



SUMMER 2026

# Junior Sailing Handbook

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## Thank you for choosing CYC Junior Sailing!

The CYC has long fostered a passion for the sea in adults and children alike. The CYC's Junior Sailing classes are open to children of both members and non-members, ages 7 to 17. Participants in our program will sail in the CYC's Vanguard Prams, Optimists, and Sonar keelboats. Our classes are designed to give students knowledge and confidence at each level while progressing through our classes during the season.

As always, our programming is offered to both CYC members and the general public. We are able to offer financial assistance or scholarships for the junior sailing program through the Corinthian Sailing Foundation. If you have questions about any information after reading the material below, please email Jr. Sailing Director at [jrsailing@corinthianyc.org](mailto:jrsailing@corinthianyc.org)

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## Contact Information

Please feel free to email the Jr. Sailing Director at [jrsailing@corinthianyc.org](mailto:jrsailing@corinthianyc.org) with any questions.

You can find our website at [www.corinthianyc.org/jr-sailing](http://www.corinthianyc.org/jr-sailing).

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## Connect With Us

You can find us on social media as well! Check out our Instagram account [@corinthianjrsail](#) and our Facebook account [@CYC Junior Sail](#).

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## Session Dates

Session 1	Session 2	Session 3	Session 4
June 22 to July 3	July 6 to July 17	July 20 to July 31	August 3 to August 14

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## Class Objectives

Please note that many factors can change the day's topic in addition to the scope of what is covered, including the boat being sailed, weather conditions, and skill level of individual sailors. The topics listed will be covered and reviewed in the classroom, on the dock, by instructor modeling, and/or out on the water. They may not be specifically covered on the days listed below. Our focus continues to be providing sailors a safe and fun learning environment at the CYC.

Day 1	Day 2	Day 3	Day 4	Day 5
Safety and Program Rules Swim and Capsize Check Steering	Parts of the Boat Wind Direction Rigging Body Position	Points of Sail Tacking Safety Position	Jibing Docking	Upwind Sailing
Day 6	Day 7	Day 8	Day 9	Day 10
Downwind Sailing Right of Way	Boat Handling	Sail Trim	Putting Everything Together	Fun Day!



## Class Times

We offer classes in both a morning session and an afternoon session during Sessions 1 through 4.

Because we have a large number of junior sailors enrolled in our many offerings, we ask that everyone is on time when dropping off and picking up your children. **We are not available to supervise any participants either before or after scheduled class times**, as this time is devoted to lesson planning and class preparation.

Please note, for those registered for both morning and afternoon classes, **there is no instructor supervision available between 12 PM - 12:30 PM.**

### Morning Session Classes

BEGINNERS	OPTI 1
9:00 AM - 12:00 PM	9:00 AM - 12:00 PM

### Afternoon Session Classes

INTERMEDIATES	OPTI 2	OPTI RACE TEAM	SONARS
12:30 PM - 3:30 PM	12:30 PM - 3:30 PM	12:30 PM - 3:30 PM	12:30 PM - 3:30 PM

## Cost of Classes

**\$575 member price for Session 1, 2, 3, and 4.**

**\$25 non-member premium per session.**

If class tuition poses a financial hardship, we offer scholarships through the Corinthian Sailing Foundation. More information can be found at their website:

<https://www.corinthianfoundation.org/scholarships>.

**Note:** Please keep in mind that registration is not a placeholder; that is, you cannot reserve or hold a place. When you submit your registration, you will be fully charged for the session. Our cancellation policy is to return money, given the cancellation occurs at least 30 days prior to the start of the class. If the cancellation is within 30 days of the start of the class, we do not refund money, except under special circumstances. We appreciate your understanding.



## Registration Process

Registration for the Summer 2026 season will **open on Thursday, February 5, 2026 at 7 AM for CYC Members**. CYC Members will be required to input their own member number in order to gain access to the registration page.

