



Silver Gate Yacht Club
Junior Sailing

Summer Sailing Program 2018

The Junior Sailing Program at Silver Gate Yacht Club ["SGYC JS"] is supported by the Silver Gate Yacht Club Foundation, a 501-C3 non-profit organization with the mission of sponsoring non-profit and charitable events and programs at the club.

SGYC JS provides a full day summer program of sailing instruction and fun at Silver Gate Yacht Club for young sailors from 8 to 18 years of age, along with the opportunity for interested sailors to participate in sailing activities year-round at SGYC. The Junior Sailing Program at Silver Gate promotes good sportsmanship, responsibility and a sense of adventure and accomplishment regardless of skill level. Sailors will learn the skills necessary for a lifetime of sailing and boating enjoyment and probably come away with some great friendships too!

This year's Summer Program will begin on June 18th. We have a fleet of Lasers, Club Flying Juniors (CFJ's) Sabots and a Hunter 216 keel boat, as well as the exciting new O'Pen BIC and RS Feva boats for junior sailor's use. Use of the SGYC Jr. Sailing fleet of boats is included in the program cost so chartering is not necessary. Our coach/sailor ratio is very low – usually not more than 5 or 6 sailors per coach which ensures plenty of teaching time and attention.



DATES: Our Summer Program begins on June 18th, and will run seven, week-long sessions through August 3rd. Sailors can participate in any or all of the week-long classes and will receive instruction from certified sailing instructors in basic, intermediate and advanced sailing skills, navigation and seamanship. Participation in Junior racing activities in San Diego Bay is



encouraged for students who wish to explore the competitive side of sailing. Boats and crew berths will be assigned to students by the instructors in accordance with their size, skill level and expressed interest.

Our Summer Program runs Monday to Friday from 8:30 to 4:00 p.m. Sailors will receive on-land and on-water instruction. A one hour lunch break will be given. Sailors should bring their lunch and any snacks or preferred drinks. SGYC will have plenty of bottled water available.

COST: Cost per week is \$350 for SGYC members and \$410 for non-members and includes the use of SGYC Jr. Sailing boats. A SGYC Jr. Sailing T-shirt is included with the registration fee. This program is open to all youth age 8 to 18, and SGYC membership is not required. Pre-registration is required – No walk-ins please.

CLOTHING: Each sailor should bring two sets of clothing consisting of a t-shirt, shorts or jeans, socks, light windbreaker, change of underwear and rubber-soled shoes (no sandals or flip-flops). Rubber soled diving shoes or water shoes are best for sailing. Bathing suits are acceptable in addition to the above items. All clothes must be in a labeled gym bag or backpack. Juniors are encouraged to supply their own lifejackets/personal floatation device (PFD), but SGYC has loaners available. While on the docks and on the water all sailors must wear a PFD – no exceptions.

Refer to the [Parent Resource Guide](#) available on our web site for additional helpful information.

HEALTH AND SAFETY: Each sailor must provide a completed medical consent form. Additionally, each sailor is required to complete 25-yard swim verification and be able to tread water for 1 minute without a lifejacket. All on-water activities that junior sailors participate in will be accompanied by the instructors in power boats (“coach boats”) for added safety.



TRANSPORTATION: Parents of junior sailors must provide their own transportation to and from SGYC. Ample public parking is available across Shelter Island Drive from the club. Juniors are expected to leave the premises by 4:00p.m. No after-hours supervision will be provided. Juniors under the age of 16 must be met by their parents on SGYC property.

This year's Summer Program promises to be an exciting, fun and fulfilling experience for anyone from 8 to 18 interested in sailing – and who wouldn't love to learn sailing in a perfect location like San Diego bay!!



We look forward to seeing you this summer!!