

Class Descriptions: All classes will have a cap.

Pollywog Class:

The purpose of this course is to provide a fun-filled introduction to a lifetime of sailing. This class goes sailing in Harbor 20's along with a game and craft inspired curriculum on land. The program covers learning the parts of the boat, finding wind direction, learning to steer with the tiller, and fundamental seamanship skills. Classes help the kids become familiar with water safety, experience dinghy sailing, feel comfortable around the yacht club, and how to be prepared on the water.

Novice Class:

Novices will learn to sail solo while being trained in the fundamentals of rigging, boat handling, points of sail, safety and seamanship. By the end of the summer, sailors will be able to sail around a set course demonstrating upwind, reach, and downwind abilities.

Sabot Apprentice Class:

This class is ideal for the sailor who has completed Novice but has not been on the water since last summer and wants to build confidence in his or her skills before immediately entering the competitive Sabot racing scene. Sailors who have been sailing all Fall and Spring as a Novice may also take this class. Sailors will continue to work on vocabulary, sail trim, points of sail and basic racing tactics.

Sabot C Racing Class (Intermediate):

The curriculum will cover race tactics, sail trim, boat handling skills and the Racing Rules of Sailing. Sailors will participate in weekly Balboa Bay Fleet regattas on Tuesday and Thursday afternoons all summer. Sailors in these classes are encouraged to compete in regattas on the weekends. The Sabot racing schedule will be published and trailers will be available for events. See Balboa Bay Fleet Move up rules for C3, C2, C1 fleets.

Sabot A & B Racing Class (Advanced):

Sailors are introduced to the physics of racing sailboats. Practice will focus on using sail controls, body weight and sail theory to make their boat go faster through drills and specialized coaching. Sailors will participate in weekly Balboa Bay Fleet regattas. Sailors are expected to travel to weekend away regattas in preparation for a strong finish at Jr. Sabot Nationals. The Sabot racing schedule will be published and trailers will be available for events.

CFJ Class:

Prerequisite: At least two years in CFJ 1 class or approval from Dodge and must be able to perform an unassisted capsize recovery in the ocean. Each Skipper/Crew combo is highly encouraged to provide their own CFJ but club boats will be available on a first come first serve basis. Charter Fee is \$100 per sailor for the summer. There are additional charter fees for regattas outside of the bay.

Program goals: The CFJ class this Summer will focus on spinnaker ocean racing, team racing, and high school preparatory. The curriculum will provide for a targeted and competitive training/regatta schedule; where sailors will train at NHYC and regatta venues leading up to each major event.