Registration for the Summer 2026 season will **open on Sunday, February 8, 2026 at 7 AM for the general public**.

Registration occurs on our Clubspot platform. Clubspot can be accessed through the Corinthian Yacht Club website on the junior sailing page, found here: <https://www.corinthianyc.org/jr-sailing>

There are two ways to pay for registration on the Clubspot platform: Credit Card or ACH Bank Transfer. Please note that all credit card transactions carry a 3% processing fee, so in order to avoid this extra fee, we recommend using ACH Bank Transfer. The Junior Sailing Director is unable to waive or change the 3% credit card processing fee.

Please reach out to [jrsailing@corinthianyc.org](mailto:jrsailing@corinthianyc.org) if there are any issues encountered with registration.

## Class Offerings

We offer a wide variety of summer classes designed to accommodate all skill levels. Below you'll find detailed descriptions of each of our offerings.

### Beginners

Recommended for Ages 7-10 (If under 7 years old, please consult the Jr. Sailing Director)

Offered in Session 1, Session 2, Session 3, and Session 4.

Sailed in **Vanguard Prams**.

This class introduces participants to the world of sailing and the waterfront experience at the Corinthian. We focus on safety, building confidence on the water, and basic sailing skills with a partner or two in the sailboat. Sailors are introduced to the basics of rigging and boat handling in this course. They will learn to identify parts of the boat, wind direction, and points of sail. Various sailing-related activities take place on shore and on the water to build sailing knowledge and confidence. Upon completion of the course, students should be able to tack around a figure-eight (beam-reach) course, dock successfully, and recover from capsizing with minimal instructor input.

### Intermediates

Recommended for Ages 8-10, after completion of Beginner class or with similar experience.

Offered in Session 1, Session 2, Session 3, and Session 4.

Sailed in **Vanguard Prams**.

This class will expand upon the skills introduced to sailors in the Beginner class. The focus of this class is on self-sufficiency afloat, with an emphasis placed on boat handling and sailing upwind. Upon completion of this class, each sailor should be able to sit on the rail of the Pram while sailing a windward-leeward course with controlled tacks and jibes. They should be able to depart and arrive at the dock successfully with minimal instructor input. In addition, they will have a stronger understanding of the basic right of way rules associated with encountering other boats while sailing.



## Opti 1

Recommended for Ages 9+, after completion of Intermediate class or with single-hand experience. Offered in Session 1, Session 2, Session 3, and Session 4.

Sailed in **Optimists**.

This class will expand upon the fundamentals of sailing taught in the Intermediate class, while introducing sailors to the Opti. Opti 1 will focus on upwind and downwind sailing techniques, more technical sailing terms, body position and use of the tiller extension, controlled boat handling, and a greater understanding of navigation, wind, and tides. Upon completion of the course, students should be able to rig and sail an Opti independently, with minimal instructor assistance.

## Opti 2

Recommended for Ages 10+, after completion of Opti 1 class or with similar experience.

Offered in Session 1, Session 2, Session 3, and Session 4.

Sailed in **Optimists**.

This course expands upon basic Opti sailing techniques learned in previous classes, and begins to develop on-the-water skills required for single-handed racing. Students will work on increasing upwind and downwind speed, understanding the use of tell-tales, recognizing the basic Rules of Sailing and Racing, holding their boat in one position, understanding sail adjustments and their purpose, and hiking and sailing in higher winds.

## Opti Race Team

Recommended for Ages 10+, after completion of Opti 2 class and with instructor approval.

Offered in Session 1, Session 2, Session 3, and Session 4.

Sailed in **Optimists**.

