everyday. Students are expected to compete in multiple regattas as well as weekend clinics.



Laser Sailing

This class is designed for students interested in learning the basic and intermediate techniques of sailing a Laser. This boat is the perfect transition from smaller Sabot to the much bigger Laser. In this class we will instruct the students on all the basics of the boat as well as boat handling, rigging, and an introduction to racing. The MBYC Junior's have a limited amount of charter Lasers available, so having your own boat is recommended.



Recreational Program

The Recreational Program is designed for kids that are not focused on the sailing aspect, but more into having fun on land. This class is often occupied by students who need to be at the club in the morning and are waiting for the afternoon classes to start or students in the morning class and waiting to be picked up after the sailing program. The Recreation Program will provide games and movies, as well as kayak and swimming times throughout the duration of each class.

Registration Form

Child's Name: _____ Age: _____ D.O.B: _____

Address: Street: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Summer Phone: _____

Parent/Guardian Name: _____ Parent/Guardian Name: _____

Parent/Guardian Work #: _____ Parent/Guardian Work #: _____

Parent/Guardian Cell #: _____ Parent/Guardian Cell #: _____

E-mail: _____

Are you a member of Mission Bay Yacht Club? Y N

Would you like to charter a boat? Y N

**For all Sabot classes you will need to charter a Sabot if you do not already own one.*

***Boat Charter is \$150 for Sabots and Lasers*

Important Information:

- Please make checks payable to MBYC
- All participants must become Junior Members at MBYC
- Receive 10% discount if registered by May 20th, 2011
- All participants must provide their own life jacket
- Must register two weeks prior to beginning of each session
- All students must fill out Code of Conduct, Disciplinary Actions, and Liability Forms (check inserts)

Class Selection Is On The Reverse Side

T-Shirt Size:

Child's: Small Medium Large

Adult's: Small Medium Large Extra Large

*Congratulations! In enrolling in our summer program, you are now a Junior Member of the Mission Bay Yacht Club. You will be a member of MBYC even after the summer program ends. We have great afterschool programs available year round at the club. Please remember, if you do not wish to partake in any planned Junior programs when your session concludes, you must resign your membership from the club.

Program Fees & Registration

(Please check next to the classes you would like to enroll in)

Morning Programs (9 A.M. - 12 P.M.)

Rock Stars

- Session 1 (6/20-6/24): \$150
- Session 2 (6/27-7/1): \$150
- Session 3 (7/5-7/8): \$120
- Session 4 (7/11-7/15): \$150
- Session 5 (7/18-7/22): \$150
- Session 6 (7/25-7/29): \$150
- Session 7 (8/1-8/5): \$150
- Session 8 (8/8-8/12): \$150
- Session 9 (8/15-8/19): \$150

Lil' Puffs *

- Session 1 (6/20-7/8): \$450
- Session 2 (7/11-7/29): \$450
- Session 3 (8/1-8/19): \$450

Beginning Sabots *

- Session 1 (6/20-7/8): \$450
- Session 2 (7/11-7/29): \$450
- Session 3 (8/1-8/19): \$450

Beginning Double-Handed

- Session 1 (6/20-7/8): \$450
- Session 2 (7/11-7/29): \$450
- Session 3 (8/1-8/19): \$450

Recreational Program

- Session 1 (6/20-6/24): \$150
- Session 2 (6/27-7/1): \$150
- Session 3 (7/5-7/8): \$120
- Session 4 (7/11-7/15): \$150
- Session 5 (7/18-7/22): \$150
- Session 6 (7/25-7/29): \$150
- Session 7 (8/1-8/5): \$150
- Session 8 (8/8-8/12): \$150
- Session 9 (8/15-8/19): \$150

Afternoon Programs (1 P.M. - 4 P.M.)

Beginning Sabot Racing *

- Session 1 (6/20-7/8): \$450
- Session 2 (7/11-7/29): \$450
- Session 3 (8/1-8/19): \$450

C Fleet Racing *

- Session 1 (6/20-7/8): \$450
- Session 2 (7/11-7/29): \$450
- Session 3 (8/1-8/19): \$450

A & B Fleet Racing

- Session 1 (6/20-7/8): \$450
- Session 2 (7/11-7/29): \$450

Advanced Double-Handed Racing

- Session 1 (6/20-7/8): \$450
- Session 2 (7/11-7/29): \$450
- Session 3 (8/1-8/19): \$450

Laser Sailing

- Session 1 (6/20-7/8): \$450
- Session 2 (7/11-7/29): \$450
- Session 3 (8/1-8/19): \$450

Recreational Program

- Session 1 (6/20-6/24): \$150
- Session 2 (6/27-7/1): \$150
- Session 3 (7/5-7/8): \$120
- Session 4 (7/11-7/15): \$150
- Session 5 (7/18-7/22): \$150
- Session 6 (7/25-7/29): \$150
- Session 7 (8/1-8/5): \$150
- Session 8 (8/8-8/12): \$150
- Session 9 (8/15-8/19): \$150

*For all Sabot classes you will need to charter a Sabot if you do not already own one.

*For all Sabot and Laser classes you will need to charter a boat if you do not already own one.

Mission Bay Yacht Club

Summer Sailor Checklist

- ☐ **PFD (Lifejacket):** US Coast Guard Approved, Type III. Brands like Extrasport and Soliquist are the most popular and comfortable. Fit is important, so please choose the appropriate size for THIS summer.
- ☐ **Sunscreen:** Every sailor must have their own tube. The more protection the better. Ideally choose a waterproof variety that won't hurt the eyes.
- ☐ **Hat:** even better sun protection.
- ☐ **Sunglasses:** important protection for the only eyes you have!
- ☐ **Water Footwear:** Unfortunately, there will always be some sharp things on our beach. Cut feet are our #1 safety problem, so we'll wear footwear at all times. Aquasocks or dinghy boots are better in the water than strap-on sandals.
- ☐ **Bailer:** "Every sailor brings a bailer" which can easily be fashioned by cutting the bottom off of a big OJ or laundry soap jug.
- ☐ **Change of clothes:** besides wearing clothes to get wet in, every sailor should have extra dry clothes.
- ☐ **Water:** staying hydrated is important for a safe, fun, learning experience!
- ☐ **Lunch/Money:** Please bring one or the other if you'll be here over the lunch break. MBYC's Snack Bar is famous for its great lunch! Unfortunately, we cannot offer refrigeration. Club charge accounts are accepted.
- ☐ **Good Attitude:** Well rested, well fed, happy, and ready to HAVE FUN!

See You Soon!