The CYC Opti Race Team is intended for sailors who have completed our Opti 2 course or have at least two seasons of previous comparable independent Opti sailing experience, as well as have a strong desire and interest in racing, and Coach/Jr. Sailing Director approval. It is expected that sailors will be able to rig an Opti without instructor assistance and have mastered necessary boat handling skills. The Team will focus on starting sequences, techniques for different race courses, tactics and strategy for upwind, reaching and downwind sailing, boat speed, the Rules of Racing, and general regatta preparation. Sailors will participate in local regatta series, as well as regional regattas in Green and Championship Fleets based on their Coach's recommendation. Parent involvement will be necessary in terms of transportation, regatta fees, etc. as needed by the CYC Coaches.

## Sonar Sea Explorers

Open to ages 7-10.

Offered in Session 1, Session 2, Session 3, and Session 4.

Sailed in **Sonars**.

Sign up on your own or with a group of friends and sail together every afternoon with an US Sailing Level 1 Instructor! Sailors will learn on the Sonar, a stable and safe 23-foot keelboat with a mainsail and jib that's perfect for learning in a fun, confidence-building environment. This class requires no prior sailing experience and focuses on learning through hands-on activities, games, and short sailing adventures in and around the harbor. Sailors will be introduced to basic sailing skills such as identifying wind direction, learning parts of the boat, steering with the tiller, trimming sails, and sailing safely as a team. The emphasis is on fun, teamwork, and building comfort on the water while exploring beyond the dock.

## Sonar Sailing Fundamentals

Open to ages 11-15.

Offered in Session 1, Session 2, Session 3, and Session 4.

Sailed in **Sonars**.

Join solo or with friends to sail together every afternoon under the guidance of a US Sailing Level 1 Instructor. Sailors will sail on the Sonar, a stable 23-foot keelboat equipped with a mainsail and jib. No prior sailing experience is required. This class introduces sailors to keelboat handling, harbor navigation, and real-world sailing experiences. Instruction emphasizes wind and current awareness, points of sail, boat parts and rigging, sail trim, steering with the tiller, and working effectively as a crew. Sailors will build independence, confidence, and strong teamwork skills while developing a solid foundation in sailing on the Sonar.



## Private and Group Lessons

The CYC Junior Sailing Coaches offer private lessons to Jr. Sail Program participants or CYC members. All instructors conducting private lessons are US Sailing Level 1 Certified. Private lessons are available to sailors ages 6 and up and are held in Prams, Optis, or Sonars. Private lessons cater to individual learning styles and skill levels, and also accommodate busy summer schedules. These lessons are available after 3:30 PM Monday through Thursday, as well as most Fridays and weekends.

Private Pram or Opti lessons are \$55/hour, with a one-hour minimum. This is a one-on-one lesson maximizing interaction between instructor and sailor. This is an excellent opportunity for new sailors, and those involved in our Program's class offerings to either increase confidence on the water, catch up after missed classes, or to further advance sailing skills.

We also accommodate semi-private Pram or Opti lessons for two juniors for \$80/hour.

We also offer private Sonar lessons for \$80/hour, with a one-hour minimum; these classes are usually intended for 2 to 5 junior sailors to gain exposure sailing keelboats.

To schedule private lessons, please contact Jr. Sailing Director at [jrsailing@corinthianyc.org](mailto:jrsailing@corinthianyc.org). You may also drop by the Junior Sailing Classroom to schedule private lessons. We appreciate at least 48 hours notice in advance for scheduling purposes.



## Frequently Asked Questions

### Where is the Junior Sailing Classroom?

The CYC Junior Sailing Classroom is located under the porch on the harbor side of the Club, near the flagpole and cannon. You can access the classroom from either side of the Club—by passing between the Canteen and the Pool and going under the dining room, or by passing the pier and stairwell. Due to the large number of junior sailors enrolled in our many offerings, we ask that you drop off and pick up your children in a prompt manner. The CYC staff will not be available to supervise either before or after class time. As a rule, please do not drop off students any earlier than 10 minutes prior to the start of your child’s class as this time is devoted to necessary lesson planning and preparations.

### What should my sailor bring to class?

Every sailor should bring these items to class:

- U.S. Coast Guard Type III life jacket
- Appropriate footwear (closed-toe shoes are required)
  - Proper: sailing boots, water shoes, Crocs, or sneakers that can get wet (worn without socks)
  - Improper: flip flops, slides, or open-toe sandals
- **Water Bottle**
- Sunscreen
- Hat
- Sunglasses
- Snack
- Towel
- Dry change of clothes
- A bag to stow all of their items

A change of clothes is especially encouraged for the first day of classes because of the swim and capsize check. Please keep in mind that things are often misplaced and even though we have a Lost & Found on the wall outside the classroom, you should consider labeling all belongings.

## I want to register for a class, but it is full. Do you have a waitlist?

Yes, we do have a waitlist for each class we offer at CYC Junior Sailing.

## I would like to cancel my registration. Do you provide refunds?

We have a strict 30-day cancellation policy at CYC Junior Sailing. We provide refunds for cancellations as long as the cancellation occurs 30 days prior to the start of the class session. If the cancellation is made within 30 days of the start of the class session, we are not able to refund the registration. To cancel a registration, you must email [jrsailing@corinthianyc.org](mailto:jrsailing@corinthianyc.org). Exceptions to this policy may be made on a case-by-case basis by the Junior Sailing Director.

## What happens to class if it rains?

Classes will be held regardless of the weather! On cloudy and rainy days, we will sail, provided that wind and weather conditions are safe. This is entirely up to the discretion of the Junior Sailing Director and the Sailing Instructors. In the occurrence of thunder, lightning, or other severe weather, classes will be conducted indoors. Please make sure your sailor has proper rain gear to keep them warm and dry, as well as a change of clothes.

## What if my sailor is nervous about the swim and capsize check?

On the first day of classes, all sailors are **required** to complete a swim capsize check. The swim check consists of a short swim in sheltered water behind our main floats with their lifejackets on. The picture below shows the location and distance of the swim check. The capsize check requires all sailors to individually experience a capsize and recovery in a Pram or Opti. This takes place right next to the dock under close instructor supervision. These are essential safety measures that every member of the CYC Junior Sailing Program **must complete** in order to participate!



The main purpose of the swim check is to provide the staff with a sense of how comfortable your child is in the ocean water. The swim test allows students to experience conditions that they might encounter should they capsize during lessons. To ensure safety, instructors will be present on the floats during this time. An instructor will enter the water to aid students if deemed necessary. Please note your child will ALWAYS be in a lifejacket while on the dock, boats, or in the water.

The main purpose of the capsize check is to give sailors the experience of a capsize in a controlled and safe environment. This way, if they ever capsize again while they are out sailing, they are not experiencing it for the first time.



## What if my sailor refuses to participate in the swim check?

If a child refuses to participate in the swim check on the first day of their session, a parent or guardian will be called to pick them up for the day. The child will be given a second opportunity to participate in the swim check on the following day, and a parent or guardian must remain present until the child participates in the swim check. If the child still refuses to participate in the swim check, unfortunately, they will not be permitted to participate in the program for that session. This is because **the swim check is an essential safety measure**, as the majority of our program takes place on the water. Our staff needs to be available to supervise those who are sailing, and we cannot allow any child who has not participated in the swim check to sail.

## What is Parent/Guardian Orientation?

Parent/Guardian Orientation is an online event held by the Junior Sailing Director in early June. Orientation will provide an overview of our junior sailing program, and will share information on scheduling, class content, and behavioral expectations. This is an opportunity to learn more about our program and ask any questions before the season starts. At least one parent or guardian per sailor is **strongly encouraged** to attend this orientation. More details about this event will follow registration.

## Can my child use their personal Opti for class?

Yes, we allow personal boats to be used for any class at the CYC. However, parents and guardians are responsible for transportation, equipment, and maintenance of any personal boat. The junior sailing staff are not able to assist with these tasks. Therefore, if you plan on using a personal boat, please allow for extra time before and after class to launch and pull any boats.